

Community News

FREE!
PLEASE TAKE ONE!

The Casserole Issue

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

Treat Yourself to Tasteful Thursdays

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

The holidays are all about giving, spending time with family and friends, eating good food, and, unfortunately, stress. Too often, the pressure of the holidays works against us and we run out of time to enjoy the season and its deeper meanings.

The Co-op wants to help you relax and take care of yourself this holiday season so you can better enjoy the holiday spirit. So we hope you'll join us on Thursday evenings during November and December at the Co-op, between 5 and 7 p.m., for lovely live music, lots of free samples from all of the departments, and a little bit of pampering in the Wellness Department.

We'll have local classical musicians such as cellists Lois Blackburn, string players Duane and Janet DeTemple, finger-style guitarist Lucas Kreikemeyer, a little bit of jazz, and more.

We'll have free professional makeovers by Trish from MyChelle, one of our vendors, on November 19 and December 17, and we're hoping

to have some free chair massages for customers available as well.

You'll probably run into plenty of friends, so Tasteful Thursdays will be kind of like a little party that requires absolutely no work on your part. We hope you enjoy them!



www.moscowfood.coop

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Community News



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Black and White and Shades of Grey

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

All month, I've been looking at the big piece of paper with comments written on it from the Breakfast with the Board that we had late in September, in response to the question "What do you think about products manufactured or grown in China being available for sale at the Co-op?" As usual, the comments give us a lot of food for thought.

Here are some of them:

"From a sustainability standpoint, it doesn't make sense. Stick to your values. Keep it local."

"Please do not sell products from China. I will not purchase any of these products unless I do not know it's from there. I would pay more if products came from Sweden or Switzerland."

"Bring mochis!"

"China abuses its workers: low pay, bad residence and working conditions. Buy with your conscience!"

"Not by the hair of my chinny chin chin!"

"No; mostly concerned about environmental concerns with shipping."

"No; maybe Fair Trade items."

"Rather than WHERE something is grown or manufactured, how about using a list of priorities: organically grown, local if possible, Fair Trade, carbon footprint, shipping, etc."

"Stock the products and let those who don't mind the location buy and be sure to inform those who would be concerned about the product's location of origin."

The comments range the gamut, but overall, they suggest to me that the Co-op needs to a) better share our idealism and passion about our buying priorities that already exist, and b) help educate our owners about how complex it is to stock a big natural foods store.

People scorn goods from "China" as if everything and everyone Chinese is bad. But, of course, China is bigger and even more varied than the United States. Just as there are people here who are not part of the problem, there are people in China who live and work ethically and sustainably too. These are the people that our

purchases from China support, and our buyers spend a lot of time determining which ones are worthy and which ones should be avoided. If you ever have questions or concerns about a particular product, our managers and buyers welcome the opportunity to talk with you about it. Just ask!

The complexities and challenges of stocking a co-op like ours, considering all the aspects important to us such as carbon footprints, supporting the local economy, and supporting organic and sustainable farmers and producers, in the context of a global marketplace, is too big a topic to cover in one short article. But I'm inviting our buyers and department managers to discuss these issues a lot more in future issues of the newsletter and on the website. If this is a topic that matters to you I hope you'll watch for these articles, keep sending us your comments and engaging each other in civil dialogue about it, and remember that the world is rarely as black and white as we would wish.

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

Great Pumpkin Winner

Congratulations to the winner of our Great Pumpkin weight guessing contest! Mark McCune correctly guessed 150 lbs. In total, 11 people guessed the correct weight, so we had to have a drawing from these 11 to get a single winner. Mark took home the "Boo" pumpkin donated by Backyard Harvest for this contest. Thanks to everyone for participating.

Remember, in November, you can buy pies made out of the 150# Great Pumpkin, and benefit Backyard Harvest! Check the deli grab n go case for the Great Pumpkin Pie Bake Sale.

Get any Traditional Medicinals 16 bag tea

Traditional  Medicinals

Free with a \$20 purchase

One coupon per customer. Good only at the Moscow Food Co-op. Expires November 21, 2009.
Good on .85 ounce boxes of Traditional Medicinals Tea. Not valid with any other discounts or coupons.
No rainchecks. gift card purchases not eligible. Cashiers: In discount menu, use Free Traditional Medicinals key.





CO-OPERATIONS

Moscow Food Co-op Business Partners

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

Recreation and Lodging

Appaloosa Museum & Heritage Center

2720 W. Pullman Rd, Moscow; museum@appaloosa.com; www.appaloosamuseum.org; 208-882-5578

The museum offers a 10% discount on the purchase of our gift shop merchandise. We operate a "no-admission cost" museum but do suggest a donation amount.

Sharon Dunn - Little Guesthouse on Adams

1020 S. Adams St., Moscow; www.thelittleguesthouse.com; sdunn@thelittleguesthouse.com; 208-669-1654

15% off a week stay, valid for Co-op members and their relatives. Not valid on special event nights

Krista Kramer - Peterson Barn Guesthouse

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

Donal Wilkinson, executive director - Adventure Learning Camps

PO Box 8245, Moscow; 208-310-3010; AdventureLearningCamps@yahoo.com; www.adventurelearningcamps.org

10% off on trips

Ashley Fiedler - Shady Grove Farm

208-596-1031; ashley.fiedler@gmail.com

\$10 off initial English riding lesson or training session

Carol Spurling - Sixth Street Retreat

208-669-0763; www.SixthStreetRetreat.com

\$20 off advertised rate for one week's stay

Bill London - Willows House: fully-furnished three-bedroom home;

1246 Highland Drive, Moscow;

lodging@moscow.com; 882-0127;

10% off daily and weekly rentals

Food and Beverage

One World Café

533 S. Main, Moscow; www.owc-moscow.com; 883-3537

50% off One World Café 100% cotton totebags

Bryan K. Silva - Hawg's Grill

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

Professional Services

Allegra Print and Imagine

507 S. Main; 208-882-5449; allegra@moscow.com

10% to Co-op members

Copy Court

428 W. 3rd St., Moscow

10% off to Co-op members

Krysta Ficca Photography

208-596-8101; kficca@hotmail.com

10% off all photo shoots

Nancy Draznin, CPM - Motherwise Midwifery

508 W. Chestnut, Genesee, ID 83832; 208-310-3252; motherwisemidwifery.com; mother@genesee-id.com

Free pregnancy tea for Co-op members under our care

Erik Torok - LET's Coach

2310 Weymouth St., Moscow; 208-301-8047; eric@letscoach.net; www.letscoach.net

20% off the first month of individual coaching

Mike Brown - LDP Academy LLC

PO Box 721, Troy, ID 83871; www.ldpacademy.com; info@ldpacademy.com;

208-835-3737

\$10 off any firearm safety or basic firearm training class

Retail

Rebekka Boysen-Taylor - Bebe Bella

www.bebebella.etsy.com; amamaswork@yahoo.com; 208-882-1353

10% off any baby sling

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

Lilliput Maternity and Children's Boutique

312 S. Main, Moscow; 208-882-6262

10% off purchase of \$50 or more

The Natural Abode

517 S. Main St., Moscow; 208-883-1040; Info@TheNaturalAbode.com; www.thenaturalabode.com

10% off natural fertilizers

Hodgins Drug & Hobby

307 S. Main St, Moscow; 208-882-5536; hodgins@turbonet.com

10% off all purchases, excluding prescriptions

Safari Pearl

221 E. 3rd, Moscow; 208-882-9499

www.safaripearl.com; safaripearl@moscow.com

10% off any board game or noncollectible card game

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

Tye Dye Everything

527 S. Main St., Moscow; 208-883-4779

www.tyedye-everything.com; tyedye@moscow.com

10% discount on your purchase

House and Garden Services

Adam and Toni Salerno-Strang - CLEAN GREEN Organic

Cleaning Services

PO Box 568, Troy, ID 83871; www.CleanGreenOCS.com; 208-835-3535

\$15 off any service

Dr. Arbor Tree Care LLC

773 Brent Dr., Moscow; 208-883-3559

10% discount on tree work (not yardwork); trees, shrubs, and fruit tree pruning for health and beauty of trees

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

www.buildmindgardens.com

10% off hourly service rate and free estimates for Moscow Food Co-op members; www.buildmindgardens.com

Walter Spurling - Spurling House & Garden

512 N. Lincoln, Moscow; 208-669-0764

10% off a compost bin or custom chicken coop

Michael Robison - Kinetico Water Systems of the Inland Northwest

10213 E. Buckeye Lane, Spokane Valley, WA 99206; www.kinetico.com;

mrobison@kineticoinw.com; 208-669-0908; 208-743-5646

Joseph "Shane" Brooks - Eco-Friendly Carpet Care

www.ecofriendlycarpetcare.com; ecofriendlyidaho@aol.com; 208-874-2762;

15% any residential service

Wellness Services

Sara Foster - Body Song Studio

106 E. Third St. Suite 2A, Moscow; 208-301-0372; sarakate@bodysongstudio.com;

www.bodysongstudio.com

\$10 off first massage or one free yoga class

Integrative Mindworks with April Rubino

3400 Robinson Park Rd, Moscow; 208-882-8159; april@integrativemindworks.com;

www.integrativemindworks.com

Complementary 30 minute consultation for new private clients who are Co-op members

Andrea Masom, Licensed Clinical Counselor

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

Free wellness evaluation

Patricia Rutter - 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; dr Moffat@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

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; dr Linda@spiritherbs.com; www.spiritherbs.com

\$10 off first session: holistic healing for body-mind-spirit; herbal medicine; chakra balancing; sound healing; classes.

Elisabeth Berlinger/Tom Bode - Moscow Felkendrais

112 W. 4th St., Moscow; www.moveimprove.net; moveimprove@yahoo.com;

208-883-4395; 208-892-3400

\$10 off first individual lesson for new clients

Farms

RavenCroft Farm

4689 Hwy 95 N, Moscow; 208-882-3616; ravencroftfarm.com; debismith@moscow.com

10% on mini CSA for Summer 2010, 10% off any craft item (jewelry, bags, quilts, sachets, etc.)

Melissa Lines - SkyLines Farm Sheep & Wool

4551 Hwy 6, Harvard, ID, 83834; 208-875-8747; www.skylinesfarm.com;

10% off organically-raised lamb, fleeces, & roving.

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



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

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

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

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



Art at the Co-op

By Annie Hubble, Art at the Co-op Coordinator

Greg Mack is the Co-op's Artist of the month in November. There will be an opening of his show on Friday, November 13, and the show will run through Wednesday, December 9.

Greg is fascinated by both photography and painting. Inspired by his father's talent in both mediums, Greg has developed his own skills by lots of practice accompanied by an innate creative sense. Some of his photographs seem almost to be paintings, as they reveal levels of multiple exposures. Others are simpler in design, but just as compelling. And his paintings are imaginative and sometimes photographic in design. It is a wonderful

combination that appeals to the senses.

Greg talks about his connection with nature, which is represented in his art. In fact, he first came to the area as a member of the Earth First group, and proudly cites how the association managed to save half the Frank Church and Bitterroot Wilderness areas through their efforts. He has lived in the Northwest since 1995, most of the time around Moscow. He says that photography is where his "creativity peaks," while "throwing paint is a great release of tension."

Come and meet Greg on Friday, November 13, from 5.30-7 p.m., and enjoy the show.



Christine Lohman was the October artist featured at the Co-op.

November 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 ages are welcome. If you are new to the area, please stop by and introduce yourself—the Co-op is the hub of our community and a great place to meet people.

Nature's Designs

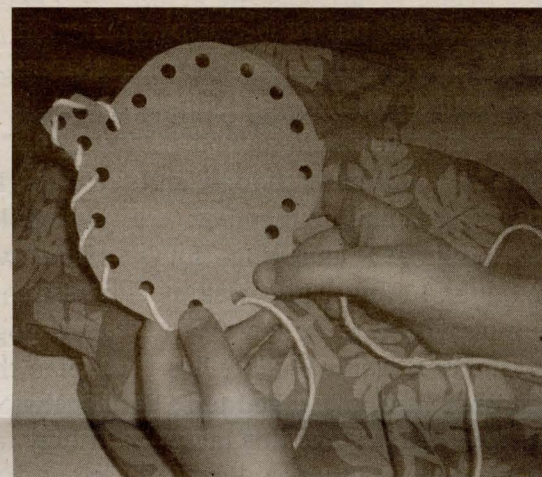
Tuesday, November 10, from 9–10 a.m., we will take our time looking at different designs found in nature. From the hexagonal honeycomb to the amazing spiral of a nautilus, there are incredible patterns to be found if you look closely. If you have a natural item with a cool pattern or shape, bring it with you to share!

Cookie-cutter Lacing Cards

Meet us in the Co-op Cafe on Tuesday, November 24, from 9–10 a.m. to make simple lacing cards for

little ones. Lacing cards teach fine motor skills and hand-eye coordination. We will use a collection of big cookie cutters as our patterns and kids will enjoy using the hole punch with help from their parent. These are great to keep around for holiday travel or small dinner guests, and are a nice gift for an older sibling to make for a younger sister or brother.

Rebekka Boysen-Taylor is mama to two organically growing little ones in Moscow.



Co-op Music in November

- November 3: Natalie Rose, Jazz
- November 10: Kathleen Hollingsworth, Jazz vocalist
- November 17: Diana Schaible, classical guitar
- December 1: Paige Leonhardy, global

Tuesday Night Music Series: November is Women's Music Month at the Co-op!

By Ashley Martens and Noel Palmer, Newsletter Volunteers

This month at the Co-op, we will be celebrating local women and their music! Women bring a unique voice and sound to music that we don't hear as often around the Co-op. We've got a wide range of female performers scheduled for Tuesday evenings from 6 to 8 p.m. this month, so please come on down to see each and every one!

Starting things off on **November 3**, our very own **Natalie Rose** will bring smooth and sultry jazz to the deli. Natalie, a talented mamma and musician, is also running our

sound these days, so this will truly be a powerful one-woman show!

Kathleen Hollingsworth, vocal instructor and WSU VoJazz director, will share her music with you, the Co-op audience, on **November 10**. A vocalist with national acclaim and experience, Kathleen has performed with the likes of Medeski, Martin, and Wood; The Motet; Michael Franti; Phil Mattson; and Jazz Northwest. If you can't get to Rico's (where Kathleen often plays), you should be sure to give her a listen at the Co-op!

On **November 17**, **Diana Schaible** of Moscow will play warm tunes on her classical guitar to get us through the chilly nights. Diana is a student at the University of Idaho, where she studies music, of course. We're lucky to have such a source of musicians from the local universities. Come enjoy her while she's still here in Moscow!

There will be no music on Tuesday, November 24, due to the Thanksgiving holiday.

Our final Women's Music Month performer will play for us on **December 1**. (Yes,

we know it's not November anymore, but we wanted to squeeze in another gal anyhow.) **Paige Leonhardy** of Moscow will sing for us in global styles.

Ashley and Noel are enjoying the warmth from the woodstove and the cozy fall evenings at home with family. They are not, however, enjoying the viruses that are circulating around their family.



CO-OPERATIONS



The Vendor Booth

By Annie Hubble, Front-end Manager

I want to remind all you wonderful artists and craftpersons out there that the Co-op has a vendor booth space available for a very small fee. If you are a member of the Co-op, you can rent the space for a mere \$5 for a half day, and \$10 a full day. Non-members are charged \$8 a half day and \$15 a full day.

Non-profit organizations are not charged..

Participants need to bring their own table, chair and change. We provide the space. As the holidays approach, this is a great way to sell your home-made products. Talk to me about booking a time.

Participating Member {aka Volunteer} Program Update

By Kenna S. Eaton, Co-op General Manager

Fall is a season of change, and our participating member (PM) program is changing—for the better, I hope. This week, we interviewed for a new PM Coordinator; Annie Hubble has pled busy-ness and asked for someone else to take this task on. We had six great applicants and we're excited to choose one of them, but you'll have to wait until next month's Community News is printed.

Our goal is to have a vibrant PM program where folks feel rewarded both financially and emotionally for helping their Co-op in a variety of ways. Our new PM Coordinator will spend some time interviewing staff,

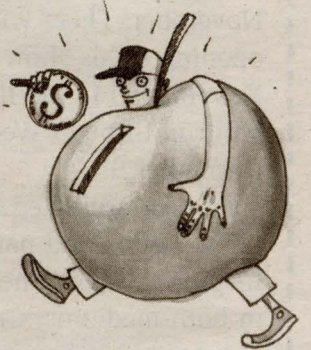
current PMs, Board and other stakeholders; reviewing committee work done last year; and researching other Co-op volunteer programs before developing a plan that we think will work for the Moscow Food Co-op. It may take them a couple of months to come up with the best plan—don't worry; we'll keep you up to date to the best of our abilities. We do see a shift away from in-store work to community building. Our paid staff time is limited, and we're hoping that our Co-op community will help us build a stronger public face through work on committees, at outreach events and in other ways throughout the Palouse.

Price Shopper: Warm and Easy Dinners

By Joe Pallen and Amy Richard, Newsletter Volunteers

The short and cool days have had us craving something warm, easy and light on the budget to make for dinner. We decided it was time a cook up a couple casseroles, and we chose two of our favorites: broccoli and rice, and tuna. We dug out our recipes from last winter and made a list of the items we did not have on hand. Our list also included some staple items we needed for the casseroles and to refill the refrigerator and cupboards. We chose to check our list with prices at Rosauers and the Moscow Food Co-op. We

found both stores had the items on our list, but it was the Co-op that had the best value for the dollar. We saved \$9.45 shopping at the Co-op and are looking forward to a warm and easy dinner.



ITEM	Co-op	Rosauers	Difference
Frozen Veggies:			
Cascade Farms 16 oz Broccoli	\$3.25	\$3.59	-\$0.34
Cascade Farms 16 oz Peas	\$3.25	\$3.59	-\$0.34
Cascade Farms 10 oz Spinach	\$3.25	\$3.29	-\$0.04
Soups:			
Cream of Celery	\$2.59	\$2.55	\$0.04
Cream of Mushroom	\$2.59	\$2.55	\$0.04
Noodles: Bionature Egg Noodles 8.8 oz	\$3.69	\$4.19	-\$0.50
Crackers: Suzie's Saltines 8.8 oz	\$3.79	\$4.29	-\$0.50
Staples:			
Organic Valley Milk, 1 gallon =	\$5.99	\$7.29	-\$1.30
Earth Balance Buttery Spread 45 oz	\$10.49	\$10.89	-\$0.40
*Chicken Broth Bullion per ounce	\$0.88	\$1.20	-\$0.32
Sea Salt Bulk per pound	\$0.46	\$0.69	-\$0.23
Olive Oil: Spectrum Extra Virgin 25 oz	\$14.35	\$16.49	-\$2.14
Spray Oil: Spectrum High Heat Canola 6 oz	\$4.99	\$5.99	-\$1.00
Cheese: Horizon Medium Cheddar	\$4.85	\$5.39	-\$0.54
Other:			
Tuna: Natural Sea	\$2.25	\$3.69	-\$1.44
Vege Chicken: Quorn Chick'n Cutlets	\$4.39	\$4.39	\$0.00
Rice: Bulk Organic Jasmine Brown	\$2.25	\$2.69	-\$0.44
Totals	\$71.06	\$80.07	-\$9.45

* Comparabe Brands Co-op Celite 2 oz - Rosauers Edward & Sons 2.5 oz

Board of Directors Election Season Begins!

By Dena Neese, Member, Board of Directors

The work of the Elections Committee begins as we plan for the 2010 Board of Directors election season. This year, four of the seven Board seats are up for election.

If you are committed to making your Co-op a better place and have time to share your brilliant ideas, the Co-op Board of Directors might be the place for you.

What does the Board do? Board members help to determine the long-term vision of the Co-op. They represent the interests of Co-op membership and work with Co-op management to meet the goals set forth in the strategic plan.

If you are interested in running for the Board, please attend one of the mandatory candidate information meetings at the Co-op mezzanine (ask one of the cashiers, or go to the very back of the store and head upstairs). One will be on Saturday, December 5, from 11 a.m.-12 noon, the other on Thursday, January 7, from 6-7 p.m. If you are unable to attend one of these meetings, please contact Dena Neese at denaneese@gmail.com or Carol Spurling at outreach@moscowfood.coop so we can set up another time to meet with you. You can obtain a candidate packet at the information meetings or e-mail Dena or Carol.

Packets will be available in late November.

In February, candidate statements will be published in the newsletter. In March, we will host a Candidate Forum at the Co-op Café, where members can meet the candidates, learn about their long-term visions and ask questions. Voting will occur for one week (in-store only with absentee ballots allowed) toward the end of March/beginning of April. Exact dates will be announced next month. The last day of voting will coincide with a Spring Membership Meeting, where members can meet the candidates one last time while enjoying each other's company

with good food and drink.

Interested in suggesting questions and/or topics for candidates to address in their statements? We would love to hear from you. Please send your suggestions by November 15 to denaneese@gmail.com or outreach@moscowfood.coop.

Look for more information about the candidate forum, elections dates and the Spring Membership Meeting in the months to come, and, most importantly, please plan to vote!



Outreach Report

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

A collaborative effort between outreach, wellness, grocery and our two top managers made it possible for the Co-op to have a presence at the University of Idaho Staff Appreciation Fair on October 13. One hundred and thirty people attempted to win the gift basket from the grocery department by guessing the weight of a pumpkin that Steve, our store manager, hefted over to the SUB Ballroom. The winner was Judy Widdie, who guessed 43.75 pounds. The pumpkin actually weighed 43.6 pounds.

