

# Community News

*The Stocking Up Issue*

**FREE!**  
PLEASE TAKE ONE!

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

## Second Annual Cheese Fest

by Brent Steward, Co-op cheese buyer, [cheesebuyer@moscowfood.coop](mailto:cheesebuyer@moscowfood.coop)

This year's Cheese Fest will be a celebration of artisan cheese producers from right here in the Northwest. It will be a great opportunity for the Co-op community to sample some of the best American-made sheep, goat, and cow cheeses that are being sustainably, and lovingly, created in our own backyard. Come to the Co-op from 1 to 4 p.m., Saturday, October 24, for this free event.

The plan is to have a dozen or so producers here in person to offer you samples of their cheeses and answer your questions. We have commitment already from Mt. Townsend Creamery from the Olympic Peninsula to bring their Trail Head Tomme and brie-style Sea Stack. Clare Paris of Larkhaven Farm will be coming from Tonasket, Washington, north of Okanogan, with her handmade products; and Rockhill Creamery representatives are hoping to make the 600 mile trek from Utah. We're also working on the details for a possible cooking demonstration with Idaho's own Ballard Cheese with their Golden Greek halloumi-

style cheese.

Look for other northwest producers to also be here during Cheese Fest, each offering fascinating tastes to dance upon your palate. Additionally, we'll have product available in the store during the event and well in to November so you can share your favorites with friends and family.

Mark your calendar for Saturday, October 24, from 1 to 4 p.m. We look forward to seeing you at the Co-op for this extra cheesy event!



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



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# Community News



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



## Co-op Coop Cruise

by Carol Price Spurling, Co-op outreach and ownership coordinator, outreach@moscowfood.coop, 208.669.0763

By now, you probably have heard about the virtues of raising backyard poultry. It's legal, easy, and enjoyable — or is it?

If you are considering raising a few hens in your backyard, please consider joining us on the Co-op Coop Cruise. We'll visit some backyard coops, and find out for yourself if poultry-raising is fun, or not.

Bring your questions. What kind of coop is required? How many eggs can you expect to collect? Can you feed all your garbage to your chickens? Do children learn responsibility by maintaining poultry?

Please join us from 4 - 6 p.m., Sunday, October 11. You have the opportunity to visit several Moscow chicken coops and their feathered residents, talk with the humans who feed and water them, and learn whether or not raising backyard poultry might be feasible for you. Oh, and there will be food and beverages, too! (No chicken, of course.)

A limited number of tickets are on sale now at the Co-op.

\$12/adults, \$5 children, children under 3 free.



### Engagement & Outreach Committee

Our new engagement and outreach committee, co-chaired by board of director Gary Macfarlane and outreach coordinator Carol Spurling, is now meeting on a monthly basis. In September we discussed the possibility of instituting patronage refunds for Co-op owners, a new way to donate to your favorite local non-profit organizations at the cash register, and the Breakfast with the Board topic for September. Our committee members will be looking into other Co-ops and how they offer patronage refunds. Our committee is open to new members, so if you have an interest in helping the Co-op serve its ownership (formerly known as the membership) and a few free hours a month to help us, please join us. Contact Carol at outreach@moscowfood.coop to be added to the committee mailing list, which will keep you up to date on meeting times, agendas, and projects.

### MADay Oct. 18th

Don't miss our next Member/owner Appreciation Day (MADay) on Sunday, October 18!! Member/owners of the Co-op save all day long and the more you spend the bigger the discount. Mark it on your calendar; ready your bags and containers; and enjoy one of the best benefits to being a Co-op member/owner!

### Board of Directors Notes

The next regular meeting of the Moscow Food Co-op Board of Directors is at 6 p.m., Tuesday, October 13, in the Fiske Room of the 1912 Center. Public forum is scheduled for 7 p.m. All are welcome to attend. The meeting agenda will be posted in the store after it is prepared, on the Board board, near the produce department.