Nordic Naturals, one of our vendors, had donated another gift box, which was won by Michael Cain.

Lots of other lucky UI staff members picked up samples from the Wellness Department. Thanks to everyone who helped out.

On October 22, we were at the UI Student Rec Center for the UI Wellness Fair. This

time, the booth was staffed by several outreach volunteers: Kate Jaeckel and Donna Mills, and Scott Metzger from our Produce Department. We had tons of great samples to give away, thanks to vendors in the Wellness Department. Thanks to Melinda Schab for her excellent work securing these samples for us to give to potential customers.

We taught a good group of people how to make salsas, relishes and chutneys in September (with fresh produce from the farmers' market!) through our Essential Cookery series and the City of Moscow Parks and Rec Department. We gave one scholarship, thanks to Backyard Harvest. Check the Parks and Rec brochure, the Co-op's Community News newsletter, Co-op bulletin boards, the Co-op Scoop calendar on the website, and our website at www.moscowfood.coop for informa-

tion about upcoming classes in our Essential Cookery, Essential Wellness and Essential Living series.

The Co-op Coop Cruise was a resounding success in October. We'll plan another one for next summer to show off chickens and gardens at their best, and we will probably add a tour of "The Well-stocked Pantry" to inspire us to take advantage of summer's bounty throughout the year by home canning and food preserving.

The Business Partners' list just keeps getting longer. Have you checked it out lately in the newsletter or on the website? Don't forget to ask your favorite stores if they're a business partner, and show your Co-op ID to take advantage of whatever specials our business partners offer to our member/owners.

I'll be giving tours of the Co-op to several groups of preschoolers in November. If your child's class or your group or club would like a Co-op field trip, be sure to get in touch with me! I can give tours to people of all ages, even grownups.

The engagement and outreach committee is meeting on a monthly basis and discussing issues related to patronage refunds, ownership benefits, charitable giving and community outreach. This committee is co-chaired by board member Gary Macfarlane and myself. We'll start posting minutes of our meetings in the binder by the board near the Produce Department. If you're interested in joining this committee, contact engage@moscowfood.coop.



Play PrizeCard!

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

Because the Moscow Food Co-op supports building our local economy, we support buying from locally owned farms and businesses, we support Buy Local Moscow, and we support the new fun game from Buy Local Moscow called PrizeCard. Please take a look at the PrizeCard display at the front of the store, pick up a PrizeCard of your own, and be eligible to win some of the great prizes.

PrizeCard is free and fun. Just take your PrizeCard to 14 of the 18 locally owned independent businesses listed on the card and have them stamp it—no purchase necessary. You can visit both familiar merchants and stores you have never noticed before. All 18 businesses listed on each PrizeCard (including the Co-op) are locally owned independent businesses and members of Buy Local Moscow.

When you finish gathering your 14 stamps, take your finished card into either Hyperspod Sports (downtown by the fountain) or Wild @ Art (at the Eastside Marketplace) and exchange it for your prize:

a reusable Buy Local Moscow shopping bag. Everyone who completes a card gets a shopping bag. Your PrizeCard will then be entered into the grand prize drawing for one of 5 prizes worth \$300 each. The game ends with the PrizeCard Grand Prize Drawing on December 10 at the Buy Local Moscow Winterfest in the 1912 Building. All completed cards turned in before December 10 are eligible; you do not have to be at Winterfest to win a grand prize. Anyone 12 or older can play PrizeCard. We encourage anyone who shops in Moscow to play, including residents of neighboring towns like Pullman and Troy.

Why is the Co-op supporting this PrizeCard game?

Recent research shows that locally owned independent businesses form the core of a sustainable community. Moscow continues to be a vibrant community because these businesses reinvest their profits locally, donate consistently to local programs, maintain diverse product choices, and strengthen Moscow's unique character.

The goal of the PrizeCard game is to encourage more shoppers to visit locally owned independent businesses in Moscow they aren't familiar with. We believe that increasing sales at locally owned businesses keeps resources circulating within the community (the money does not flow to corporate administrators and stockholders, but instead is spent for local products and services), and increases the number

of jobs available to local residents.

The Co-op has provided financial support to Buy Local Moscow to help create the PrizeCard game. Co-op customers donated \$450 through the Dime in Time program to PrizeCard. In addition, the Co-op, along with the other 35 participating merchants, are underwriting the PrizeCard game. Come and play!!!!

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A Social Movement, or Just a Store: My Breakfasts with the Co-op Membership

By Chris Norden, Member, Board of Directors

Of all the various trainings, workshops, retreats and other mechanisms for acculturating new Co-op Board members, one which I've particularly enjoyed participating in is our monthly Breakfast with the Board tradition, which I've hosted twice alongside other fellow board members. One Saturday per month, as Farmers' Market is winding down and noon is approaching, two or three Co-op Board members stand by a table by the front door, by the deli seating area. We have pots of coffee (thanks, Deli!) and muffins (thanks, Bakers!), plus an easel and markers, which we use to solicit comments on a specific question having to do with the Co-op's health and future.

The first time I co-hosted Breakfast with the Board, this past summer, we asked for suggestions as to how the Co-op could save money, specifically ways to deliver the same or better services to our member-owners, but with a reduced overhead or operating expenditure. Lots of good, and in some cases radical (in a good way), suggestions, ranging from increased energy efficiency to comments which pointed back to a core concern of mine, being a shift toward greater reliance on local producers rather than long-distance imports. Our recently constituted Green Commerce committee, co-chaired by yours truly and fellow new Board member Andrika Kuhle, is largely concerned with

this same question.

The most recent Breakfast with the Board I helped host was in late September, and as you might imagine, a larger percentage of people we spoke with were college students or university employees, back from their various summer adventures and involvements. The question we posed this time was whether the Co-op should carry products or produce from China. Boy, did we get an earful! This further confirms my sense that our membership is not, as has been suggested, so complacent and consumerist that they don't bother to even vote in annual board elections because all they want is to shop, socialize and otherwise be left alone.

A common response was to ask why this question even needs to be asked, since respondents assumed we vetted our products as per the "ethical and sustainable" logo on the front window of the store. I think the answer is that, for the most part, we do such vetting, but not in a consistent or systematic way. Based on what I heard from member-owners, maybe we should. This might involve either a formal training for buyers, or perhaps a process whereby we clarify what exactly we mean by "ethical and sustainable," then forward those guidelines to the appropriate people. What I heard very little support for was the more laissez-faire position whereby we carry things that

may or may not conform to the "ethical and sustainable" standard we advertise, then leave it to individual shoppers to decide, likely based on missing or incomplete information, which products conform to their own personal ethics and standards of sustainability.

During these informal meet and greets with our member-owners and other shoppers, I had the pleasure to speak with visiting African agronomists, little kids, grandparents, grad students, cancer survivors, hunters, some really cool non-members I wish would become members, and, of course, fellow board members. But mainly, I met lots of people who were deeply passionate about food, and more specifically passionate about the connections between food and broader issues of social justice; environmental and ecosystem health, and various labor, livelihood, and quality of life concerns. Not one person I engaged said, "No opinion, I just shop here."

At our most recent Board meeting, we were addressed by a longtime member-owner who

now works as a Co-op employee. This person challenged us in several related ways, including the extent to which retention statistics correlate with our apparently very high level of satisfaction among employees. I was personally surprised to hear numbers suggesting that very few people work at the Co-op for more than a couple of years, and it was suggested that this might be due to more complex factors than just our "transient" local workforce. This same person also challenged the Board by suggesting that our Co-op is not just a store, but, in fact, a social movement. Based on my own motives for joining some 15 years ago, and based on the many reaffirmations I received during these recent Breakfast with the Board events, I would say that it is, or rather that we are. And if we're not, I'd welcome an opportunity to hear from member-owners as to whether we could or should be, and if so, how to move ourselves in that direction, and with what shared values and goals.

The next regular meeting of the Moscow Food Co-op Board of Directors will be Tuesday, November 10, at 6 p.m. in the Fiske Room of the 1912 Center. Public forum is at 7 p.m. Agenda item requests must be submitted to board president Kimberly Vincent at least 10 days before a scheduled meeting to be considered. Contact boardmembers@moscowfood.coop or leave a message with outreach coordinator Carol Spurling at 882-8537 or 208-669-0763.

Co-op Cookbook Goes Onto Website

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

Everything made every day in the Co-op Deli and Bakery is a labor of love, but a few years ago, they created something wonderful that required much

more than just love and good ingredients. After months of recipe testing by the cooks and writing by local writer and Co-op owner/member Judy Sobeloff, the Co-op Cookbook was first sold in October of 2005.

Four years later, in July of 2009, the last of 2,000 copies went out the door. The Co-op earned approximately \$10,500 on the cookbook. Some were sold at a discount and some were donated.

Now that the Co-op has run out of its cookbooks, we're posting the cookbook in PDF form

on our website. Anyone can look in it, print a recipe they need, and share it with friends.

Why would we share this resource for free instead of printing it again? Because we're a cooperative, is the short answer. Money isn't everything.

Of course, we want our Deli and Bakery to continue to be successful at what they do and sell lots of food. But we also want our owner/members and potential owner/members to be able to cook good food at home.

Our Deli and Bakery is always trying new recipes and creating

delicious new treats, and the old favorites continue to sell like hotcakes. The kitchen gets many requests for its recipes, kitchen manager Annie Pollard told me, so putting the cookbook out there will actually be a sort of public service.

In a few years, perhaps it will be time for another cookbook. The next one could be a labor of love for some Co-op volunteers. If that interests you, let me know.

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Palouse Food Forum

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

Grassroots activism is always energizing and inspiring, and so it was at the Palouse Food Forum held Sunday, October 19, at the farm of Eric and Sheryl Zakarison, north of Pullman.

A crowd of about 50 people interested in improving our region's access to locally produced food gathered to eat potluck and to have a conversation about priorities and begin to make our visions and dreams for food on the Palouse come true.

Facilitated and planned by Backyard Harvest's Amy Grey and Jessica Bearman, the meet-

ing allowed us to first discuss in general terms our goals related to Education, Accessibility, Production, Distribution, and Value-Added Products. We then got together in small groups to discuss more specific ideas, such as community cold storage, a community commercial kitchen, retiring farmer and wanna-be farmer matching services, regional distribution, and so on.

Both Kenna (our general manager) and I were able to go, as were several members of our Green Commerce Committee who are also local farmers: Kelly Kingsland and Russell Poe and

Brad and Kate Jaeckel. Also present was Melissa Radloff, executive director of Rural Roots, Lorie Higgins of 2DNW (Two Degrees Northwest), and many many more.

What comes out of this meeting remains to be seen, but Kenna and I wanted to let our Co-op owner/members know that the Co-op is supporting these efforts in whatever ways we can, including devoting some staff time for committee work, research and special projects. We know from our strategic planning process that getting more local products and food for sale

in the Co-op is a high priority for everyone at the Co-op. Many of the ideas might work well if they're developed as cooperatives, so the Co-op can offer organizational expertise in this area as well.

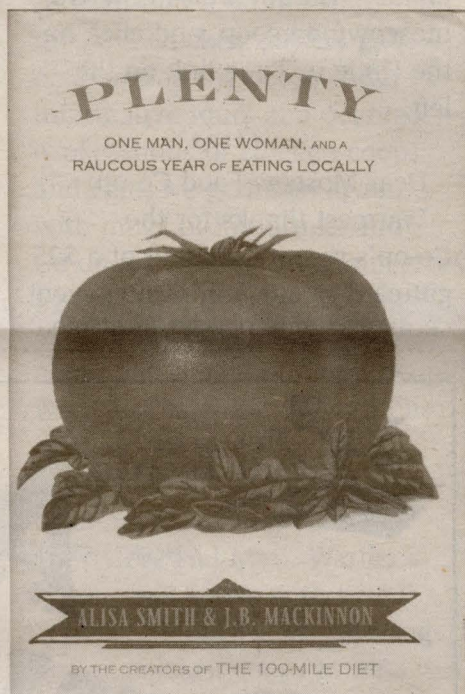
It's easy for us to get bogged down in the day-to-day details of running a store, so the Palouse Food Forum was a wonderful reminder of the reasons why our Co-op exists and the huge potential for doing good work that exists whenever we gather together in a spirit of trust, respect and goodwill.

Good Food Book Club's November Lineup

By Colette DePhelps, Good Food Book Club Volunteer

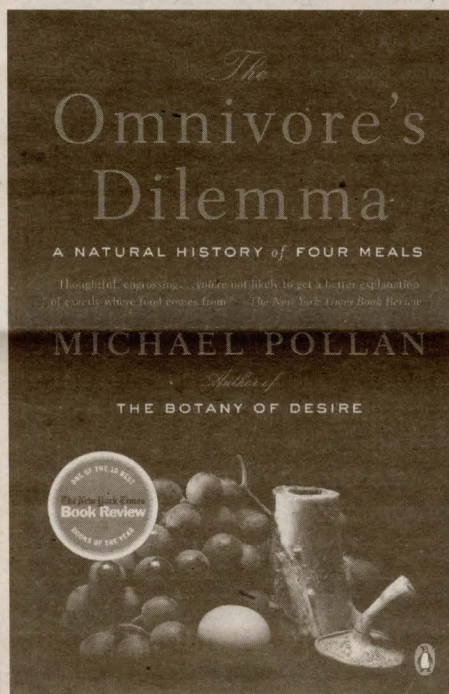
November is another double feature for the Co-op's Good Food Book Club. November 5, we'll be having a second discussion of *Plenty: Eating Locally on the 100-mile Diet* by Alisa Smith and J.B. Mackinnon, and November 17, we'll be discussing *The Omnivore's Dilemma: A Natural History of Four Meals* by Michael Pollan. Both book discussions will take place from 7-9 p.m. in the meeting room at the One World Café on Main St. in Moscow.

Plenty chronicles two young writers' year of eating locally in Vancouver, B.C. Urbanites, with limited understanding of food production, seasonality and availability, Smith and Mackinnon delve into their local diet with dedication and a clear 100-mile radius for sourcing the food they will eat. The authors masterfully weave together a story of discovery—revealing much about the natural history,



cultural diversity and bounty of food that can be found in the Pacific Northwest region. If you are curious about your 100-mile radius, visit their searchable map at www.100milediet.org.

As described by author Michael Pollan, *The Omnivore's Dilemma* "is a long and fairly



involved answer to (the) seemingly simple question, "What should we have for dinner?" According to Pollan, America is suffering from a national eating disorder—instead of using common sense, Americans rely on journalists, nutritionists and other "experts" to decide what to

eat. And our food choices often imperil our own health and the health of the planet. Chosen as the WSU Common Reading for the 2009-2010 academic year, this book is guaranteed to change the way you think about food and might even change what you choose eat.

Both books are available through the Latah County Library. If you want to purchase either book, or any in title in the club series, Book People of Moscow is offering a 20 percent club discount—you'll find both books on their book club table near the cash register. Just mention you're part of the Good Food Book Club to receive the discount. These and other great titles are also available in the book section at the Co-op.

Mark your calendar and join us November 5 and 17 from 7-9 p.m. at the One World Café on the corner of 6th and Main in downtown Moscow.

Producers' Forum, November 12

By Andrika Kuhle, Co-op Board Member

Are you a producer on the Palouse? Do you grow or make goods that could contribute to our local economy? If so, then the Moscow Food Coop's Green Commerce Committee wants to hear from you!

Please plan to attend a listening forum at the 1912 Center Great Room on Thursday, November 12, at 6 p.m. The Green Commerce Committee

would like to get input from people to learn more about the needs of producers in our area, even if you don't currently sell goods to the store. If you already sell goods at Moscow Food Coop, we would like to know what is working, and what could work better. This meeting is intended for all kinds of producers: produce, meats, bread, dairy, grains, soaps, lotions ...

If you can't attend the meeting, but would like to provide input, please e-mail comments to greencommerce@moscowfood.coop.

The Green Commerce Committee is relatively new, and is charged with the strategic initiative to "develop and support the local organic and sustainable food and goods economy." The group identified, as its first

priority, the desire to focus specifically on the potential of local goods coming into the store. The committee is co-chaired by Chris Norden and Andrika Kuhle. Committee members are Kyle Bujnicki, Kate Jaeckel, Kelly Kingsland, Russell Poe and Jessica Wiley.



November's Dime In Time: Humane Society of the Palouse

by Lori Freeman, humane society director

The Humane Society of the Palouse was founded in 1978 as a grassroots effort in response to the horrible condition of the city pound. The mission of The Humane Society of the Palouse is to ensure the humane treatment, welfare and safety of companion animals in Moscow and Latah County. We strive to prevent cruelty to animals, to ensure companion animals are adopted by responsible and caring owners, to promote spaying and neutering, and to educate the public regarding responsible pet ownership.

The Humane Society offers several programs that offer financial, food and behavioral support for people in the community. We have our Spay and Neuter Assistance Program that offers financial assistance for individuals in the community that need to have their pets altered. We also offer food assistance, on a limited basis, for those individuals experiencing financial hardship. The Humane Society offers basic obedience class for the

community to participate in with their own dogs. Our shelter also offers a program designed specifically for those "stray" kitties in our area. Feral Cat Solutions is a dedicated group of volunteers and local veterinarians who host clinics where homeless cats are vaccinated, parasite controlled, tested for feline leukemia and feline AIDS and spayed or neutered at a minimal cost. This program helps reduce the number of untamed cats in our community and stops the spread of disease.

The majority of donations received through fundraisers go directly towards the costs of animal care for those critters that enter the shelter. We not only provide basic care for all of the animals that come into the shelter, but we also provide extensive veterinary care for those that come in with significant injuries. All of the funds received through "A Dime in Time" program will go directly towards these bills.

Your Dollars at Work

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

The Dime in Time program continues to offer an easy way to contribute to your community. Bring your reusable shopping bags and donate your bag refunds to our Dime in Time recipient of the month.

Our September recipient, First Book Program of Sigma Tau Delta, received \$325.60.

The October recipient was Alternatives to Violence of the Palouse. Our November recipient is Humane Society of the Palouse, and December's recipient will be Sojourner's Alliance.

Are you interested in joining the Dime in Time Committee? Contact dimeintime@moscowfood.coop. For information on how to apply for Dime in Time grants, visit our website, www.moscowfood.coop, and click on the Dime in Time link on the left.

Dear Moscow Food Co-op:
Warmest thanks for the Co-op's recent donation of a \$25 gift card to our fundraising event

"Walk a Mile in Her Shoes." The walk was a huge success, with over 60 men strapping on a pair of high heels to walk in support of survivors of gender-based violence. Your contribution to this program is very much appreciated. Thank you for your continued support!

In advocacy and activism,
The U of I Women's Center

The Co-op is a major supporter of the Buy Local Moscow Prizecard Campaign happening right now. For details, check out the display at the front of the Co-op, or visit www.buylocalmoscow.com.



Food Faves!

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

Congratulations to this month's Food Faves contest winner, Terri Schmidt, whose entry for Sunshine Burgers made my mouth water.

Have a food favorite here at the Co-op? Let us know about it!

The rules: Contest entrants must be Co-op owners/members. Pick one or more products from the grocery department (grocery, chill, frozen, beer and wine, but

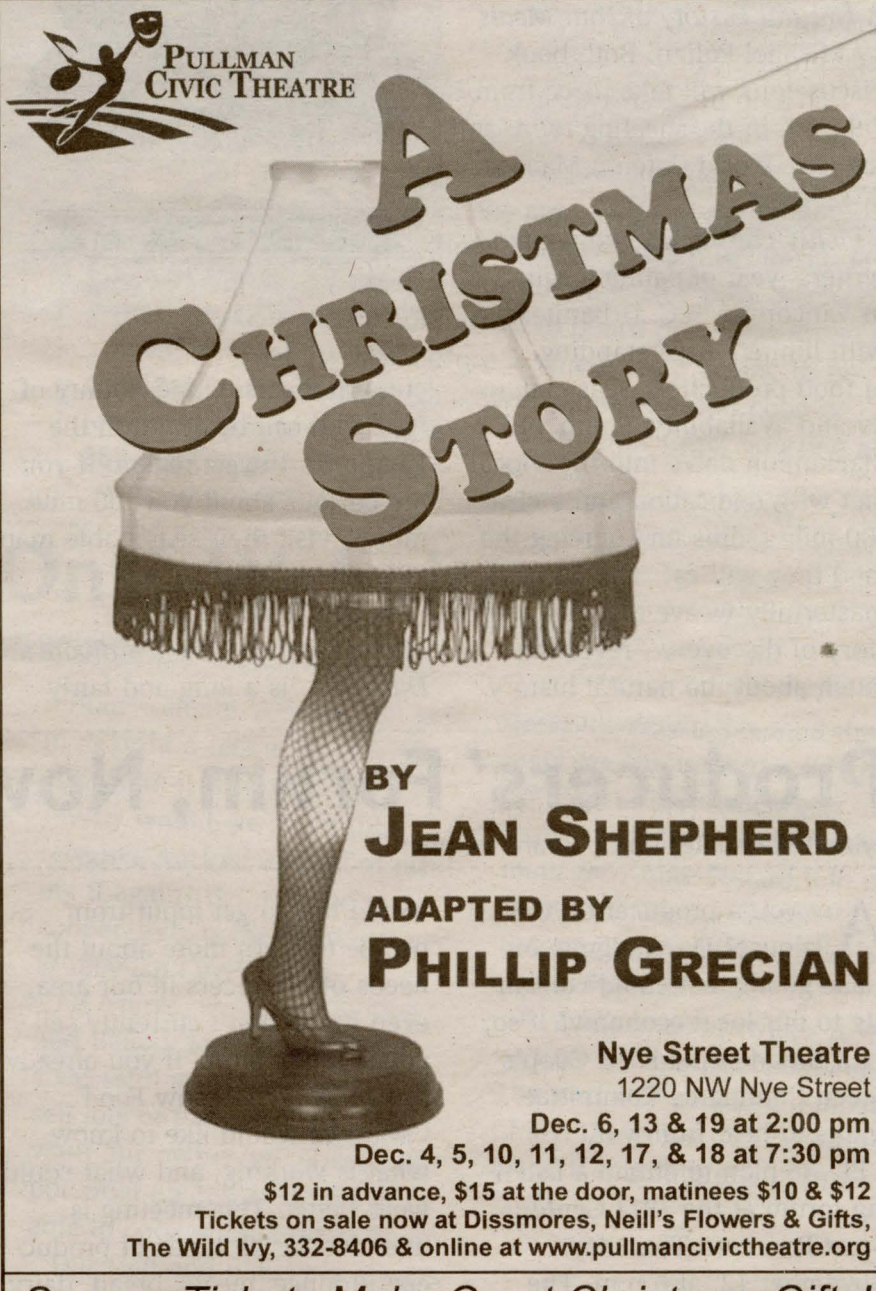
NOT bulk), write around 100 words for each item about why you love it and how you eat it, and send it to me at outreach@moscowfood.coop. Make sure you include your name and the complete name of the product.

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

My Food Fave: Sunshine Burgers

By Terri Schmidt

One of my favorite foods at the Co-op is the Sunshine Burgers found in the frozen foods section. I have multiple food restrictions and have to make most of my meals from scratch. I was delighted to find the Sunshine Burgers—all you have to do is heat and eat them. They are made from sunflower seeds and other simple organic ingredients and are gluten free, soy free, and vegan. They come in original, garden herb, Southwest and barbecue flavors. I wrap Sunshine Burgers in rice tortillas with grated carrots and lettuce, crumble them onto salads, mix them in rice pasta, or just eat them plain. They are very satisfying and delicious.



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The Chicken and the Egg

By Jamaica Ritcher, Newsletter Volunteer

It seems backyard chickens are well on their way to being the next big thing. Cities like Seattle, Portland, Austin—and Moscow—are hosting chicken-coop tours, companies are selling mail-order molded plastic hen-houses, even a recent issue of *New Yorker* magazine includes a lengthy article about backyard poultry. I can see how the interest might stem from factors like a down economy, or heightened awareness of organic and local food sources and, yes, chickens fit nicely with those concerns. The idea of going no further than my backyard for breakfast is infinitely appealing. But after the Moscow Food Co-op's Coop Cruise, I learned that chickens offer a lot more than fresh eggs.

To begin at the end of my Coop Cruise (a tour of six Moscow chicken coops), at my last stop I ran into City Councilman Tom Lamar. As we stood around admiring Sueann Ramella and her husband, Ben's, three chickens, Tom said, "I'd really like to see Moscow and Latah County become self-sufficient and sustainable in terms of egg production."

That's an interesting idea—when I think about a community achieving economic and environmental sustainability, chicken eggs do not immediately come to mind. But Tom's idea makes a lot of sense.

Environmentally, the addition of chickens to a person's backyard garden scheme gets the gardener that much closer to closing an ecological loop. When someone at Steve Streets' place asked whether it was difficult keeping his relatively large coops clean, he was adamant it was not and explained the process in terms of a big composting project. Steve puts a bed of straw in the coop or surrounding chook-yard then scatters corn and other vegetable scraps over the straw. The chickens scratch for the scraps, poop, and scratch some more, until what results is chicken manure compost. Periodically, Steve rakes out the bedding, puts it on the garden and starts again. His coops were nearly odorless compared to the composting vegetable scraps in my Earth Machine at home.

Carol and Walter Spurling and their son, Reed, do something similar. During my visit, the

Spurlings' chickens were pecking at a spread of green tomatoes and other garden fodder. In addition to feasting on extra vegetable and garden scraps, Walter pointed out that prostrate knotweed is a veritable delicacy for their chickens—it's also a noxious weed in this area. There's plenty of the weedy groundcover to go around—though maybe not as much as before the chickens came to live in the Spurlings' backyard.

In light of Tom's comments, what came up again and again had to do with connection: connection to our food, of course, but just as much to community.

The Co-op's Coop Cruise itself was an example of connection. At each house on the stop, visitors and chicken owners gathered around the coops. After informative tours and detailed explanations of chicken coops and care, we gathered again, with mugs of hot drinks and Co-op snacks, warming ourselves by backyard fire pits, and talking. Most of the discussion was about chickens, but often, people were just catching up with one another.

The idea of community also came up at my second stop—Amy Grey and Mark Warner's place—as I spoke with fellow "cruiser" Ellen Thiem. She suggested chicken coops bring neighbors together. "It's a way in for people when they meet each other," Thiem observed, much the same way people tend to strike up conversations with dog-walkers and new parents we pass on the street.

I could see her point: while I'm unlikely to stop a stranger on the street and ask them how their day is going, I can find myself chatting away with someone whose dog rushes up to sniff my pant leg as we pass on the sidewalk. Sometimes I guess I need a prop to start a conversation with a stranger. Maybe a lot of people do.

Sueann Ramella shared Ellen's sentiment. When she and her husband, Ben, turned a plywood shipping-crate into a cozy red and white "barn" for their three clucky ladies, neighbors on both sides of the street were curious. The chickens have also created opportunity for more frequent visits with the neighbors next door. "Sometimes I see them at



Above: A lap chicken at the Grey residence. Below: Cruisers looking at the new coop at the Whitney residence.



the fence," Sueann said, "sipping their coffee and watching the chickens!"

Besides any sort of entertainment factor the birds might provide, Sueann also values the chance to share eggs with the people around her. In fact, she's interested in increasing her flock from three hens to five so that she'll have more eggs to give to people in the neighborhood.

Amy and Mark feel similarly. Amy is the founder of Backyard Harvest, a local organization that collects and provides fresh garden produce to area food banks. However, Amy and Mark would like to make more fresh eggs made available as well. So last spring, they constructed their chicken yard and furnished it with a coop built by Steve Streets. Their four chickens came from Steve as well.

So, in terms of local sustainability, Tom is right, the chicken coop is a great place to start. With chickens and eggs, we sustain ourselves in terms of how

we cultivate our foods, and how we can cultivate our communities.

Back at Amy and Mark's, Ellen Thiem pointed out, "Just look at that!" On the other side of the chicken wire, about eight people—adults and children—stood around talking and laughing. A smile was on everyone's face and at their feet was a gentle rustling in the straw and the soft clucking of four contented hens.



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Provender Time

By Hunt Paddison, Co-op Assistant Kitchen Manager

Provender Alliance is a non-profit organization in support of the natural foods industry. The purpose of the organization is to provide a foundation for the exchange of information among natural food businesses across the northwest region of the United States. Each year, Provender Alliance holds a conference where its members congregate to further the growth and spread of natural food awareness across our world.

So what exactly does all of this mean for our co-op? Provender Alliance serves as a benchmark for the natural foods industry. The conference attracts a wide variety of people from vendors to co-op/natural food store representatives to natural foods specialists from around the region. Attendees have an opportunity to see what others are doing in their same line of work. The event is designed to strengthen the natural food industry by giving the people behind the scenes direct access to the latest information on operations, products,

trends, sustainability, and the most important factor that ties it all together—food!

This past October, a handful of fortunate MFC staff made the journey to Bellingham, Washington, the site of this year's conference. We participated in a variety of hands-on workshops and activities, including a tour of several working farms in the Bellingham area. Workshops covered topics ranging from food integrity and store management to the practices of a viable, sustainable natural foods business in today's world.

The keynote speakers were marvelous and inspiring. Paul Stamets, author, mycologist (one who studies fungi) and founder of Fungi Perfecti, enthralled us with his passion about mushrooms as essential life support systems that can help save and sustain our planet. Tim LaSalle, CEO of the Rodale Institute (a NPO seeking to improve the health of the planet), gave a daunting speech about our planet's need to go organic as a

solution to global warming. Both speakers' vast knowledge and commitment to saving our planet were thought-provoking and inspiring.

And, yes, there was food, food, food—nothing short of exceptional food! The bountiful and seemingly endless tasting samples from many and generous natural foods distributors of the Northwest kept everyone well fed (sweet potato pancakes with rice milk was my personal favorite). Also, I was fascinated to observe how food creates intimacy and relationship. Eating, after all, is a universal human need and activity that we all share; every time I stopped to taste something new (like Coconut Bliss ice cream or Genesis juices), I wound up conversing, connecting and creating new business friendships. To borrow from Marshall McLuhan, the medium—food—is also the message!

During the final dinner, several individuals who have significantly impacted the natural foods

industry of the Northwest were honored. We were delighted and humbled to learn that our very own Kenna Eaton was this year's recipient of the Brilliant Diamond Award. This award is given to an individual who "provides multi-faceted service to Provender Alliance, with reflective insight, clarity of perspective and highly valued participation." We are thrilled to have such an important player in the natural foods industry here with us at the Moscow Food Co-op.

As the conference drew to a close, I speak for all in saying that we found ourselves inspired, motivated and challenged by the education we had received. On behalf of all Co-op attendees, I thank all of our members for the opportunity to have attended the conference, and I will certainly do my part to see that what we learned is put to good use. Thanks to everyone who supports our Co-op! Without you, we would never have enjoyed participating in such a wonderful event.



Sampling Skin Care from MyChelle

By Amy Lucker, Co-op Wellness Manager

I have been eyeing MyChelle facial and body care for years wondering why so many people have raved on and on about it. Sure it's pretty and it smells good, but so do lots of other lines out there! Most people who cannot live without it love the effective anti-aging ingredients, which are derived naturally and are clinically proven to aide in healthy skin production. MyChelle uses 'bioactive' ingredients, which the company explains, "is a substance that has a therapeutic effect on living tissue." These non-toxic substances come from foods, vitamins and protein peptides and help to decrease skin roughness, reduce the depth of wrinkles, and improve and ease inflammation. MyChelle uses ingredients such as Kombucha, a fermented black tea found in their Deep Repair Cream and L-Ascorbic Acid, the active form of Vitamin C (which they offer at 17 percent instead of the normal 10 percent) in their C Serum.

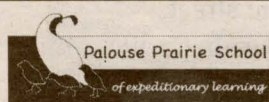
Myra Michelle Eby from Frisco, Colorado, started her company in 2000, wanting to create a clean and therapeutic line like no other. MyChelle Dermaceuticals' products are plant based and are preserved with essential oils, powerful antioxidants and exceptional antimicrobial extracts. This means that MyChelle can omit harmful chemicals used for preservation that can be estrogenic. You will never find artificial coloring agents, parabens or fragrances in these formulas!

MyChelle is also the first cosmetic company to make a mineral makeup in a solid stick formula. This easy-to-use application eliminates the mess of powder and the guesswork of how much to apply. MyChelle Minerals are free of petroleum derivatives and formulated without water, so there's no need for preservatives.

If any of this sounds interesting, stop on by for a complementary makeover by Trish Allen, certified esthetician from MyChelle, on November 19

and December 17. Trish will be able to work with eight people on each of these evenings, and since it's Tasteful Thursday, we will be sampling wine and food

storewide as well! It will be first come, first serve for the makeovers, so don't forget to mark it on your calendar!



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208-882-3684

Grand Opening

You are cordially invited to the grand opening celebration

Friday, November 6, 2009

3:30-5:30PM

at the school, 1500 Levick St

Light Refreshments

Tour the School

Meet teachers

See children's work

Short presentation

4:00 PM

Nils Peterson, Board Chair
Summer Clayton, Director

Palouse Prairie School is open to any student residing in Idaho regardless of race, color, national or ethnic origin, religion, gender, social or economic status, and/or special needs.

**Palouse Prairie School
of Expeditionary Learning**



A Season to Celebrate

By Julie Gardner, Grocery and Wine Buyer

As our holidays sneak up on us again, we begin our preparations to host gatherings and family members and for visits to other loved ones' homes. For many of us, wine is an essential for hosting a party and to accompany the delicious food of the season. Here are some elegant, yet affordable bottles to enjoy with friends, family and food!

Charles de Frere Sparkling Wines, France: These sparklers are refreshing and lively. The vineyards and winery are just a mere 12 miles away from the actual Champagne territory. Grown in the same soils and climate for a fraction of the Champagne price! It is champagne to me!

Blanc de Blanc (100 percent Chardonnay and fantastic!), \$13.99

Brut Reserve (Chardonnay & Pinot Noir), \$15.99

Rose Brut, \$15.99

Dow's Tawny Port, Portugal: This has bright citrus, caramel and almond flavors and the drier finish characteristic of Dow's Ports. Tawny is delicious with soft ripened cheeses, flan or fruit tarts. Enjoy after a festive meal! \$13.99

Willamette Valley Vineyards Pinot Noir, Oregon: Pinot Noir is the perfect addition to an elegant holiday table! Willamette Valley Vineyards has two different styles. They are not the most affordable Pinot Noirs; however, by the way Oregon Pinot Noir

prices have shot up in recent years, they are actually a value and perfect for that special occasion.

Willamette Valley Vintner's signature Pinot Noir: Sweet, delicate aromas of raspberries and red cherries with hints of cocoa and toast which are accented by hints of vanilla and white pepper. An elegant Pinot Noir with delicate round tannins and nicely balanced acidity that lingers into the silky finish. Complements wild salmon, roasted duck, grilled lamb, mushrooms and medium cheeses. \$24.50

Willamette Valley Vineyards Whole Cluster Pinot Noir: As refreshing as liquid fruit salad in a glass, this wine opens with explosive aromas of wild strawberry, raspberry, black cherry, and a hint of smoke and anise. Flavors mirror the aromas and are complemented by balanced, soft tannins and ripe acidity. Juicy flavors lead to a juicy pomegranate finish. Meant to be drunk in its youth. Perfect with bold cheeses, Thai food, pizza, grilled chicken, fish or turkey. \$20.49

Value Pinot Noir: Mont Pellier Pinot Noir, California: One or two fantastic bottles of wine can be followed by a value bottle, and this is the Pinot Noir to use! Casual, light-bodied with bright cherry fruit in the nose. Tangy berry flavors will delight your palate. Lively acidity gives the wine some zest and balances

the fruit. Tannins are moderate and a hint of herbal complexity enhances the finish. \$5.99!

Arbor Crest Sangiovese, Spokane, Washington: This winery's wines are fantastic—we carry their Sauvignon Blanc, Merlot, Cabernet Sauvignon, Cabernet Franc and the very affordable red blend. Sangiovese, one of Italy's standards, is also delicious with holiday foods as it is light bodied, has a little higher acidity and it carries some spice. Arbor Crest's has aromas of ripe strawberry jam and spicy notes, which unfold on the palate as clove and currant. The well-established vineyard, situated in a warm climate with a unique soil profile, yields these wonderful jammy characters and hints of smoke and cassis. \$15.75

Girasole Organic Sangiovese, California: Another value to counter the higher priced wine is this organic from California. Bright and lively aromas of cherry and raspberry followed by zesty flavors of cherry drops and red licorice. A light-bodied food-friendly wine that will pair wonderfully with holiday goods. \$9.99

Three Horse Ranch Organic Viognier, Snake River Valley, Idaho: Viognier is a lovely match with many of the spices of the season and is heavy enough in body to pair with meats such as pork, ham and fowl. This Idaho winery has come up with an organic Viognier that has a delicate blend of white peach and

apricot in the nose. The rich, full mouth feel displays the depth and power of its fruity character. The long finish is very elegant and has layers of faint spice. \$19.99

Cline Viognier, California: Viognier is known for its perfumed aromas and ripe fruit flavors shows big pineapple, peach and apricot flavors mixed with citrus and floral notes. This full-bodied wine is an excellent match for Mediterranean stews, Thai curry, and spicy Mexican dishes, in addition to the holiday dishes. \$8.99

Value Washington Riesling, The Magnificent Wine

Company: Let's face it; Riesling is good any time of the year! Or that's my opinion. Anyways, this wine is absolutely beautiful, delicate and pure. Asian pear, apricot blossoms and white peach delight the palate throughout! \$9.99

Local Gewurztraminer is sassy and spicy! Merry Cellars in Pullman, Washington, has come up with a gem! Lively aromas ripe stone fruits and minerals. The mouth feel is creamy; the body is full and dry. Flavors of honeycomb, pear and spice hang through the finish that is silky smooth. \$16.99

Have a wonderful holiday, enjoy the food and the company, travel and drink responsibly.

Fun For Frog Fans

By Bill London, Newsletter Volunteer

I'm a frog fan. I'm smitten by the frog character that cavorts and cruises through Anna Brewer's cartoon, *Palouse Report*.

Anna's frog is inquisitive, whimsical and certainly fun in his/her own populist style. And Anna's *Palouse Report* cartoon, which has appeared in the Co-op newsletter since May of 2007, is enjoyable for the same reasons.

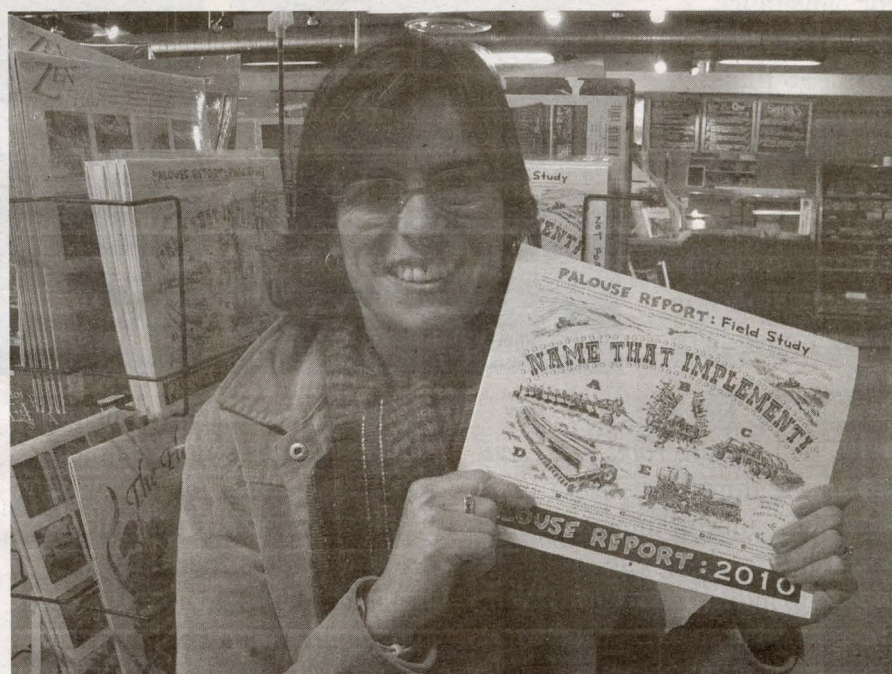
And for the frog fans who can't get enough frog-ness from the newsletter cartoon alone, I am glad to announce that more frogs are on their way. Anna has created a 2010 calendar that is

now available at the Co-op.

Each month's page on her calendar is decorated with a seasonal cartoon that originally appeared in the newsletter, and she has added a bundle of new drawings, big and small, to fill the pages. The printing is crisp and professional, and it is the kind of calendar that frog fans will enjoy for all 12 months.

The Palouse Report: 2010 is a frog-friendly calendar for all seasons.

Bill London edits this newsletter and offers his sincere thanks to



Anna Brewer, as well as the writers, editors, illustrators and other volunteers who give their creative

talents to the Co-op and this community newsletter.



How and Why We Do What We Do

By Peg Kingery, Chill and Frozen Buyer

The number of choices is daunting.

United Natural Foods, the Co-op's main food distributor, offers 366 different yogurt products. Some are natural; some are organic. They're made from cow, goat, sheep, coconut, soy and rice milk. Sweeteners vary from cane sugar to fruit juice to agave. They're flavored with every fruit I've ever heard of (and some I haven't), as well as plain and vanilla. There are non-fat, low fat and full fat kinds, and Greek, Mediterranean, Australian and European styles, too. Eek! What products do I pick??

The number of choices may be daunting, but the guidelines we food buyers follow when picking products for the Co-op's shelves are simple and straightforward. Here's HOW we do what we do:

The packaging needs to be attractive, but not excessive, and (hopefully) recyclable. Ugly labels don't sell a product no matter how good it is. If there are multiple layers of packaging (i.e. plastic inside plastic inside paper), same deal. We won't buy it.

The product cannot contain artificial or deleterious ingredi-

ents or preservatives. We have a three-page list of no-no's. We read every ingredient of every product. If we don't know what something is, we find out.

We place high priority on organic, fair trade and locally produced products. "Local" is a bit product-specific. The most "local" orange juice I can get is from California. On the flip side, I'm delighted to be able to buy milk from Spokane and salsa from Virginia in Moscow. Organic, local AND fair-trade products are our ultimate discoveries.

Offering a diversity of products is also one of our goals. Back to the yogurt example—not everyone likes strawberry. A Co-op customer can choose from 34 different flavors of yogurt, with three different fat contents, in six different styles, in 10 different sizes, made from five different kinds of milk.

A large number of Co-op customers shop here because they have special dietary needs and can't find the products they're looking for anywhere else. As buyers, we're sensitive to this. We make room for products for people with gluten, nut, soy

and other food allergies. Vegan? Lactose-free? Non- or low fat? Low sodium? Products for customers with these needs are also available.

We take advantage of many resources before bringing a new product into the Co-op. These include trade shows, industry publications and natural food brokers. As I write this, Joan, Julie and I are looking forward to the Natural Products Northwest food show in Seattle. (Stay tuned for a recap in next month's newsletter!)

After we evaluate a product using these guidelines, we make our decision based on the most important criteria of all: how the product tastes. The healthiest product in world won't sell if it tastes bad. Which brings me to WHY we do what we do . . .

I'm a buyer because healthy eating, healthy living and a healthy environment are of high value to me. I recognize that food is a fuel and the chief nourishment for my body. Because I'm an active person, I need high-quality nutrition to perform at my best. I also have a food allergy. So I both want to and have to be picky when it comes

“The number of choices may be daunting, but the guidelines we food buyers follow when picking products for the Co-op's shelves are simple and straightforward.”

to selecting what I eat. My background in animal agriculture and a love for the natural world cause me to delve deep to make sure a product comes from a company that treats both their livestock and their land in a humane and sustainable manner. In other words, I care. And if you were to ask any of the other food buyers, you'd get a similar response.

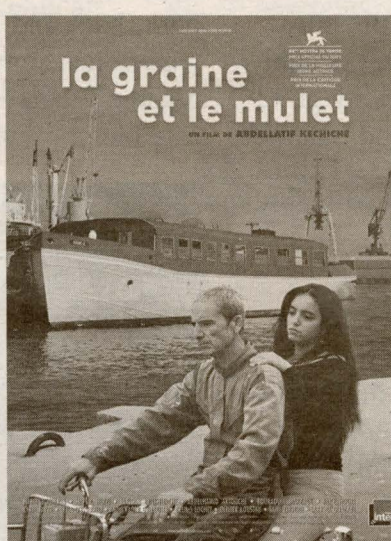
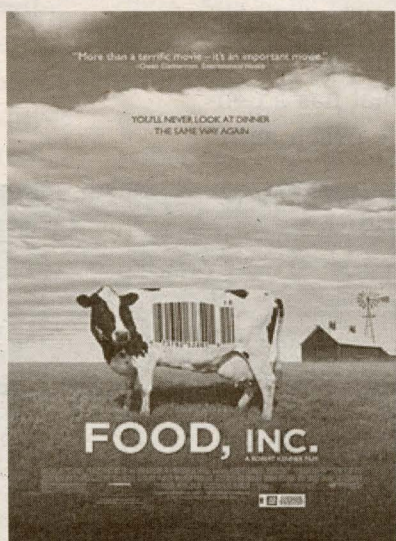
We're always open to suggestions for "must-have" products from Co-op customers. Don't hesitate to put a note in the suggestion box or to talk to one of us. Keep in mind, though, that there are guidelines it will have to meet before it graces the Co-op's shelves, and it has to earn its place once it gets there.

November Good Food Film Series Sneak Preview

By Aimee Shipman, Good Food Film Series Volunteer

The Good Food Film Series offers an exciting lineup for November and December. All GFFS films are at 7 p.m. at the Kenworthy Performing Arts Center. Co-op members get in for \$4 and admission for non-members is \$6.

Thursday, November 19, the GFFS will feature *Food Inc.* *Food Inc.* is the third installment in the GFFS fall film lineup identifying and discussing concerns with the agro/industrial food model and implications for a safe, reliable food supply. *Variety* says this film, "Does for the supermarket what 'Jaws' did for the beach." *Food Inc.* debuted June



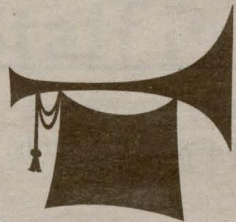
12 in New York, San Francisco and Los Angeles to acclaimed reviews. In *Food, Inc.*, filmmaker Robert Kenner lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that's been hidden from the American consumer with the consent of our government's regulatory agencies, USDA and FDA. Our nation's

food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers and our own environment. Featuring interviews with such experts as Eric Schlosser (*Fast Food Nation*) and

Michael Pollan (*The Omnivore's Dilemma*), along with forward-thinking social entrepreneurs like Stonyfield Farms' Gary Hirschberg and Polyface Farms' Joe Salatin, *Food Inc.* reveals surprising—and often shocking truths—about what we eat, how it's produced, who we have become as a nation, and

Stonyfield Farms is offering \$8 worth of coupons to customers who see *Food, Inc.*! Save your ticket stub on November 19, and visit our website or check out the note on the bulletin board in the store from Stonyfield Farms to get the details.

where we are going from here. See more at www.foodincmovie.com. In the spirit of the holiday season, December's GFFS selection will feature *The Secret of the Grain*, a touching and resoundingly humanistic story set in the rustic port of Sete in southeastern France, which focuses on the interrelationships between food and family.



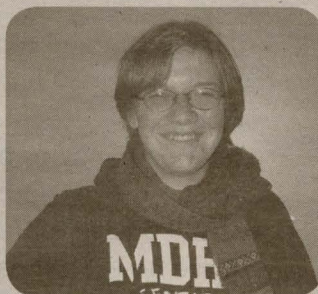
Co-op Shoppers Speak Out:

Asked at various locations throughout the store on October 2, 2009, by Ashley Fiedler, Co-op Newsletter volunteer

Question: Do you shop more locally than in the past?



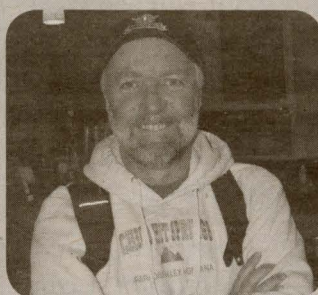
Liz Schuiling, homemaker, Moscow: I think so, yeah. I buy the Spokane's Family Farm organic milk. We are buying an eighth of a cow this year and we buy local organic products like eggs, apples and tomatoes. If it is a major price difference though, we won't.



Stormy Allen, singer/songwriter, Prescott, AZ: Definitely. I am only 18, so I just found out about local organic foods. So I'm excited about it. If you don't have a community, you have basically a bunch of nothing.



Kelly Laird, elementary school teacher, Pullman, WA: I wish I did. I try to because it is better food. We live in Pullman, so there are not many options.



Mike Fogarty, manager at a nuclear facility, Idaho Falls: I am here for Dad's Weekend. We have a philosophy to patronize local businesses instead of national franchises.



Susan St. Pierre, home-school mom, Moscow: I don't know. I would think so, yeah. I pretty much buy everything in Moscow. I don't go other places specifically to shop.



Sheri Nielson, mom, Boise: I try to. We get local produce. I try to buy locally unless it is too expensive.

Suggestion Box: November 2009

I have concerns with plastics being used in the Co-op deli. Because only 10 percent of our plastics nationwide end up getting recycled, the rest ends up in landfills, as litter, or accumulates as islands in the sea. With this in mind, I'm wondering why the Co-op uses plastics at all? I notice that paper is also used to serve food in the deli, which is a much better alternative. The other concern I have is with putting warm foods in plastic containers. As it is becoming more evident in mainstream media, it is heat that causes the toxic resin in plastics to leach into food. Not only does the Deli serve warm food in plastics to customers, but warm leftovers are placed in plastic containers and put in the refrigerator case for next-day purchase. Why go to the trouble of serving healthy, organic foods in our Deli when dangerous plastic resins are reintroduced as the food is served? Thanks for looking into this issue. —Rélene

Thank you. I heard you say you are concerned about plastic waste, food safety and our failure to use a better alternative.

There are two containers used in the Deli: clear clamshells (they have a hinge),

which are made from #6 plastic called polystyrene, and two-piece containers with a polystyrene top and a #5 bottom made of polypropylene.

In Moscow, #5 and #6 plastics are recyclable at Moscow Recycling. They are in a "mixed plastics" category, which has weaker post-consumer market than #1 and #2 plastics. I agree that these containers are often not recycled; neither are paper-based food containers. In our market, most food containers end up in landfill.

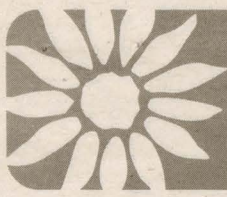
I think most of the plastic health effects media "buzz" is about styrene which, as the name implies, is a chemical in #6, polystyrene. We use polystyrene for baked goods and for the clear lids on other foods. I could find some studies that show workers in styrene manufacturing and lab animals exposed to high levels of styrene have health issues influencing hormones. So, the question is, does styrene get into food simply because it is in a polystyrene container? I think the technical answer is "yes" and the practical answer is "no."

Technically, anything and everything that touches food transfers something to the food. The list is unlimited, but cer-

tainly includes chemicals in plastics, dirt, bacteria from hands, contaminants from other foods, wax from paper product linings, soaps and chemicals used to sanitize dishes and so on. There are many factors that determine if and how much transfers. Time of exposure is important and, as you suggest, temperature.

Polystyrene packaging is not intended to be exposed to extreme heat. Very hot temperatures (above boiling, 212°F, not simply warm food, which is about 150°F) have been shown to increase the transfer of styrene to surrounding liquid in polystyrene containers. That's why we do not use it that way.

The bottoms of those prepared food packages are made of #5 polypropylene, a plastic used in medicine because it can withstand autoclave temperatures. These bottoms are specifically designed for microwave use, approved by the FDA for that use and are labeled with heating instructions. I could not find any research linking polypropylene to a specific health issue associated with polypropylene food containers. Both these plastic containers, used the way they are intended, do not



Suggestion Box: November 2009

appear to have a negative health impact on people.

Finally, why use plastic packaging at all? Using plastic improves freshness and shelf life while reducing food waste. Clear packages allow customers to evaluate the appearance and condition of the product. Plastic packages allow us to offer more products simultaneously, some in the hot bar and some in the refrigerated case. Plastic allows customers to handle and transport product and reduces the risk of food borne illness due to handling. Plastic is inexpensive and has a lower transportation cost per item than paper. We use paper-based alternative packages for to-go orders. Most of our lunch customers avoid disposables all together by eating in and using our plates and silverware.

All packaging has an environmental impact in manufacturing, transportation, recycling or landfill. The impact of plastics is different than the impact of paper-based packaging, and people have different opinions about which is better. I think you are right to be concerned about polystyrene. It should not be microwaved or be exposed to temperatures above boiling. Our staff is always looking for alternatives and benefits of different packages. Based on what is available now and our experiences experimenting with a number of products,

we think our current choices are safe and responsible. —Steve

Wireless? Why not? A few dollars a month for your customer base. Also, the "high school concern" argument is weak and moot. The high school crowd is on cell phones, not computers. Thanks. — Jerry

Thank you and thank you for your e-mail address. I hope you will share your views on the benefits of having wireless. I would be happy to print your ideas about how it wireless would benefit customers and the business of the Co-op. I just do not see how wireless helps us in the business of selling food. I am concerned that, with wireless, seats in the Deli would be occupied when our food customers need seating. I do not think there is a shortage of wireless in Moscow. In a nutshell, I don't see the upside and I think there is a downside. —Steve

The eating area feels like a food court rather than a café. Maybe you should talk to an interior decorator or feng shui consultant? That area needs help. —Jalin

I am sorry you are disappointed with the seating area. It is a functional area and it is working pretty well right now. We just removed the platform, added tables and chairs, and updated the condiment coun-

ter. I would be open to more specific suggestions, but a remodel is not in the cards. —Steve

I am in class every day until 5:30 p.m. and cannot get here in time to buy my meat from the butcher. —Laura

All of our best-selling products are out in the case or freezer even when the butcher is not there. If you are interested in another item, we did drop some very poor sellers, please call or e-mail Brennus at meats@moscowfood.coop. We will make it if we can. I am sorry for the inconvenience. —Steve

The change I have observed in the Co-op since it started as an outlet, for Adams Peanut Butter encourages me. You are making all of us more aware of where real food comes from. I feel heartened that, with our combined efforts, we can enhance the quality of life for all sentient beings. —Phyllis Van Horn

Thank you, Phyllis, for recognizing the efforts to educate our community about where our food comes from. It is a huge task and can change frequently, so it is a big job. Thanks to the staff and volunteers who try to keep up with the education aspect. —Kimberly Vincent, President, Co-op Board of Directors

PALOUSE REPORT: Winter Harvest

WONDERING HOW TO CONTINUE EATING LOCAL PRODUCE THROUGH WINTER?

SOME FRUITS AND VEGETABLES HARVESTED IN THE FALL

CAN BE STORED FOR MONTHS IN A COLD BASEMENT OR GARAGE.

MOST PRODUCE LIKES TO BE COOL AND DAMP (NEAR FREEZING AND RELATIVELY HIGH HUMIDITY).

PAPER BAGS, CARDBOARD BOXES, SAND OR SAWDUST HELP RETAIN MOISTURE.

ONIONS AND GARLIC PREFER TO BE COOL AND DRY.

MESH BAGS AID AIR CIRCULATION.

WHILE WINTER SQUASH ENJOY A DRY, TOASTY 55°.

MOST PRODUCE MUST BE CURED,

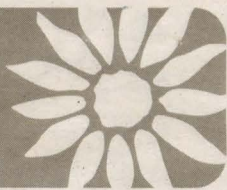
APPLES ARE KEPT SEPARATELY

AND EVERYTHING IS KEPT OFF THE FLOOR

AND IN THE DARK.

IF SELF-STORAGE SEEMS BOTHERSOME LET THE CO-OP DO IT FOR YOU!*

* MOSCOW FOOD CO-OP HAS MOST LOCAL STORAGE CROPS INTO FEBRUARY. WWW.FROGBLOG-ACARTOONDIARY.BLOGSPOT.COM © ANNA BREWER NOVEMBER 2009



Staff Profile: Sarah MacDonald

By Amy Newsome, Newsletter Volunteer

I ventured upstairs at the Co-op in search of perhaps a more elusive employee. It was late afternoon, the lights were out and no one was in sight. I heard a faint tink...shff...tink...shff, from behind a closed door. Tentatively, I knocked, first apparently too quietly as there was no response, only the continued tink...shff...tink...shff. I knocked more loudly and this time the sound halted. The door opened to a familiar, friendly face. It was Sarah MacDonald, cashier and occasional counter of money, as she was doing this afternoon.

Sarah Mac (as she is often called) came to the Co-op as a cashier a year and a half ago. She has since then added a couple new responsibilities. She sometimes serves as the PIC (person in charge) if a Floor Coordinator isn't present. She also helps with financial records a few times a week.

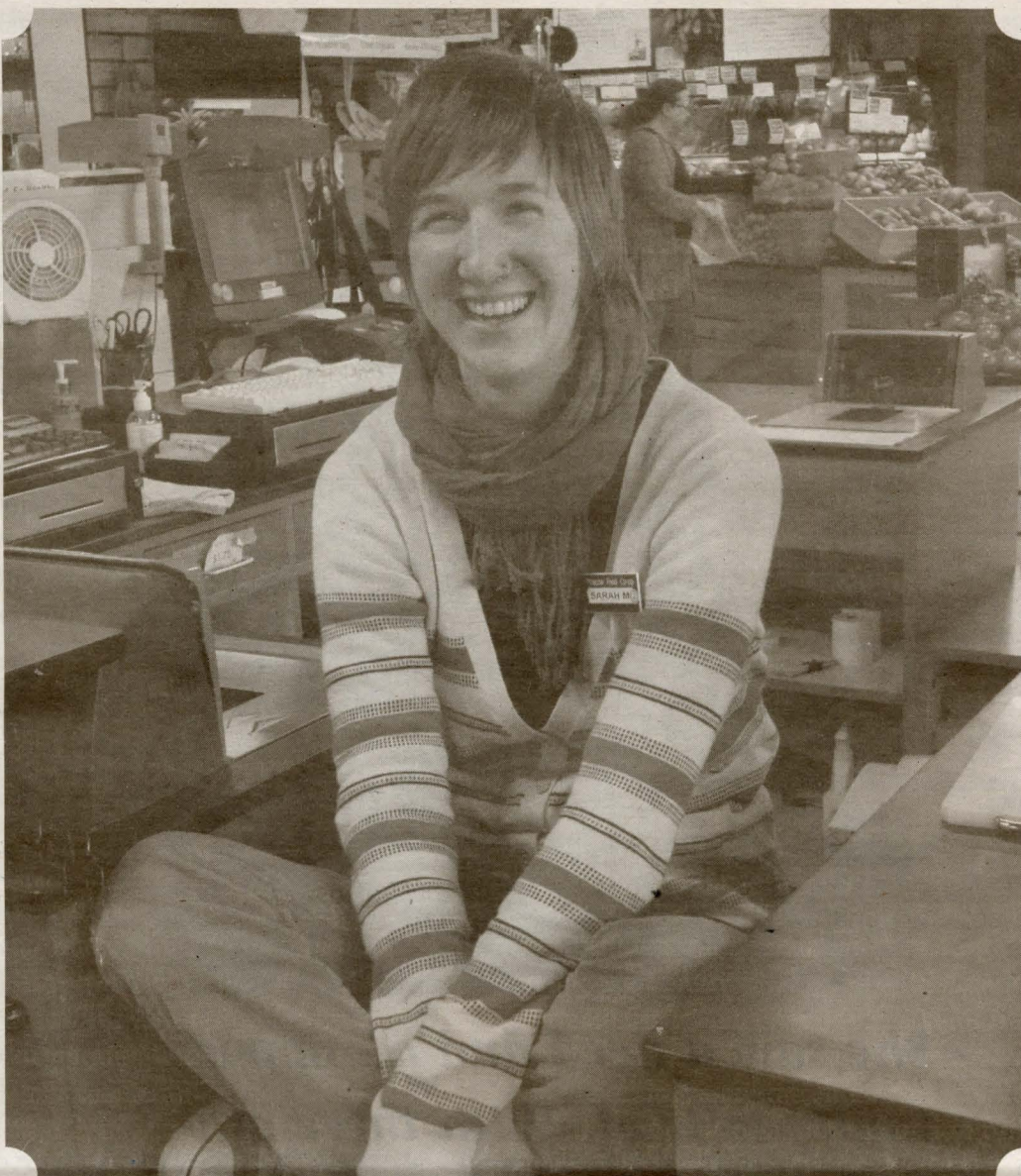
Sarah was born in Redwood City, California. Her family moved to Eagle, Idaho, when she was in second grade. After graduating from high school, Sarah moved to Moscow to attend the University of Idaho.

"It was kind of a hard move for me. I'm a homebody and come from a very close family. I was the first of my siblings to leave home. I am glad I did though, I think I'm a better person for it."

She has an older brother, Josh, who is a Boise State graduate in English; and a younger brother, Zack, who is studying Wildlife Biology at the University of Idaho. Sarah's parents, Dan and Jennifer, always considered "cool parents" by her friends, still live in Boise. Sarah is also fortunate to have an extended family member who plays a prominent role in her life: her uncle, Philip Morton.

"We've always had a similar outlook on life and got along very well. We are like best friends."

Her uncle encouraged her to go to France her junior year in college. He was a successful film trailer creator in Los Angeles, so had the means to fund her



"Sarah is soon to graduate with a degree in Journalism and French. She has applied to teach English in France for nine months beginning next fall."

exchange. Sarah spoke about the challenges of being a vegetarian while on exchange. Various hosts were apparently confused about what it meant to be a vegetarian and would try to feed her such things as duck and shrimp with the heads still attached.

Sarah is soon to graduate with a degree in Journalism and French. She has applied to teach English in France for nine months beginning next fall. Sarah has a couple other post-graduate ideas. One is working for Participant Media, a politically activist film production company in Los Angeles that creates documentaries and independent films. A couple of their notable films are *An Inconvenient Truth* and *Syriana*. Her uncle has a connection in the company that could help Sarah get an interview. Sarah also has her eye on Los Angeles-based *GOOD* maga-

zine, which focuses on political, social and environmental issues. The quarterly magazine has a unique business approach in that all subscription fees go directly to charity. Sarah is really open to any occupation that will help her contribute positively to the world.

In the meantime, Sarah is very happy working at the Co-op.

"The Co-op really takes care of its employees. It's unlike working at a corporate grocery store where employees are made to feel dispensable. Here, you feel you're part of a family."

Sarah shares an apartment with her good friend, Robin Lopez, son of the owners of La Casa Lopez Mexican restaurant in Moscow.

"Robin is used to living with sisters, and I am used to living with brothers, so the arrangement is working well. It's also

great because Robin's family is all here and I get included in their family get-togethers."

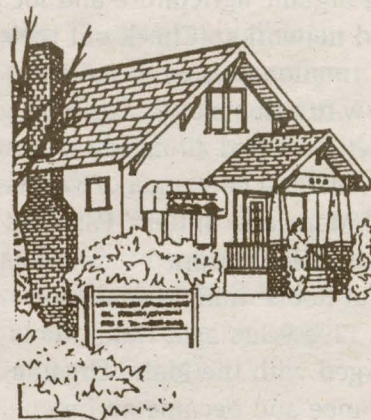
For fun, Sarah enjoys watching movies that make her think, reading (currently she's reading a collection of short stories) and writing (often poetry meant for her eyes only). She bought a 1950s typewriter this summer on a trip to Portland.

"I like how when I am using a typewriter, my writing feels permanent. So much of what is written today is posted on the Web and can disappear forever in an instant."

Here's to Sarah leaving an indelible mark on our world. Good luck, Sarah!

Amy Newsome went through undergraduate school writing all of her papers in pencil first then typing them on a typewriter. The loud kchunk...kchunk...kchunk of erasing lines into the wee hours encouraged her husband to purchase a computer, which were still very expensive in 1993, before Amy started graduate school.

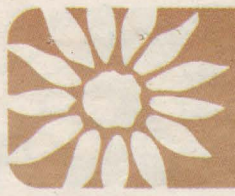
PALOUSE
Ocularium
VISION CENTER



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



Volunteer Profile: Colette DePhelps

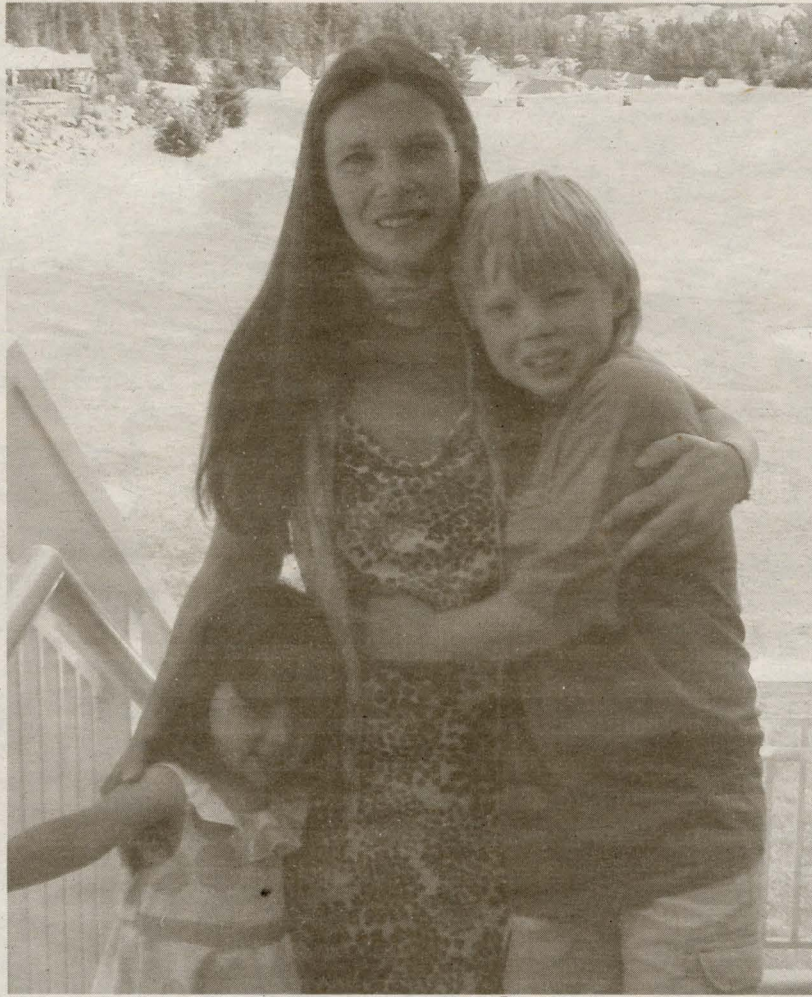
by Todd J. Broadman, Newsletter Volunteer

“We knew Moscow was the best place to raise a family,” began Colette in answer to my question. I had asked her, “Why Moscow? How did you pick this place?” She was excited to tell the story; you could almost see it in the watery blue hue of her eyes. “I came here to go to graduate school in 1991, and began working for WSU and then PCEI. After living several places in the Inland Northwest, my late husband and I decided to settle in Moscow.” Colette now lives here with her partner, John, 9-year-old son, Forest, and 3 1/2-year-old daughter, Raven.

It was a near record low outside of the Co-op as we conversed. Colette had on a black sweater with a Harley Davidson logo. The brand suited her adventurous spirit. At the age of 21, Colette went on a backpacking trip through Costa Rica and Ecuador. “We stayed with the Cofan people in the upper Amazon. The trip inspired me. I could see the possibilities and the value of working within the established political systems to support traditional cultures.” In particular, Colette was drawn to the link between agriculture and communities. At Huxley College, she majored in Environmental Studies, focusing on Sustainable Agriculture and International Development. She maintained her own garden while going to school.

She saw a need and an opportunity to lead. With three others, Colette started Rural Roots in 1997. Their mission is to support and enhance sustainable and organic agriculture and local food networks. (Check out their information-packed website: www.ruralroots.org). Early on, Colette worked alongside local farmers and consumer advocates, and MaryJane Butters’ Pay Dirt Farm School stepped forward as Rural Roots’ initial fiscal sponsor. Five years ago, Rural Roots merged with the Idaho Organic Alliance and became an independent non-profit organization.

The topic of sustainable agriculture interests me as well. I excitedly chimed in, “It’s not so much about organic as it is keeping the cycle local. Local is where it’s at.” Colette patiently nodded and added, “Local food systems are based on relationships. My family knows the



“She saw a need and an opportunity to lead. With three others, Colette started Rural Roots in 1997. Their mission is to support and enhance sustainable and organic agriculture and local food networks.”

farmers who grow our food, we’re friends. Those important relationships don’t get built with the large-scale organic sellers such as Walmart.” The meaning of what Colette was trying to convey was clear when she quoted what her daughter, Raven, says on her way to pick up their CSA at the Co-op’s Tuesday Growers’ Market: “I get to see my farmer!”

In her role with Rural Roots, I wanted to know of the transitions that Colette has experienced over the last 10 years. “A lot,” she replied, pausing to sequence it all. “There are many more small farms and more university programs aimed at small-scale farming. Rural Roots worked with UI and WSU to start the ‘Cultivating Success,’ a program which trains small farmers. Then there are the Community Supported Agriculture (CSA) programs, more restaurant involve-

ment, more sustainably-raised meat production ... so much that has gone on and is going on.”


“So what’s going on now,” I

ask. “I coordinate the Co-op’s ‘The Good Food Book Club,’” Colette replied, and told me how her new volunteer role with the Co-op began. “The idea grew out of a Slow Food Dinner/Book Club I organized with friends. Carol Spurling thought a Co-op-sponsored book club would tie-in well the Good Food Film series. We both liked the idea and went with it. The involvement of local businesses such as BookPeople and One World Café add to its appeal.” (See the Co-op’s website for featured books and group discussion dates).

It was easier than I had thought to shift the topic away from food. Colette smiled and talked about her children and the increased time she is spending with them as she transitions her leadership role within Rural Roots. She talked about friends coming over the house and all the kids and adults dressing up to the theme of a movie. “And the next family-fun film?” I inquired. “Grease,” she said, laughing.

After years of globetrotting and a whirlwind cross-country journey, Todd and Corinna ended up in Moscow. With no energy left to travel, they stayed. When their son, Micah, was born in 2007, the picture began to make sense. They now split their time between the open spaces of Princeton and the conveniences of in-town Moscow living. Todd is currently writing a novel.

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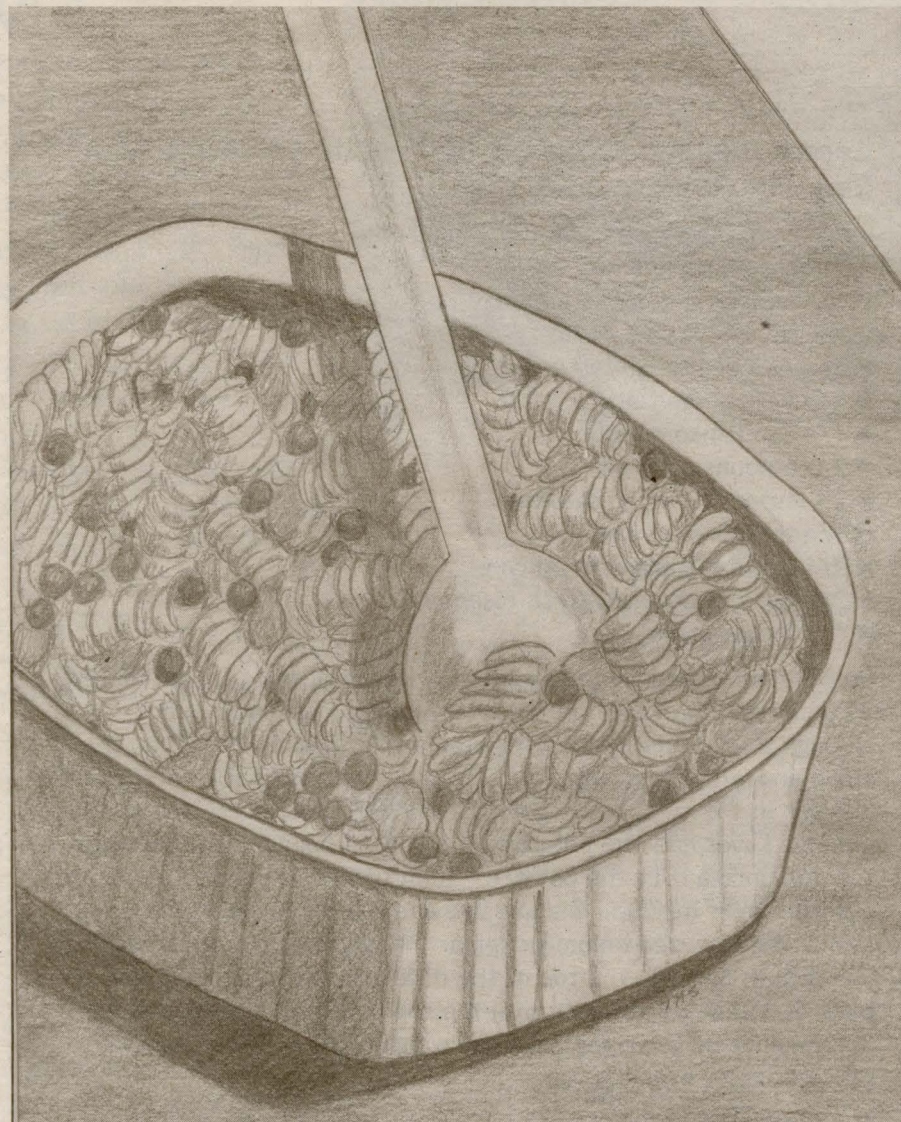
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Allergy and Gluten-Free: Tears at Potlucks

By Terri Schmidt, Newsletter Volunteer; illustration also by Terri



I read a list online that said, “You might be gluten intolerant if ...” One of the things on the list was, “... if you cry at potlucks.” It made me laugh to read it, even though it’s not a laughing matter. It was so nice to know that someone else understood my frustrations, and yes, I had my time of fighting back tears at potlucks. I looked out at all that delicious wonderful-smelling food and realized that between gluten intolerance and my other food allergies, there wasn’t a darn thing I could eat. Well, maybe a couple of carrot sticks. Thanksgiving dinner with the family can bring up the same emotions.

I know this is a frustration for many people with food restrictions. And to make it worse, there is always someone in the crowd who will try to encourage you to “Just cheat a little today,” as though you were on a diet and avoiding Twinkies. Cheating a little won’t do much damage to a dieter, but there are bigger consequences to pay if you cheat a little when you are allergic or gluten intolerant.

Since my first teary-eyed potluck, I have learned a thing or two to make the experience more enjoyable. First, bring a big container of something you can

“Since my first teary-eyed potluck, I have learned a thing or two to make the experience more enjoyable.”

eat and pile lots of it on your plate so the plate seems fuller. Be the first one to go through the line so you can avoid cross contamination from people using the same spoon for multiple dishes. When you come to a dish that looks delicious, but it’s something you can’t eat, allow your sense of smell to bring you some gratification. Inhale deeply over the dish and take in the wonderful aroma of home cooking. It’s amazing how satisfying just the scent of food can be.

One could avoid potlucks altogether, and I have done that on occasion. But one of the best things about potlucks is socializing. It is still a pleasure to sit and eat and visit with people around a table even if your plate looks different than the rest of the crowd.

The most common dish at a potluck is the casserole. Many casseroles are land mines for people with food restrictions, but that doesn’t mean we can’t

Allergy-free Tuna Noodle Casserole

- 12-ounce bag Tinkyada spiral pasta
- 1 onion
- 2 stalks celery
- 2 tablespoons olive oil
- 4 cups (1 box) Pacific gluten-free chicken broth
- 1 package frozen peas
- 2 6-ounce cans water packed tuna, drained
- 2 tablespoons nutritional yeast
- 1 teaspoon dill
- 3 tablespoons arrowroot starch
- Salt and pepper

Heat oven to 350 degrees F. Bring a large pot of water to a boil. Add pasta and cook according to directions. Finely chop onion and celery. In large frying pan, heat olive oil and sauté onion and celery until soft. Add 3 cups of broth and bring to a boil. Defrost peas by soaking in warm water, strain. Add peas to broth mixture. Add nutritional yeast and dill. Mix arrowroot with remaining cup of broth, and add to mixture. Heat until bubbly. Simmer till thickened. Remove from heat. Stir in drained pasta and tuna. Salt and pepper to taste and pour into to a casserole dish. Bake for 30 minutes.

Pumpkin Chocolate Chip Muffins

by permission, *The Super Allergy Girl* © Allergy & Celiac Cookbook
Lisa A. Lundy, www.thesuperallergycookbook.com

Preheat oven to 350°F

In a large bowl combine:

- 1/2 cup garfava flour
- 1 cup tapioca flour
- 2 teaspoons ground cinnamon
- Dash of ground cloves
- Dash of ground ginger
- 1/2 teaspoon baking soda
- 1 tablespoon baking powder
- 1 1/2 tsp xanthan gum

In a separate bowl, combine:

- 6 tablespoons hot water mixed with
- 4 teaspoons Egg Replacer (or 2 eggs)
- 3/4 cup GFCF mini-chocolate chips
- 1 can of pumpkin (15 oz.)
- 1/2 cup GFCF margarine, melted, or 1/2 cup oil

Use either greased muffin tins or paper baking cups. Pour liquid ingredients over dry ingredients and mix until just moistened. Fill muffin tins 2/3 full. Bake 20 to 25 minutes for regular size muffins, or 12 to 16 minutes for mini muffins—until puffed and springy to touch in the center. Makes 12 regular or 48 mini muffins. These muffins freeze well.

enjoy them, too. It can be an adventure creating new combinations with allowable substitutes. To make a pasta-based recipe, substitute Tinkyada rice pasta or Dubois pasta made with quinoa, amaranth, rice and rice bran. If you also eat dairy free, you can substitute nutritional yeast and some extra olive oil for cheese in many casseroles.

The most familiar of all casseroles is the traditional tuna casserole. The recipe on this page uses the creaminess of oil and thickened broth in place of cheese. The recipe can be made vegetarian/vegan by using vegetable broth and swapping the tuna for tofu or simply eliminating the tuna.

For your Thanksgiving dinner, there are recipes available online for egg- and dairy-free pumpkin pie. You could also try out these Chocolate Chip Pumpkin Muffins from the Super Allergy Girl Cookbook, which states, “They are sweet enough to be a dessert, but they can also be used for breakfast.” Enjoy!

Terri Schmidt offers these words by Benjamin Disraeli in honor of the Thanksgiving season: “I feel a very unusual sensation—if it is not indigestion, I think it must be gratitude.” May your Thanksgiving meal be short on indigestion and long on gratitude. To contact Terri: allergypage@yahoo.com

Into the Cupboard: You Don't Ignore a Craving for Potatoes

By Ivy Dickinson, Newsletter Volunteer

I knew that when I chose to write about potatoes this month that I wasn't going to wow any of you readers with a new and exotic ingredient, but that wasn't really my intention. We're rapidly rolling into winter, and I am feeling the need to stock my cupboards with a few of those trusty comfort foods that we all know and love, and I'm guessing the potato is on the top-five list for most of us. In fact, according to Harold McGee, "The potato now leads all other vegetables in worldwide production," and, "On average, humans are consuming about a third a pound of potatoes per day".

In case you are interested in a little bit of background on this beloved staple, there are more than 200 species of potato, and you may be surprised to learn that they are relatives to tomatoes, chilies and tobacco. They were originally introduced into European cultures by Spanish explorers, which is a darn good thing, because potatoes are literally accredited with the survival of hundreds of Irish peasants during the 1845 blight. Although the Irish peasants who survived the 1845 blight were probably not interested in ever seeing another potato again, at least they had a food that allowed for diverse and tasty preparation opportunities ... imagine if your survival depended on 5-10 pounds per day of porridge.

Now that we've arrived at the recipe portion of this article, I must warn you that both of my recipes this month are rich and

creamy and decadent. Neither of them are low fat, but I can assure you that both will be worth the extra caloric splurge. My first recipe is great paired with a small, but tasty, cut of steak. The potatoes could almost be a stand-alone dish, they are so rich; you won't soon forget them.

My second recipe was a new one I had never tried, and my husband was so excited that I was embracing this high calorie treat that he even offered to do the cooking on this one. We were both surprised when the recipe said to use whole cloves of garlic, but they literally melted into flavorful oblivion and the fennel adds the perfect bit of complexity. The only thing I would do differently is that I would top the potatoes with a little bit of parmesan cheese or Panko crumbs to create a crisp crust and to keep the inside layers creamier. Even my 2-year-old loved these.

Sources:

McGee, Harold. (2004). *On Food and Cooking: the science and lore of the kitchen*. New York, NY: Scribner

Recipe from Epicurious: www.epicurious.com/recipes/food/views/Scalloped-Potatoes-and-Fennel-355783

Ivy thinks a little starch, heavy cream and cheesy goodness is the perfect winter kickoff. The only thing missing was massive amounts of butter and egg yolk. Be sure to e-mail your winter food fantasies to ivyrose7@hotmail.com.

Gorgonzola and Garlic Mashed Potato Casserole with Red Wine Reduction

- 2 pounds Yukon gold potatoes, quartered
- 3 tablespoons butter
- 3/4 cup milk, gently warmed
- 4-6 cloves roasted garlic
- Salt and pepper to taste
- 4 ounces gorgonzola
- 1/4 cup Panko crumbs
- 2 teaspoons olive oil
- 2 teaspoons minced shallots
- 1/4 teaspoon minced garlic
- 3/4 cup drinkable dry red wine
- 2 teaspoons chopped fresh rosemary
- 1 1/2 cups stock

Boil the potatoes in a pot of salted water until soft, approximately 30 minutes. When they are done, drain and mash well or put through a food mill with the roasted garlic. Return the pot to the stove and with the potatoes on low heat, add the butter and gradually stir in the milk, beating with a wooden spoon until smooth and creamy. Layer half the potatoes in a 9"x13" baking dish. Crumble the gorgonzola over the potatoes, then spread the other half of the potatoes over the top. You can also add a layer of sautéed mushrooms, caramelized onions or spinach in between the potatoes if you desire. Sprinkle the top of the dish with Panko crumbs, and then bake at 350 degrees F just until the top is brown, approximately 20-25 minutes. Serve the potatoes warm with red wine reduction sauce drizzled over the top.

To prepare the reduction sauce, place a 1-quart saucepan over medium-high heat and add the olive oil to the pan. Once the oil is hot, add the shallots to the pan and sauté for 1 minute. Add the garlic to the pan and sauté for 30 seconds. Deglaze the pan with the red wine and add the chopped rosemary. Cook the red wine until it is nearly evaporated, about 4 to 5 minutes. Add the stock to the pan and season with a dash of salt and dash of pepper. Bring the sauce to a gentle boil. Reduce the stock until its volume is 1 cup, about 10 minutes. Set the sauce aside and keep warm.

Scalloped Potatoes and Fennel

- 6 garlic cloves, peeled, smashed
- 4 2-inch-long fresh rosemary sprigs
- 2 1/4 cups heavy whipping cream
- 2 1/2 teaspoons coarse kosher salt
- 3/4 teaspoon ground white pepper
- 2 large fresh fennel bulbs with fronds
- 3 1/2 pounds medium russet potatoes
- 1/4 cup unsalted butter, cut into 1/2-inch cubes

Position rack in center of oven and preheat to 350 degrees F. Butter a 13" x 9" x 2" glass baking dish. Place garlic cloves and rosemary sprigs in bottom of prepared baking dish. Combine cream, coarse salt and white pepper in large bowl. Cut off any stalks and fronds from fennel bulbs; discard stalks. Finely chop fennel fronds; cover and chill. Thinly slice fennel bulbs. Layer half of fennel slices evenly atop garlic and rosemary in baking dish. Peel potatoes and place immediately in large bowl of cold water to prevent discoloration. Working with 1 potato at a time, thinly slice into rounds. Immediately add potatoes to bowl with cream mixture, turning to coat potatoes. Arrange half of potato slices evenly over fennel slices in baking dish, reserving cream mixture in bowl. Repeat layering with remaining fennel slices, then remaining potato slices. Pour cream mixture over fennel-potato mixture in baking dish, then dot with butter cubes. Cover baking dish with foil, doming foil slightly (do not allow foil to touch potatoes). Bake scalloped potatoes until almost tender when pierced with knife, about 1 hour 15 minutes. Increase oven temperature to 425 degrees F. Remove foil and bake uncovered until potatoes are tender and top is deep golden brown, about 20 minutes longer. Remove from oven and let rest 15 minutes. Sprinkle with reserved fennel fronds and serve.



Smelling the scalloped potatoes.



Lightening Up: Cleaning out the Spice Cupboard

By Jeanne Leffingwell, Newsletter Volunteer

My purging progress has been slow, between cool weather, dwindling daylight and now the coming holidays. Last month, I knew if I could keep up any momentum on the saga of my stuff and how I'm getting rid of it, I would need a project that was short and sweet, but still meaningful.

So one Saturday, entering the kitchen with a huge squash I want to bake, I am stopped by dirty dishes and messy counters. I think, "I'm leaving this mess for whoever made it. I want a project I can conquer in under an hour that will have some staying power."

So I set the timer on my watch (that thing is so useful!) for 45 minutes... and pause in front of my spice cupboard, which consists of two shelves and a total footprint of about two square feet. I know it's brimming with surprises, stacked willy-nilly just waiting to explode outward.



I empty it. I wipe down the shelves. (How does grime get on the underside of a shelf anyway?) And then I start through every container. Not being particularly skilled at growing herbs, I've been buying them in bulk from the Co-op for years, and storing them mostly in jars. Clear jars or those brown vitamin empties. (Yes I admit to dedicating a small shoebox for storing miscellaneous little clean jars.)

With respect to storage, I do a couple things correctly already. I always label and re-date the con-

tainers when replenishing. My favorite method is to write the date on a piece of blue painters' tape (worth the extra cost—I use it for a zillion things) and stick that on the jar. Then the label can move along with the contents during consolidation. Which is what happens when I discover that I have three partial containers of chili powder, two jars each of turmeric and oregano, etc. Uh... it's been awhile.

The thing I usually *don't* do is store seasonings in those little Co-op paper bags you might buy them in. Glass won't let the essential oils evaporate as quickly, and flavors won't co-mingle on the shelf. Plus you can see what's inside easier. While plastic zip-locks might seem okay, air does permeate them and some things (ground cinnamon for example) have enough oil to eat into plastic. No thanks.

Other things, like whole spices, keep quite awhile. So I don't advocate pitching anything just because it's older than 6 months. In general, your nose knows. Give things a sniff test.

Ok, so taking my own advice... I find a jar of cayenne dated 1994! And something brown labeled "paprika" with no date or smell. A really cool can of Old Bay Seasoning from New Orleans - how many years ago was that

trip? A cute, nearly empty little pepper grinder I bought on a camping trip then discovered there's no refilling it. The lid has to be smashed off. Geeze!

My 45-minute timer goes off! I set it for the final 15. Then... empty all odorless stuff into the compost. Pry the lid off the Old Bay Seasoning and dump it too. (But I like the can, so I get to keep it for a while—a little reward!) I find another seasoning rub, an Alaskan gift I forgot I received. Leave that out. I'm going to try it with grilled tofu tonight! I finish dumping, consolidating, wiping the jars, putting them back... and guess what. They fit! WOW! Fifty-seven minutes start to finish. I DID it!!

And I realize, now that I can see what's in there, that I have a new goal for my herb and spice cupboard: Use 'em up. "No More Hoarding!"

Jeanne Leffingwell, a local artist and teacher, has a final piece of advice regarding herbs and spices: DON'T store them above your stove or oven. The heat zaps them. Now go and have some fun baking and smelling up your kitchen.

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Veganesque: Cold Weather Comforts

By Caitlin Cole, Newsletter Volunteer

Get out your stock pots; it's hearty soup and stew season! Short days and cold temperatures are the perfect companion to a stew made from the bounty of the season. This season, I am especially grateful to be living in the Moscow/Pullman community because of the amazing folks who volunteer at food banks and support projects such as Backyard Harvest, which provides the food banks with fresh produce from community gardens. Food bank donations have been way down in our three area food banks and Latah County's 18.5 percent poverty level is climbing as families struggle with difficult choices. As part of my family's practice of gratitude, we support these causes whenever we can. Our areas food bank hours are listed on the bulletin board at the back of the Co-op. If you'd like information on how to donate food or cash

to area food banks, e-mail me at roofdog@verizon.net.

Okay, got the stockpot ready? You need basically four things to make an excellent vegan stew: local vegetables, herbs, garlic and love. Despite the giant strides veganism has made to overcome its wimpy-food reputation with such books as *The Voluptuous Vegan*, I have talked with many people who believe using dairy is a good way to make a dish hearty. I ask myself why do people make stews; what purpose does it serve? In my mind there are three: to nourish, to protect against illness, and to heal winter illnesses such as colds. Using dairy products increases phlegm production. Recently, I had a serving of my homemade potato cheddar soup. While I must admit it was hearty and very delicious with local onions, carrots, potatoes and cheese, I was amazed at



"I love the yummy soup Mommy makes me!"

how phlegmy I was afterward. My apologies for bringing up the indelicate subject of phlegm, but it is a fact of life at some point for most of us, especially in the winter!

Next, I add healing herbs. I am not an herbal expert (although there are several who work at the Co-op to advise you on healing herbs), but I know a few which are delicious and versatile, so I stick with the same few Italian herbs: mainly basil, rosemary and oregano. I use fresh whenever possible.

When thinking about food as a way to nourish, protect and heal, there is one super food that comes to mind. It is both a vegetable and an herb and has been used since Biblical times as medicine. I am referring to garlic, which has been used to cure the common cold, rheumatism and high blood pressure. It is also inexpensive and plentiful, and to me, scrumptious. Whenever

I feel a cold coming on, I eat a clove or two of raw garlic and it staves off the cold I would say 90 percent of the time. Since I have little ones I am constantly exposed to illness, I credit garlic with keeping me well when other non-garlic eaters in my house remain sick.

After adding many cloves of garlic and some healing herbs to the local veggies in your winter stew, remember to cook with love! I think loving thoughts while I cook. Food really does taste better that way. I hope you will enjoy the recipes below for your family's comfort. They are so hearty most would not think of them as vegan!

References

www.idahofoodbank.org
www.herbalcuisine.com

Caitlin Cole is still hanging her laundry outside to dry!

Sicilian Stew

- 1 medium eggplant, peeled and diced (about 3 1/2 cups)
- 2 teaspoons olive oil
- 1 medium Walla Walla onion or onion of choice, peeled and chopped (about 1 cup)
- 5 cloves garlic, minced (about 1 tablespoon) or many more if you wish
- 1 jalapeno pepper seeded and minced (about 1 tablespoon)
- 8 oz. cremini mushrooms, chopped into 1/2-inch pieces (about 3 cups)
- 1 28-ounce can diced fire-roasted tomatoes
- 1/2 cup dry red wine or 1/4 cup red wine vinegar
- 1 teaspoon basil
- 1 teaspoon rosemary

Place eggplant in colander, and sprinkle generously with salt. Let stand 10 minutes. Rinse under cold water, and pat dry with paper towels. Heat oil in large pot or Dutch oven over medium heat. Add onion, garlic and jalapeno, and sauté 10 minutes, or until onion is softened and translucent. Add eggplant and mushrooms, and sauté 10 minutes more, or until vegetables are tender. Stir in tomatoes, 1 cup water, wine, basil and rosemary. Bring to a boil, cover, reduce heat to low, and simmer 50 to 60 minutes, or until vegetables are tender. Season with salt and pepper.

Mama's Minestrone

- 1 Walla Walla onion, diced
- 4 carrots, chopped
- 2 zucchini, chopped
- 2 tablespoons olive oil
- 1 28-ounce can crushed or diced tomatoes
- 4 cups water or vegetable broth
- 2 cups Very Veggie juice (or other tomato juice)
- 5 cloves garlic, or more to taste
- 2 teaspoons basil
- 1 teaspoon oregano
- 2 teaspoons rosemary
- 1/2 cup small pasta, uncooked
- 1 15-ounce can kidney beans (optional)

In a large pot, sauté the onion, carrots and zucchini in olive oil for 6-8 minutes, until almost soft. Add remaining ingredients, except beans. Stir to combine well and bring to a low simmer. Allow to cook for at least 20 minutes. Add beans and cook for a few more minutes.

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Cooking Independently: Wraps

By Kenyon Cornelius, Newsletter Volunteer

I like to have friends over to eat. I also like to keep it simple and not spend much money. My father likes that also! I make everyone happy by serving wraps.

I like wraps because you can make them however you want. I learned to make them all by myself a long time ago. Sometimes I make them to take on trips with my mom and Michael. They find a park or quiet place. This really works well. It saves money and I don't eat fast food. I don't really like fast food all that much.

You can use tuna fish, hummus, meat, tofu, sprouts, spinach, cucumbers, green peppers, red peppers, tomatoes, mushrooms and avocados. Avocados are expensive, but sometimes you just have to have an avocado. I also like cheese or cream cheese. I love sunflower seeds too.

You need a cutting board and sharp knife. I try to cut

the veggies into bit size pieces. Sometimes, I forget because I am in a hurry. Big pieces make big mouthfuls Not good!

To make the wrap, put a tortilla on your plate or cutting board. You can layer your filing or your can mix it up first in a bowl. When you have everything on top, roll the wrap up real tight. I eat lunch at work now. But when I took wraps for lunch, I cut the wrap in half and wrapped the wrap (do you get my joke?) in wax paper, then in tin foil. I ate half for lunch and the other half before swimming.

Look at my picture. Here I am making a wrap. My mom made soup. Everyone watched me make my wrap and then they made their wrap. It was a really good dinner and I didn't have to work too hard!

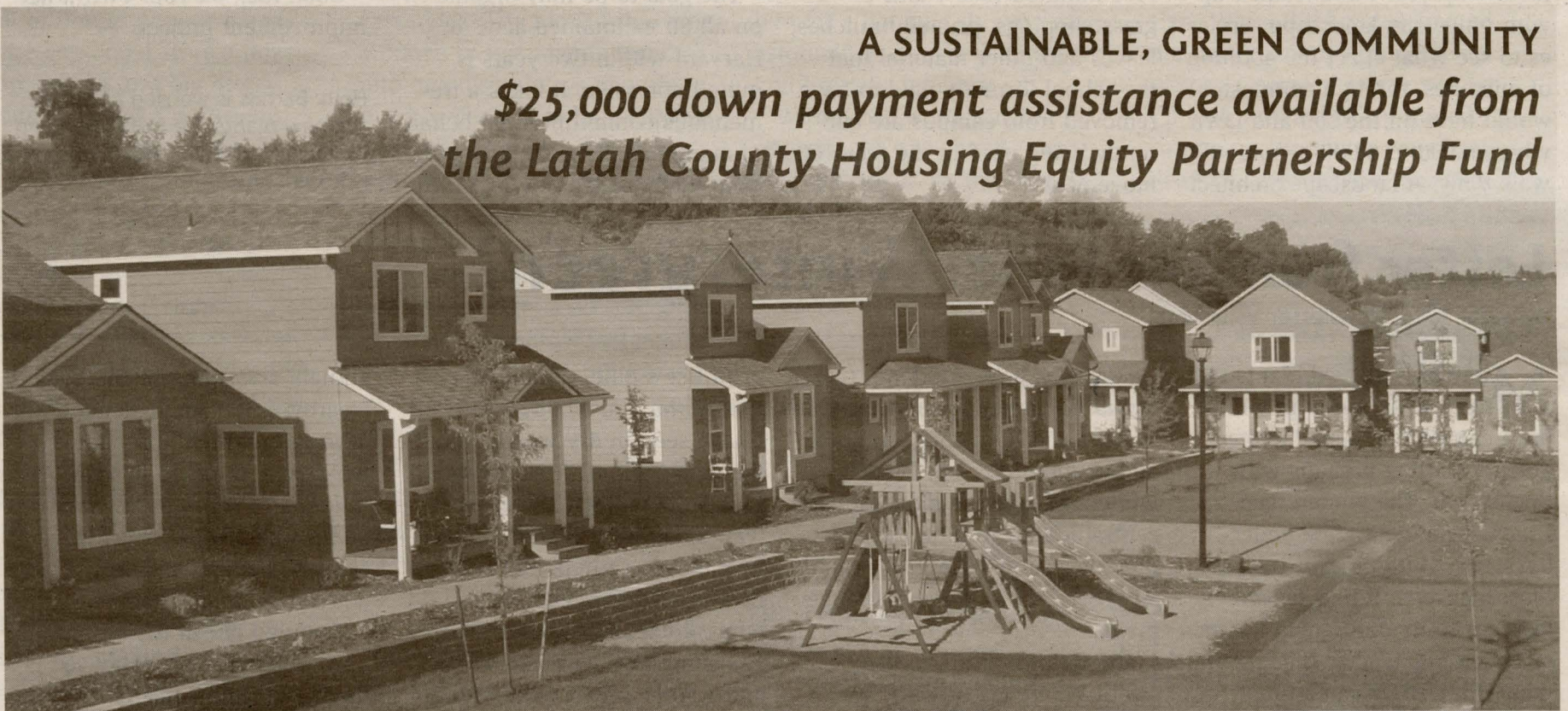
Kenyon, who has Down Syndrome, dictates this column to her mother.

Wraps

- tortillas - I like whole wheat
- veggies - whatever you like. You can use leftovers in a salad
- hummus
- cheese -slice it, grate it, or cut it into bite size pieces. Cream cheese is also really good.
- mayo, mustard
- sunflower seeds



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In The Garden: Grass

By Holly Barnes, Newsletter Volunteer

“The stripped and shapely Maple grieves the ghosts of her departed leaves. —John Updike”

No, not another article on “how I lost my lawn.” I want to share with you an interesting article I recently read in the *New York Times* about Harvard University’s conversion to organic lawns on campus. This is for those of you who want to hang on to your lawns for practical or esthetic reasons.

The greening of Harvard started last year when the school’s president initiated an effort to reduce greenhouse gases by at least 30 percent by 2016. This set a climate on campus of openness to look at new ideas for conservation.

The experimental project on the lawn was started in the spring of 2008 on a heavily compacted one-acre piece of Harvard Yard. A horticulturist spending a fellowship year there teamed up with university landscape services to see what effect the addition of microbes, through compost, would have on the soil and lawn where 6,000 to 8,000 people walk daily. A landscape architect



An organic lawn.

who teaches at Harvard was also instrumental in fostering this program. He had seen how the use of compost and compost teas could condition heavily traveled grass.

The Arnold Arboretum, an arm of the university, is in charge of making the compost and brewing the tea. All organic material on campus is used in the composting and no fertilizers other than compost are being used. Five hundred (500!) tons of grass clippings, pruned branches, leaves and other material that the school formerly paid to have removed from campus are currently being used in the recycling movement.

When the program started, the soil was so compacted it was tough to dig deeper than three inches. A year and a half later, a shovel can be easily inserted and a core sample shows grass roots growing six to eight inches long. Another result of going organic is the increased moisture retention in the soil. Irrigation has been reduced by 30 percent, saving 2 million gallons of water a year.

The goal to be fully organic on all 80 maintained acres at Harvard within two years is quite impressive. It takes a tremendous commitment on behalf of many people at the university, from the president on down. By

the way, the president is composting her own yard and kitchen waste. She’s committed!

Organic growing techniques are simple for the homeowner to implement, but the first recommendation is to get a soil sample tested at a laboratory. This analysis will tell you what is in your soil and what nutrients need to be added. Contact the local Extension Office for this service. You will also need to do a simple percolation (perc) test; this is something you can do yourself to find out how well your lawn drains. Unless there is good drainage, water and air will not be absorbed by the plant roots.

The article was in the September 24, 2009, edition of the paper and is available online. Harvard University is delighted to share with us the methods they are using to heal their lawns. In the article are links to a mini-course on the program, including instructions on how to do the perc test, make a compost pile hot enough to kill weed seeds, and build a compost tea brewer.

Good luck on your own lawn improvement project.

Holly Barnes is worried about all the new plants she installed when replacing her lawn. Next spring will tell the story.

Letter from the Land: Wintergreen?

By Suvia Judd, Newsletter Volunteer

Many broadleaved plants that keep their leaves in winter have earned the name “wintergreen,” starting perhaps with English ivy. The wintergreen I knew as a child grew under oaks and white pines in eastern Massachusetts. It had several leathery shiny dark green leaves on a three-inch stalk. The leaves, when chewed, tasted strongly of oil of wintergreen, of which they were once the source. The red berries, although mealy, were sweet and flavorful. I enjoyed eating them when we visited my grandmother at Thanksgiving. She and my mother called the plant “wintergreen,” or “check-erberrry.” This is eastern teaberry, *Gaultheria procumbens*. We reportedly have western teaberry, *Gaultheria ovatifolia*, in Latah County, although I have never seen it. Two other

Gaultherias grow in Idaho, *G. hispidula*, creeping snowberry, in Bonner and Boundary Counties, and *G. humulus*, alpine spicy wintergreen, in the mountains of central Idaho. And on the coast there is salal, *G. shallon*, a familiar green leaf in florists’ arrangements.

The *Gaultheris* are in the Heath family (*Ericaceae*). We have several wintergreens on Moscow Mountain, all members of what used to be called the Wintergreen family, *Pyrolaceae*, but is now called the Shinleaf family, after one of its members. The Latin name refers to the similarity of the leaves of some species to the shiny oval leaves of pear trees.

It is possible to walk a south to north transect of Moscow Mountain and see four species from this family. Pipsissewa

or prince’s pine, *Chimaphila umbellata*, is a woody subshrub I have seen in dry woods under Ponderosa pines. It has whorls of narrow-toothed leaves part-way up a 6-8 inch stalk, topped by a cluster of pink bell flowers. Liverleaf wintergreen, or bog wintergreen, *Pyrola asarifolia*, has shiny oval leaves at its base, and a stem dotted with pink or reddish bells. It grows near a spring under cedars where I have seen it. Its Latin name means leaves like wild ginger, which is more apt than like liver.

Just over the ridge on the north side of the mountain, I have seen one-sided wintergreen, or side-bells wintergreen, *Orthilia secunda*, which has mostly basal leaves and several dangling white bells on one side of the top of the stem. Each flower has a protruding long

straight style (part of the pistil). Nearby, I saw single delight, *Moneses uniflora*, also called waxflower or wood nymph. A little plant, it has basal leaves and a single white waxy star-shaped shallow bowl flower with a green pistil and stamens.

If you go out in the woods now, you could probably see the leaves and fruits of all these “wintergreens,” our cheering substitutes for the traditional holly and ivy. Best not to disturb them, as they get part of their nutrition via mycorrhizal fungi, from the trees they grow under. Happy looking.



Meals Kids Might Eat: Casseroles

By Judy Sobeloff, Newsletter Volunteer



Yes, it's Easy Cheesy Bean and Corn Casserole.

My daughter woke me early one morning with the following report: "Mom, the Egyptians thought the brain was just stuffing for the head. They didn't think it was important for the after-life so they put it in sealed jars and threw it away."

Which pretty much blows anything further I was going to add about canning or storage out of the water. So I'll cut to the chase. "If you have a cool basement or corner of your garage, maybe you could store a dozen acorn squash or a big box of onions or apples," my friend Rebekka suggests. "What do you feel like you should have on hand in case there's an emergency, or you're sick and it's snowing?"

Lou Bendrick ("Non-survivalist's Guide to Stocking Up for Hard Times," www.grist.org) puts a finer point on this question: "Would you eat the dog before using this?"

My friends Matt and Jen store root vegetables such as beets, carrots and potatoes in their basement in buckets covered with dirt. "We just catch 'em and throw 'em in the dirt without cleaning them first," Matt says, though he cautions that it can be really disappointing to store stuff and have it rot. "It's definitely a lively process. Getting through the winter's easy—it's the spring that's tricky, when you look in there and the potatoes have started to re-root and are covered with sprouts."

While many people store root vegetables in moist sand, my friend and former Co-op Produce Manager Lahde prefers packing them in "moist Palouse clay,"

because she doesn't like to end up with sand in her sink. She recommends waxed cardboard boxes, buckets, plastic tubs or wooden crates with about four inches of dirt or a piece of wet burlap or plastic on top to keep the moisture in, and for a while she raked up Ponderosa pine needles and layered them in as well.

All that raking up and layering brings me to this month's theme: casseroles. The idea of throwing a bunch of ingredients together into one dish always appeals to me. My family has long enjoyed a super easy rice, beans and corn casserole that takes almost no effort, especially if you already have cooked rice and the other ingredients on hand. This has always been a hit, except for the time I substituted peas for the corn, so this month I made a variation, using polenta instead of rice.

This too was a snap, though as we were all ravenous by the time I opened the first can of beans, we decided to sample it uncooked. The 8-year-old said she liked the uncooked version "because it's spicy and tasty and it's not sweet." Fred said, "Uncooked, this makes it like a bean salad."

Palatable as it was in our hungry state, we did prefer it cooked, although Fred thought in summer he would prefer the cold version, and our younger child said, "I like it cold better because this spoon is burning my tongue."

I made three times the standard recipe to conduct this experiment—and we still ate it all. "This is a delightful, deli-

Easy Cheesy Bean and Corn Casserole

Version 1 (adapted from *The Vegetarian Mother's Cookbook*)

- 3 cups cooked brown rice
- 2 cups cooked black or pinto beans (or 15-ounce can)
- 1 cup fresh or frozen corn
- 1/2 cup chunky salsa
- sea salt and black pepper to taste
- 1/2 cup shredded Monterey Jack or cheddar cheese (optional)

Preheat oven to 350 degrees F. Oil casserole or baking dish. Mix rice, beans, corn and salsa together. Season with salt and pepper. Pour into casserole or baking dish. Cover with cheese. Cover dish and bake 15 to 20 minutes, or until cheese is melted and mixture is hot.

Version 2 (adapted from *Moosewood Restaurant New Classics*)

Same ingredients as above, except substitute 12 ounces prepared polenta for the rice, and use 1 teaspoon ground cumin and 1/2 teaspoon dried oregano instead of black pepper. Use 15-ounce can of pinto beans with liquid and 1 cup grated sharp cheddar cheese for the bean and cheese choices in Version 1. Can top casserole with two to three tablespoons chopped fresh cilantro.

Preheat oven to 350 degrees F. Lightly oil baking dish. Empty beans and liquid into large bowl and mash with potato masher. Add all remaining ingredients except polenta, optional cilantro, and cheese and mix thoroughly. Slice about 12 ounces of the packaged polenta roll into 1/4-inch rounds and arrange in prepared baking dish slightly overlapping one another. Spoon the bean mixture evenly over the polenta, sprinkle on the optional cilantro, and top with the grated cheese. Cover and bake for 15 minutes, and then uncover and bake for about 15 more minutes, and then place under the broiler for 2 to 3 minutes. Let sit for 10 minutes before serving.

cious dinner," said our alliterating 8-year-old. "It's a beautiful bite for a banquet. It's the most astounding, awesome appetizer, and I totally appreciate it."

With those words ringing in my ears, I'll say a fond "until we meet again" to the readers of this column. To my own surprise, I've been writing about food for this newsletter for nearly seven years, since the days

when my older child gave her reviews with the occasional baby sign. When Bill London invited me to become one of the issue editors, I decided to say yes, so I'll look forward to continued communication with you, Dear Readers, from behind the scenes.

Judy Sobeloff has enjoyed writing for this newsletter and has especially appreciated the contributions of her family and friends. She wishes everyone continued happy eating and reading.

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COMMUNITY

Fun(d)raising for Jim LaFortune

By Shelley McGuire, Project Volunteer

Jim LaFortune, an always enthusiastic Earth Science teacher at Moscow Junior High School for over 20 years, has never backed away from a challenge. But he never envisioned the latest one to cross his path. Jim started having headaches in mid-August, thinking that they were just the result of "return to work on the horizon" stress. By Labor Day, however, they were pretty bad ... bad enough that he did not want to go rafting or ride his bike. Long story short, Jim underwent six hours of brain surgery on September 10 and began chemotherapy and radiation treatment in early October. For more about his story and daily journal updates, please visit his Caring Bridge website at www.caringbridge.org/visit/jimlafortune.

Anyone who knows Jim will tell you that he has many passions, but most notably he adores the outdoors, somewhat extreme sports, teaching children about the world, and his family (not in that order). After trying out most sports available

to the human race, Jim settled into being an avid mountain biker (an original founder of Moscow Area Mountain Bike Association or MAMBA), white-water rafter extraordinaire, and back-country skier. He is also the devoted father of Emerald (18) and Jasper (16). He and his wife Kathie (who both grew up with dogs named Bonnie) have been married 21 years and are planning on at least another 21.

The many friends of the LaFortune family are circling the wagons to help them with expenses related to Jim's treatment and recovery. We are planning two great fun(d)-raising parties:

Jim LaFortune Benefit Dance and Silent Auction

November 7
Eastside Marketplace
7 p.m. to whenever we all stop dancing
Local bands: Tom Drake & The Soldiers of Outrageous Misfortune; Bare Wires; Beggar's Alley
No-host bar by Mix



The LaFortune family: Jim, Kathy, Emerald, Jasper

Cost: by donation
Contact: Betsy Goodman at bgoodman12@gmail.com

Jim LaFortune Community Dinner and Josh Ritter Live in Concert

November 22
Josh Ritter, with additional music by Bare Wires; Marimba Band; Down the Road; MJHS & MHS choirs

Moscow Junior High School Fieldhouse
Time: dinner from 4-6 p.m., concert/dance beginning at 6 p.m.
Cost: by donation
Contact: Dale Kleinert at kleinert@msd281.org

In addition, you can donate to the Friends of the LaFortunes bank account at Zions Bank, Moscow branch (Main Street)

Women's Center Holiday Fair

By Lysa Salsbury, Women's Center Coordinator

In the past 14 years, the Annual University of Idaho *WomensWorks* holiday arts and crafts fair has grown from a small four-person show in the old Women's Center building on the U of I campus, to a two-day extravaganza of quality arts and crafts featuring over 45 women artists from around the Pacific Northwest region. This year's fair will open from 10 a.m. to 6 p.m. on Friday, November 6, and Saturday, November 7, at the U of I Student Union Ballroom.

Shoppers can come for lunch or dinner. Independent caterers and U of I student groups will host booths selling international dishes, desserts, and baked goods. Live instrumental music will be provided by local musicians, and raffles of artist-donated prizes will take place throughout the fair. Admission to the fair is by donation. Look for coupons in local newspaper print ads for a free raffle ticket!

Proceeds from *WomensWorks* support the Betsy Thomas

Gender Equity Scholarship, named for the former Women's Center director who passed away shortly before the 2007 fair. The scholarship is awarded yearly to a deserving student working to advance the cause of gender justice in his/her course of study and/or community and campus activism. The fair also supports a small number of student-led philanthropic Fair Trade ventures that benefit women's art/craft cooperatives in rural Mexico and Cambodia.

For more information, please e-mail the Women's Center at wcenter@uidaho.edu or call (208) 885-6616.



Winter Market

By MaryJo Hamilton, Heart of the Arts Volunteer

November 21 is the first date, as Moscow's Winter Market at the 1912 Center begins a great new season. Your favorite returning vendors will be back, along with some interesting new vendors, in our expanded market area.

Patty's Kitchen will be there to supply your lunch desires, and several other food vendors will supply yummy desserts and other treats to eat there or take home for later. Free children's activities will be available to help make this a good outing for the whole family.

Our vendors will be selling a wide variety of items, including handmade soaps and potions, hand-dyed yarns, artisan breads, all sorts of beautiful jewelry, sculpture, photographs, kaleidoscopes, pottery, seasonal greens, and hand-knit or sewn garments of all sorts. End of season vegetables and eggs from free-range chickens will be available.

Market dates this season will be November 21, December 5, January 9 and February 13. Markets will be open from 10

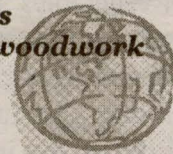
a.m. until 2 p.m.
The market is sponsored by Heart of the Arts to showcase the 1912 Center and promote its use and development

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Wisescapes Featured at 5th Annual Palouse Basin Water Summit

By Nancy Chaney, Wisescapes Volunteer

The 5th Annual Palouse Basin Water Summit drew an estimated 300 attendees to Schweitzer Events Center in Pullman on October 6. The event included local scientists, policy-makers and concerned citizens, as well as water experts from across the country. The forum is intended to inform and inspire attendees about responsible use of the Basin's limited resource and how to sustain it.

Information from expert panelists was interspersed with real-life practical ideas about rain barrels and water-conserving landscapes, or Wisescapes. The term, developed in a brainstorming session with Moscow Water Conservation Specialist Nichole Baker, reflects plantings that are attractive, appropriate to the site and conserve resources. This year's featured Wisescapes, selected from community-generated nominees, represent each of four categories.

The featured Wisescape from the commercial category is the Sandpiper Restaurant on North

Main, for transforming a narrow strip of soil along the sidewalk into a mini-oasis with large rocks and tall, graceful bunchgrass.

In the multi-family category, Jeff and Keely Emerine Mix added a variety of site-appropriate plants, drip irrigation and rock to enhance their apartment complex on Cleveland Street. In the Public Facility Category, Lena Whitmore Elementary School students and other volunteers created an attractive, water-conserving landscape for all to enjoy. They selected plants that are appropriate for this growing zone and reduce the need for pesticides and fertilizer. It's a great example for others to follow.

As usual, there were many

beautiful examples in the residential category.

One that stood out this year is at the Joseph Street home of John and Sue Byrne, who started their water-conserving landscape 15 years ago, long before the term Wisescape was even conceived. Their entry included a veritable how-to explanation of how to turn an irrigation-intensive landscape into a Wisescape, approachable for most any gardener.

Photographs and descriptions of the 2009 Wisescapes may be seen in a traveling poster dis-

play at various places throughout the year, including Moscow Water Department at 120 West A Street. Nominations for next year's awards and questions may be directed to Nichole Baker at nbaker@ci.moscow.id.us or by calling Moscow's Water Department at (208)883-7114.

Nancy Chaney is a Co-op member and mayor of Moscow. She holds a master's degree in Environmental Science.



The featured award for a residential Wisescape setting was given to John and Sue Byrne for this landscape.

Pete Seeger: The Power of Song: Movie and Sing Along, Friday, November 13

by Bev Wolff, director of the Montessori School of Pullman

The Palouse-Clearwater Environmental Institute is bringing a fun film event to help celebrate Idaho Nonprofit Awareness Week. Join us on Friday, November 13, for PCEI's showing of Pete Seeger: The Power of Song at the Kenworthy Performing Arts Center in Moscow. This is a passionate film about the life of environmentalist and activist Pete Seeger and his ability to bring people

Folk" host, Dan Maher. Doors open at 6 p.m. with hearty concessions and beverages available. Showtime at 7 p.m. Tickets available in advance at www.pcei.org or at the door for \$8/PCEI member and \$10/member-to-be. For more details visit our Web

calendar, www.pcei.org/calendar, or call 208-882-1444.

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Preparing for Winter - A Bicycle Vacation? Why Not?!

by John Dunn, newsletter volunteer

As the weather cools off, the motivation to get on the bike to ride for purpose or pleasure may wane a bit. The holidays are looming, and there is much to do to get ready for both the winter weather and for the fun and frolic that accompanies the upcoming season of celebration.

Realistically, the dark, rainy, snowy days ahead will add a myriad of challenges to the self-propelled commuter. Certainly the bona-fide hardcore among us will continue to ride year round, while the rest of us (myself included) will make allowances for icy, snow packed roads and freezing rain in the dark of night and likely retreat to the relative comfort and safety of the car.

With all of this in mind, why not consider public transportation or carpooling? Both options offer a more sustainable mode of transit around the community than the single occupancy vehicle and both options are readily available in the Moscow - Pullman area.



The Palouse Ride Share offers an on-line carpool matching program that will provide commuters with an on-line resource for developing carpooling opportunities. For details, visit <http://www.palouserideshare.org/>.

Valley Transit offer intercity commuter bus services between Moscow and the Lewis - Clark Valley. For schedules, fares, and general information, visit <http://users.lewiston.com/valleytransit/>.

Wheatland Express offers commuter bus services between Moscow and Pullman. For schedules, fares, and general information, visit <http://www.wheatlandexpress.com/commuterbus.html>.

Many of us are planning to take trips over the winter break. It is likely that many of these trips will center around spending time with family and friends. However, there are those among us who are simply planning to take a break from the Palouse winter by traveling to a warm location. If you are one of us, why not consider a bike vacation?

Many warm climate destinations are ideally suited to bicycle travel. Whether you would like an international locale or simply a spot in the southern states, the experience of traveling by bike is without parallel. The pace can be set by your personal preference and fitness level. The slower speed allows one to be more in touch with their surroundings and gaining a far more intimate experience from the landscape. Resources to assist with bicycle trip planning abound and range from fully supported "luxury" tours to organizations that simply strive to provide information and inspiration to those

wishing to go it alone or unsupported.

Have a look at the following website that is dedicated to the independent bicycle traveler. There is much "how to" information provided and there is a wealth of trip journals that can be accessed. If for no other reason, visit the site to just enjoy the thousands of incredible photos from around the world. <http://www.crazyguyonabike.com/>

As always, if you are looking for events that are sustainable transit or bicycle-focused, please continue to keep an eye on the following websites: <http://www.bikemoscow.org/announcements.asp>, <http://villagebicycleproject.org/>, www.pcei.org/

Also, the Moscow Police Department is making additional effort to increase public awareness related to traffic safety. As so many of us are using alternate forms of transportation, please make every effort to keep abreast of the city code. For more information on these safety efforts and the City's Bike Rack Program, please visit: <http://www.moscow.id.us/police/press/2009/10-07-09.asp>, <http://www.ci.moscow.id.us>

John Dunn is a land surveyor and a Latah County resident. He loves winter on the Palouse but enjoys taking a break from the snow as much as anyone. He is currently engage in the planning of his next bike rides this coming winter in Ecuador and along the Mekong River in Laos.



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Novella Carpenter: Idaho Native Farms the City

By Rachel Clark, Newsletter Volunteer

“I have a farm on a dead-end street in the ghetto.”

So begins Novella Carpenter’s sweet new book, *Farm City: The Education of an Urban Farmer*.

Carpenter, sponsored by the UI Sustainability Initiative and the English Department, read from her book at the University of Idaho on October 19 as part of a book tour. She told me in an interview, “The book tour is wonderful, but I really miss the animals. It’s a little depressing, actually.”

Having recently acquired two new kittens “for the children” (or so my husband and I insist) after a lengthy pet-drought, I can sympathize with the relative bleakness of life without small animals.

Still, this gal kills hers. Then eats them (not kittens, of course, but she *did* once raise rabbits for meat).

“It’s the new post-modern experience,” she says. “Now it’s common to raise chickens and eat them. It seems like everyone is doing it.”

But in the city? Novella did grow up in rural Idaho, with subsistence farming experience,

courtesy of her hippie parents. Then, as a student in Seattle, she grew a substantial backyard garden. When her boyfriend, Bill, gave her a beehive for her 25th birthday, she knew she had a good thing. It wasn’t long before they hit the road and found Oakland, California. There they “squat farmed” a vacant lot next to their Ghost Town ghetto apartment. Her book is hilarious and inspiring. Get it at Book People.

When I tell her we, too, are considering chickens, she grins slyly.

“Chickens are the yard farmer’s gateway species, you know. Next you’ll want bees. Then

ducks, then geese, then turkeys,” she trails off.

“And then,” she says with secretive whisper and a funny lilt to her voice, “You have to raise pigs. One must have bacon, after all.”

Just don’t tell the kittens.

Rachel, and husband Chris, are considering a venture (adventure?!) into the world of homegrown chicken and duck eggs. Thanks to Novella, they must now weigh the backyard consequences of their family’s love of pork.

Fun Flix

By Bill London, Newsletter Volunteer

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

Local Color... This 2006 film is loosely based on a true story of a budding young painter who seeks the counsel of an alcoholic burnout who had been a renowned painter in his younger days. Especially entertaining is the ongoing battle between modern and representational art fought throughout the film between the old painter and his art critic buddy. Though rated R, there’s no rampant violence or sex, just a torrent of naughty words from the old man.

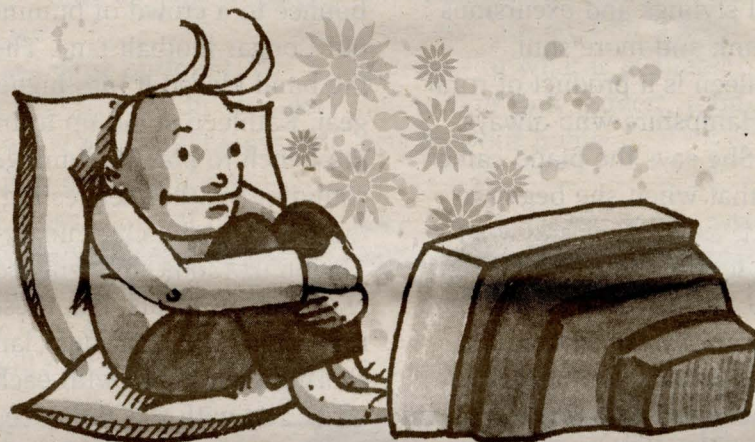
Taken This 2008 film is a thriller shot without any slow-motion eye-gouging or limb-amputating. Sure, there is more than enough good-guy-kills-army-of-bad-guys violence, but it is portrayed quickly and cleanly. The plot is simple enough (father rescues his daughter from baddies), but there are twists and turns aplenty. Yes, this film should keep you on the edge of your seat. It is rated PG-13, and is suitable for older teens, and might even be a good movie for teenaged girls to see to gain a healthy recognition of the perils of the street.

The Soloist This 2008 film is based on a book, which was based on a series of newspaper columns, which were based on a chance encounter between an L.A. Times columnist and a homeless street musician. The portrayal of homelessness, mental illness, and street life

in downtown Los Angeles is vivid and chilling. Equally well-documented is the up-and-down relationship between the writer and the musician. Who, after all, is saving who? The film is rated, appropriately, PG-13.

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

Bill London edits this newsletter and is settling in for winter after a high-energy, high-fun visit from our daughter and grandkids.





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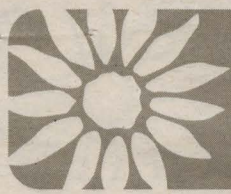
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The Co-op Listener: Kathleen Hollingsworth, Original Soul. Co-op Tuesday Music Series, November 10, 6 – 8 p.m.

By Jeanne McHale, Newsletter Volunteer

In her Co-op debut on November 10, WSU music instructor and Vojazz director Kathleen Hollingsworth will heat up the store with tasty jazz piano and soaring vocals. Kathleen is relatively new to the community, having lived most recently in San Francisco where she earned a master's degree in choral directing. Last Saturday, I had the pleasure to meet Kathleen and to hear her play at Rico's. Backed by a rhythm section packed with talented Cougar musicians, Kathleen played soulfully rendered standards and originals. I enjoyed her range and intensity, embroidered with gospel stylings and excursions into funk and more soul.

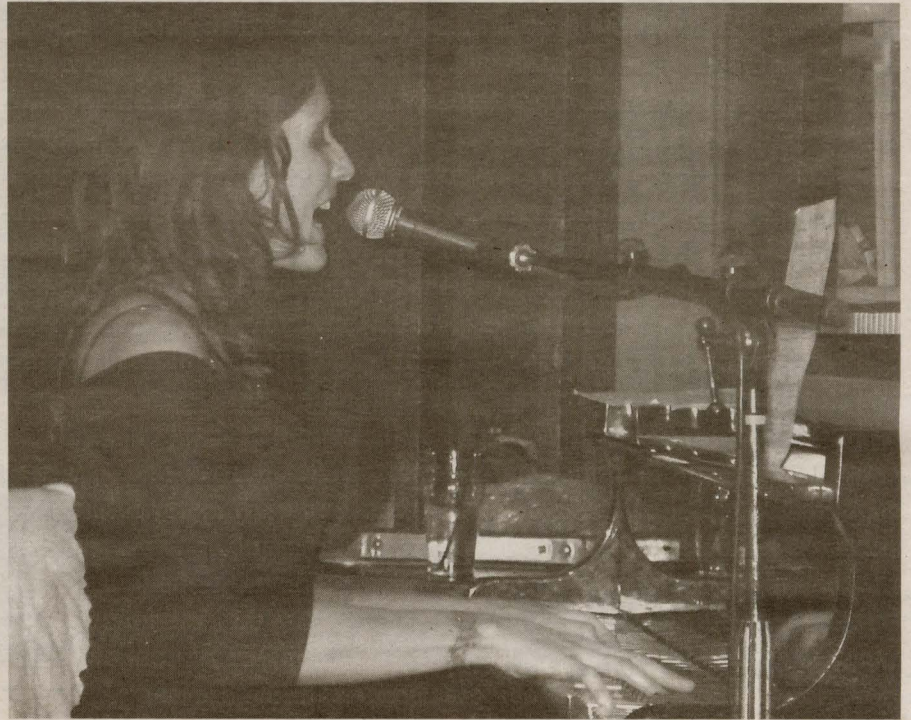
Kathleen is a product of rural New Hampshire who always sang. She says the piano came later, that when she began to study it as an adult she went about it with "fierceness." Her formal musical education began at the Southwest Community College School for Musical Vocations in Iowa. She then went to Northern Arizona University to earn a degree in Choral Music Education and Piano, then on to San Francisco for a master's. Somewhere along the way she began writing songs, and to pursue "fearless improvisation." She likes to "derange," rather than

"I enjoyed her range and intensity, embroidered with gospel stylings and excursions into funk and more soul."

"arrange" standard tunes. She has a wonderful spirit that she no doubt brings to her private vocal and keyboard lessons as well as to her performances.

Kathleen's first tune last Saturday was "All of Me," practically a jazz performance compulsory, played with a warm bounce to a crowd of bummed-out Cougar football fans. Then the band kicked it into higher gear. Kathleen stood up from the bench to play the vintage-sounding synthesizer resting on the piano, and a charmingly hip Thelonius Monk tune ensued. No lyrics or vocals, just these finely synchronized musicians sharing their crafts with each other and with the audience. Surely this helped the Cougs to cheer up. As Marian McPartland says, a Duke Ellington tune can always make you feel better. "In a Mellow Tone," is one of my favorites.

In our brief interview, it came out that Kathleen—not surpris-



Kathleen Hollingsworth at Rico's in Pullman on Oct. 10.

ingly—loves to dance. Her love/need for music comes out as well in her lyrics. "Let the music make you free," she implores in "Sing Your Song." She affirms that music is a very communal art. She has played in numerous bands and a cappella groups, and with well-known stars such as Michael Franti, Bono, and Medeski, Martin and Wood. Her Vojazz choir and rhythm section won an award at the Lionel Hampton Jazz Festival last February. Kathleen will play with Jazz Northwest, the WSU faculty jazz ensemble, at the WSU Jazz Festival on Nov. 4, if you would like a preview before the Co-op gig.

I asked Kathleen who would be joining her on Nov. 10. She wasn't sure yet, but probably two or three musicians will round out the sound. Last Saturday, her band included Brendan McMurphy, a young drummer/trumpet player from Spokane, Cougar marching band percussion leader Brent Edwards,

and the awesome Dave Snider, WSU music instructor, on bass. Music graduate student Sarah Lincoln walked on with her sax to add smooth bluesy licks to an Aretha Franklin tune: "I love you—I do." The chemistry of this group was fabulous.

Unfortunately, I had to leave early (jazz is such a late night endeavor!), so I may have missed some of the more intensely jazzified numbers planned for the second set. This leaves me with much anticipation, and I definitely hope to hear more from Kathleen Hollingsworth, including the CD that she plans for later this year. It is truly astounding that such first-rate entertainment can be enjoyed in the intimacy of our Co-op. I highly recommend this performance.

The Co-op Listener is written by Jeanne McHale, who thanks the editor for permitting the use of italics in last month's column.



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9 (PG-13)

Nov 6-7

Moscow Public Library presents:

Everybody Reads with David Guterson

Nov 10

PCEI presents:

The Power of Song

Nov 13

Capitalism: A love story (R)

Nov 14-15

Palouse Cares presents:

A live performance with Shiloh Sharrard

Nov 17

Moscow Food Co op presents: **Food Inc**

Nov 19-22

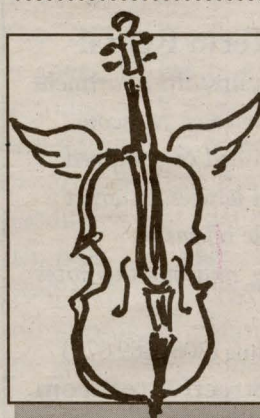
Julie and Julia (PG-13)

Nov 27-29

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



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The Sustainability Review: Home Priorities, Part 4

By Mike Forbes, Newsletter Volunteer

Indoor air quality. Many things affect this in the house, and this month we'll tackle some of those things and make some recommendations for new homes and retrofits to your existing home.

The biggies that affect IAQ are your heating system, how tight your house is and your finishes. Let us take them one by one, and I'll give you my opinion on what I think is best.

Your heating system.

Unfortunately, most of us in the United States have a forced-air heating system. The basic gist is that we heat air up and pump it around the house, trying to filter out the bad things that get stuck in our lungs. Forced-air heating is a creation of cheap housing post-WWII, and for the plain and simple truth, it stayed around because of cost. There are few arguments for it in terms of health and efficiency compared to radiant and passive solar heat sources. We'll speak more about it in detail when I cover radiant heat sources in the future. In terms of IAQ, the problems lie with the fact that we are

constantly moving the air in your house and all the particulates that are suspended in it. Most people don't change their air filters on a regular schedule and generally don't have very good ones to begin with. Something I've noticed in the past are ducts that are lined with rigid fiberglass where there is very little fiberglass left inside the duct. Where did that fiberglass go? Into the air in your house; hopefully some of it was caught by the low-quality filter you have installed. What should you do? Install a high-quality true HEPA filter. The original filter was designed to protect the heating equipment, not your lungs. A HEPA filter is designed to protect air quality and remove 99+ percent of the particles.

How tight is your house?

There is a fine line between living in a plastic bag and a burlap sack. If we're in plastic, than the air is stagnant, unhealthy and full of damaging moisture. A burlap sack, and you are pumping heat into the house as fast as it leaves. We want something in between. This can be quanti-

fied, and really is the best way to do this. An energy audit of your house will show you exactly how many air changes per hour (ACH) your house has. There is an ideal number for a healthy house to shoot for. If you view your house like a bag (and know the volume of that bag) and know how much air you are pumping in, you can tell how much is leaking out. Your house should be a little bit leaky, but not too leaky.

How does this affect IAQ, you ask? If you are not exchanging air at the proper rate, moisture can easily build in your house, creating a mold and condensation problem. Also, if your finishes are toxic, they'll off-gas slowly and won't leave because there is too little air flow to carry them away.

What are your options?

Conduct an energy audit (contact Mike at www.palousesynergysystems.com to do a energy audit. and seal those cracks if needed. Secondly, if you have a forced-air system, consider installing an air-to-air heat exchanger. This device will exchange the air in

your house at a proper level, but will preheat the incoming fresh air with the outgoing heated air.

Lastly, indoor finishes. This can relate to anything in the house, but the biggies are your paint choice and floor coverings. You should be using zero-VOC paints. They work well, are available everywhere (some are better in terms of ingredients; I recommend AFM Safecoat and Rodda Horizon (available at the Natural Abode and Moscow Building Supply respectively) and are not expensive.

With the interest in green building products increasing more companies are offering an alternative to the conventional product. My recommendation would be to visit websites like: www.thenaturalabode.com and www.ecohaus.com for a good overview of what is available and to find truly "green" products for your home.

Mike is ready for this winter, which will cause us to have nothing but rain this year.

Co-op Crossword Puzzle

By Craig Joyner

Across

1. last month's profiled volunteer, 1st name, 2nd is 40 across
6. Strauss' will return for the holidays
10. menu priced by the item
12. capitol
13. relocate
14. TV show ____ Bridges
16. done to coupons
17. sole
18. Moscow folk musician performed at MFC on 10/13, first name, last is 27 down
19. talking horse, Mr. ____
21. exclamation of disgust
23. sausage
26. wan
29. between the ribs and hips
30. state flag with different sides
32. sympathetic interjection
33. laugh
34. soldier
35. musician profiled in last month's Co-op Listener 1st name, last is 9 down
38. culinary crustacean
40. see 1 across

Down

3. leg
4. tree seed
5. orange
6. state named after the Algonquin and Mohican words for "place besides a long river"
7. do this yearly to your Co-op membership
8. commercials
9. see 35 across
11. color again
15. religion that eschews modern society
20. see 1 down
22. clean
24. birds
25. colorful description of wine
27. see 18 across
28. try lyengar at Moscow ____ Center
31. commonly barbecued meat
35. financial company ____ Morgan
36. gold
37. printer's measurement
39. the final of the 13th Colonies

Craig's favorite color is purple.

1	2	3	4	5		6	7		8	9
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40										



New at the Library

By Chris Sokol

FICTION:

Lime Tree Can't Bear Orange by Amanda Smyth. A naïve young girl escapes her past in Tobago, fleeing to the capital to gain independence and learn about life and love.

Pythagoras' Revenge by Arturo Sangalli. A mathematical mystery, by a Ph.D in mathematics.

Six Suspects by Vikas Swarup. The author of *Slumdog Millionaire* unravels the lives and motives of six suspects in the murder of an Indian diplomat's playboy son.

The Unscratchables by Cornelius Kane. A "new breed" of crime novel featuring a bull terrier detective, a Siamese cat Feline Bureau of Investigation agent, and the megalomaniac "fox" media magnate Phineas Reynard.

War Dances by Sherman Alexie. A collection of prose and poetry illuminating modern relationships from diverse angles.

NONFICTION:

Can I Wear My Nose Ring to the Interview? by Ellen Gordon Reeves. Advice on finding, landing, and keeping your first real job.

Cheap: The High Cost of Discount Culture by Ellen Ruppel Shell. The economic, political, and psychic costs of making and buying things as cheaply as possible.

The Earwig's Tale by May R. Berenbaum. An entomologist draws on the ancient tradition of the bestiary, which combined the real and the imaginary, to create a modern bestiary of the insect world.

Fugitives & Refugees by Chuck Palahniuk. An expedition through the streets, sewers, and oddball local haunts of America's home to "fugitives and refugees".

A Greener Christmas ed. by Sheherazade Goldsmith. Enjoy a simpler, hand-crafted, locally-oriented holiday.

Hope for Animals and Their World by Jane Goodall. Fascinating stories about endangered species that have been rescued from the brink of extinction.

Jasmine and Stars: Reading More Than Lolita in Tehran by Fatemeh Keshavarz. An exploration of Iranian literature and society that challenges popular perceptions of Iran.

Living With Wolves by Jim and Jamie Dutcher. This film-making couple lived for six years with the wolves of the Sawtooth Pack, gaining their trust and friendship. Includes CD of Sawtooth Pack vocalizations.

Mean Little Deaf Queer by Terry Galloway. An unsentimental, funny, and caustic memoir.

The Wolf in the Parlor by Jon Franklin. A Pulitzer Prize-winning journalist recounts the unexpected history of the human-canine relationship.

DVD:

Calle 54 (Spain, 2000) A vibrant behind-the-scenes glimpse into the lives of Tito Puente and other great Latin jazz artists.

Cherry Blossoms (Germany, 2008) When Rudi's wife suddenly dies, he journeys to Tokyo during the cherry blossom festival to make up for her unfulfilled goal.

The Future of Food (U.S., 2004) The disturbing truth behind the unlabeled, patented, genetically engineered foods that fill grocery store shelves.

Jihad for Love (U.S., U.K., France, Germany, Australia, 2007) An Indian Muslim filmmaker filmed in twelve countries and nine languages to provide a documentary look at gay, lesbian, and transgender Muslims.

Mad City Chickens (U.S., 2004). A humorous yet informative look at the return of the urban backyard Gallus domesticus.

My Dinner With Andre (U.S., 1981) Wallace Shawn and Andre Gregory, playing themselves, share their lives and intellects over the course of an evening meal at a restaurant.

Obaba (Spain, 2005) In Obaba, a mythical region in northern Spain, a young film student sets out to capture the life of a village and its eccentric people who are caught in a web of deception from their past.

Rumbo a Las Grandes Ligas (U.S., 2008) Baseball in the Dominican Republic is a big deal, providing an alternative to a life of poverty for many young men

Silent Light (Mexico, 2007) A father and husband of a family in a contemporary Mennonite community in northern Mexico falls in love with another woman

(filmed in the Plautdietsch dialect of the community).

Sugar (U.S., 2008) A young gifted pitcher from the Dominican Republic aiming for big league baseball finds himself in a small Iowa town struggling with the culture, language, and his family's dependence on his success.

Sunshine Cleaning (U.S., 2008) A single mother tries to raise tuition money for her son to attend a private school by starting an unusual cleaning service with her unreliable sister.

Take Out (U.S., 2004) An illegal Chinese immigrant

who delivers Chinese food on Manhattan's Upper West Side falls victim to a pair of loan sharks.

Wendy and Lucy (U.S., 2008) En route to a job in Alaska, a young drifter finds her life falling apart when her car breaks down in Oregon and Lucy, her beloved dog, is taken to the pound.

Chris Sokol is the Adult Services Librarian for the Latah County Library District.

Announcing Open Auditions!

For the University of Idaho Women's Center V-Day Benefit Production of Eve Ensler's

The Vagina Monologues

Change the Story of Women!
Join us as we raise funds and awareness
to end violence against women and girls

AUDITION ON

FRIDAY | Nov 13, 6-8 PM

SATURDAY | Nov 14, 10 AM- 12 PM

Arena Theater, Shoup Hall on 6th Street University of Idaho campus

Sides or monologues accepted but not required. Scripts will be provided. Just come prepared to tell us why you want to be involved in V-Day 2010. Professional Theater Experience is NOT Required! Campus and Community Members Welcome to Audition. Production Dates set for February 5,6,7 2010 at the Kenworthy Performing Arts Centre. As per IVM rules, only women can be cast in speaking roles. Transgender individuals are welcome and encouraged to audition. Men are encouraged to participate in V-Day 2010, but not in speaking roles.

WOMEN'S CENTER **{V DAY}** 2010

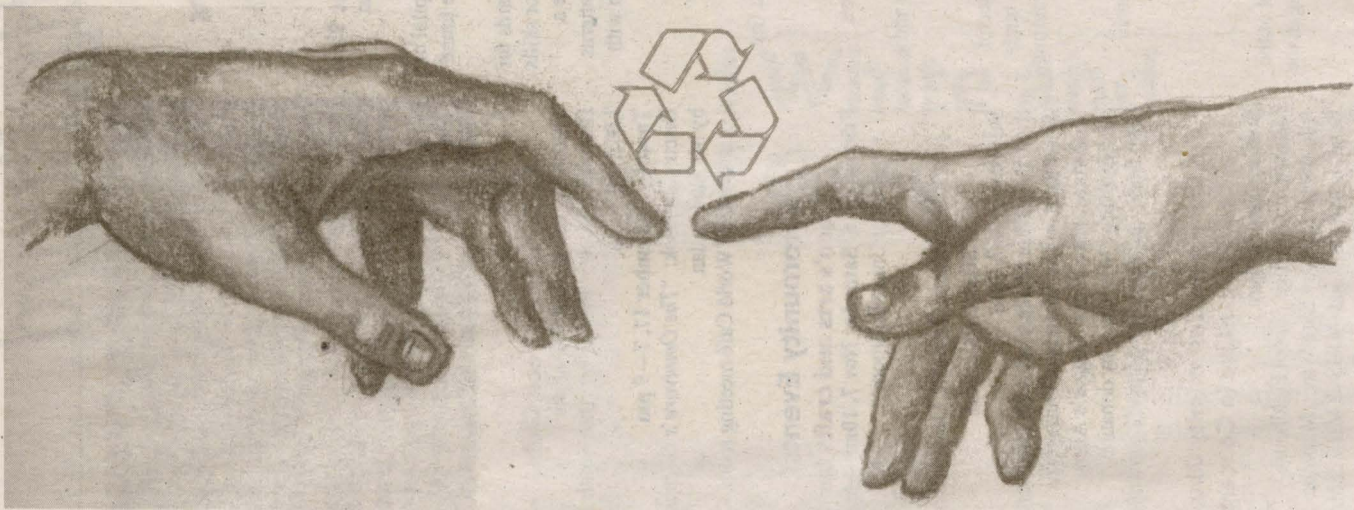
wcenter@uidaho.edu ~ 208-885-6616 ~ www.uidaho.edu/womenscenter

M	E	G	A	N		C	R	E	A	M
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The Treasure That is Styrofoam

By Andy Boyd, Co-op Newsletter Volunteer



It's hard to avoid. We encounter it even when we try our best not to. Oh styrofoam, what am I to do with you? If you're an avid recycler, you may recognize these feelings.

Moscow Recycling receives styrofoam daily. Most people leave it in the boxes that it comes in and it ends up in the cardboard bales. Some place it in the mixed plastic recycling bin that sits below the "no Styrofoam" sign. Unfortunately, much of this styrofoam will be thrown away. Moscow Recycling does not accept styrofoam for recycling due to the market, space constraints and the fact that shipping air (what styrofoam is mainly composed of) to a mill for recycling is not economical.

Let's start with packing peanuts, and look beyond the fact that they are quite annoying with their innate ability to fly about and end up everywhere. Essentially, there are two types

of packing peanuts. One is made of cornstarch, wheat and other natural materials so they biodegrade quickly. You can usually tell if they are biodegradable if they dissolve in water. These can be composted in your home composting system. The other is made of polystyrene and is generally color coded to indicate the origin of the material they contain. Green colored packing peanuts are made from at least 70 percent recycled material. White and pink colored peanuts are composed of at least 70 percent raw (i.e. non-recycled) materials. Further, pink peanuts have been treated with chemicals to prevent static cling. How delightful!

With this background, we can now look at our alternatives. Since recycling is not likely to be an option anytime soon, we should look at reduce and reuse. Reduce means trying to buy items that do not use styrofoam packaging. When we can't

reduce, that leaves reuse and there are several possibilities.

- ▶ Save it for use as packaging material in an old pair of pantyhose, cut a hole in the toe and tie it off with a twisty-seal for easy peanut dispensing.

- ▶ Shipping services like the UPS Store accept peanut donations.

- ▶ Northwest Showcase and Moscow Hide & Fur in Moscow accept peanuts, foam wrap and bubble wrap for reuse. As these businesses can be overwhelmed with packaging materials, please call first.

- ▶ List styrofoam materials on local list serves like Freecycle Networks or Craigslist for people who are moving.

- ▶ Use for potted plant drainage (the non-biodegradable variety).

- ▶ String up multi-colored peanuts for repurposed yuletide cheer.

- ▶ Put peanuts in a sealable plastic bag and place on top of

"I enjoyed her range and intensity, embroidered with gospel stylings and excursions into funk and more soul."

the ice in your ice chest making the ice last longer.

- ▶ Use as costume stuffing for any costume occasion.

- ▶ Use peanuts to stuff a pillow for your pooch or a cushion for your kitty.

Styrofoam chunks are harder to find uses for. Moscow Hide & Fur will accept these as well, space permitting, so call first.

Hopefully, some of these solutions will help you deal with styrofoam guilt. The DailyGreen.com was a very useful resource in writing this article.

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.

Announcing our November Wellness Special on MyChelle Dermaceuticals

✦ Moscow Food Co-op members receive 15% off

✦ No coupon needed

✦ And come to the Co-op on Thursday evening, November 19, for our in-store product demonstration



Bulletin Board

MOSCOW FOOD CO-OP

Co-op Events

Board of Directors Meeting

Tuesday Nov 10, 6 pm
In the Fiske Room of the 1912 Center. Public forum is at 7pm.

Co-op Kids - Meet Tuesday

Nov 10 - we will take our time looking at different designs found in nature. From hexagonal honeycomb to the amazing nautilus there are amazing patterns to find if you look closely.

Nov 24 - We will make simple lacing cards, little ones. Lacing cards teach fine motor and hand-eye coordination. We will have a collection of big cookie cutters as our prizes and kids will enjoy using the hole punch from their parent.

Art at the Co-op

Friday Nov 13, 5:30-7pm
Opening reception for November's artist Greg Mack.

Tuesday Night Music Series

- 6-8pm**
- Nov 3** Natalie Rose will bring smooth and sultry jazz to the deli.
 - Nov 10** Kathleen Hollingsworth, vocal instructor and WSU VoJazz director
 - Nov 17** Diana Schaible will play warm tunes on her classical guitar to get us through the chilly nights.
 - Nov 24** There will be no show.
 - Dec 1** Paige Leonhardy will sing for us in global styles.

Wellness Thursdays

5-7 pm
Live music, lots of free samples from all of the departments, and a little bit of pampering in the Wellness department.

October Good Food Film Series

Thursday Nov 19, 7 pm
"Food Inc." at the Kenworthy Performing Arts Center. Co-op members get in for \$4 and admission for non-members is \$6.

Producers' Forum

Thursday Nov 12, 6pm
Are you a producer on the Palouse? Do you grow or make goods that could contribute to our local economy? If so, then plan to attend a listening forum at the 1912 Center Great Room. If you can't attend the meeting, but would like to provide input, please email comments to: greencommerce@moscowfood.coop.

Co-op Events at a Glance

- Nov 3—Music—Natalie Rose
- Nov 5—Good Food Book Club at OWC
- Nov 10—Co-op Kids—meet at the Co-op
- Nov 10—Board of Directors Meeting
- Nov 10—Music—Kathleen Hollingsworth
- Nov 12—Producers' Forum
- Nov 13—Art at the Co-op—Greg Mack
- Nov 17—Music—Diana Schaible
- Nov 17—Good Food Book Club at OWC
- Nov 19—Good Food Film at Kenworthy
- Nov 24—Co-op Kids—meet at the Co-op
- Dec 1—Music—Paige Leonhardy

Good Food Book Club

Monday, November 5, 7-9pm
Discussion Book: "Plenty" by Alisa Smith and Jonathan Baskin.

Monday, November 12, 7-9pm
Discussion Book: "Dilemma" by Michael Pollan.

Location: One room.

Con

Women

Friday Nov 6/13
U of I Student Union

Jim LaFortune

Saturday Nov 14
Held at Eastside Community Center
Tom Drake & The Misfortune Band
No-host bar by donation
Info: Betsy Goodman bgoodman12@gmail.com

Jim LaFortune Community Dinner and Josh Ritter Live in Concert

Sunday Nov 22, 4pm
Moscow Junior High School Fieldhouse
Additional music by Bare Wires, Marimba Band, Down the Road, MJHS & MHS choirs
Cost: by donation

kleinert@msd281.org

Historical Society Harvest Dinner

3:30 am - 2pm
Silent Auction
High School Fieldhouse
Adults \$12/\$15,
Seniors \$6 and Under 6 Free
[882-1004](tel:882-1004)

Milk and book signing

7pm
Author of Snow Falling on Cedars, will discuss his 2008 book, *The Kenworthy*.

"Pete Seeger: The Power of Song"

Friday Nov 13, 6pm
PCEI brings a fun film event to help celebrate Idaho Nonprofit Awareness Week at the Kenworthy. Includes after-show performance and sing along. Hearty concessions and beverages available. Tickets at www.pcei.org or at the door for \$8/ \$10 [208-882-1444](tel:208-882-1444).

Palouse Watercolor Socius Miniatures

Friday Nov 20
Opening of the Palouse Watercolor Socius Miniature Show at the 1912 Center.

Call for Artists

Deadline: 11/14/09: The Greymalkin Gallery, LLC. invites artists to submit artwork and fine crafts for a juried show to be exhibited this 2009 holiday season. The entry form can be picked up at the gallery or downloaded online at: www.greymalkingallery.com

One World Café Music

All music is from 9-11

- Nov 13** Mike Edmonson (Classical Guitar)
- Nov 14** Cadenza Collective
- Nov 18** Avails
- Nov 19** Kites and Crows
- Dec 5** Justin Lantrip

The first Thursday of each month is Irish Music.

Dahmen Barn Events

Saturday Nov 14 - Mono printing class for kids
Saturday Nov 14 - Custer's Grass Band to play Bluegrass at 7:30 pm. \$10 at the door.
Saturday Nov 21 - Palouse Country Cowboy Poetry Association at 7:30 pm. \$7 at the door.
www.artisanbarn.org [\(509\) 229-3414](tel:509-229-3414)

Vigil for Peace

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

Dean or Gretchen Stewart

[882-7067](tel:882-7067), sperrine@potlatch.com

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

Under the clock by the Public Library.
[334-4688](tel:334-4688), nancycw@pullman.com

We want to hear from you! Send us your community announcements by email to events@moscowfood.coop by 24th of the month. If your event is at the beginning of the month, please send it for inclusion in the previous month's newsletter!



Moscow Food Co-op
121 East Fifth
Moscow ID 83843