The next Breakfast with the Board is at 11 a.m., Saturday, October 31, in the deli area of the Co-op. Stop by, get some free coffee and a bite to eat, and have a conversation with board members about the topic of the day, or anything that concerns you. The opinion question of the month will be posted on the Board board after the Engagement and Outreach committee decides what it will be. Have a topic you'd like to see addressed? Email engage@moscowfood.coop, or submit a question to the suggestion box with the subject line "Breakfast with the Board."

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(208) 882-8537

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





# 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](http://www.moscowfood.coop), or in the front of the store near the suggestion boxes. New business partners are welcome to join at any time; listings in the newsletter and on the website will be updated once a month.

### Recreation and Lodging

#### Appaloosa Museum & Heritage Center

2720 W. Pullman Rd, Moscow; [museum@appaloosa.com](mailto:museum@appaloosa.com); [www.appaloosamuseum.org](http://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](http://www.thelittleguesthouse.com); [sdunn@thelittleguesthouse.com](mailto:sdunn@thelittleguesthouse.com); 208-669-1654

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

#### Krista Kramer - Peterson Barn Guesthouse

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

Donal Wilkinson, executive director - **Adventure Learning Camps**

PO Box 8245, Moscow; 208-310-3010; [AdventureLearningCamps@yahoo.com](mailto:AdventureLearningCamps@yahoo.com); [www.adventurelearningcamps.org](http://www.adventurelearningcamps.org)

10% off on trips

#### Ashley Fiedler - Shady Grove Farm

208-596-1031; [ashley.fiedler@gmail.com](mailto:ashley.fiedler@gmail.com)

\$10 off initial English riding lesson or training session

#### Carol Spurling - Sixth Street Retreat

208-669-0763; [www.SixthStreetRetreat.com](http://www.SixthStreetRetreat.com)

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

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

1246 Highland Drive, Moscow;

[lodging@moscow.com](mailto:lodging@moscow.com); 882-0127;

10% off daily and weekly rentals

### Food and Beverage

#### One World Café

533 S. Main, Moscow; [www.owc-moscow.com](http://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; [hawgsgrill@juno.com](mailto:hawgsgrill@juno.com); [www.hawgsgrill.com](http://www.hawgsgrill.com); \$1 off

### Professional Services

#### Allegra Print and Imagine

507 S. Main; 208-882-5449; [allegra@moscow.com](mailto: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](mailto:kficca@hotmail.com)

10% off all photo shoots

#### Nancy Draznin, CPM - Motherwise Midwifery

508 W. Chestnut, Genesee, ID 83832; 208-310-3252; [motherwisemidwifery.com](http://motherwisemidwifery.com); [mother@genesee-id.com](mailto:mother@genesee-id.com)

Free pregnancy tea for Co-op members under our care

#### Erik Torok - LET's Coach

2310 Weymouth St., Moscow; 208-301-8047; [eric@letscoach.net](mailto:eric@letscoach.net); [www.letscoach.net](http://www.letscoach.net)

20% off the first month of individual coaching

#### Mike Brown - LDP Academy LLC

PO Box 721, Troy, ID 83871; [www.lpdacademy.com](http://www.lpdacademy.com); [info@ldpacademy.com](mailto:info@ldpacademy.com);

208-835-3737

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

### Retail

#### Rebekka Boysen-Taylor - Bebe Bella

[www.bebebella.etsy.com](http://www.bebebella.etsy.com); [amamaswork@yahoo.com](mailto:amamaswork@yahoo.com); 208-882-1353

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#### Inland Cellular

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[inlandcellular.com](http://inlandcellular.com)

10% off monthly calling plans

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209 E Third St, Moscow; 208-882-7541; [joannemilot@hotmail.com](mailto:joannemilot@hotmail.com)

10% off all gift items

#### Lilliput Maternity and Children's Boutique

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

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#### The Natural Abode

517 S. Main St., Moscow; 208-883-1040; [Info@TheNaturalAbode.com](mailto:Info@TheNaturalAbode.com); [www.thenaturalabode.com](http://www.thenaturalabode.com)

10% off natural fertilizers

#### Hodgins Drug & Hobby

307 S. Main St, Moscow; 208-882-5536; [hodgins@turbonet.com](mailto:hodgins@turbonet.com)

10% off all purchases, excluding prescriptions

#### Safari Pearl

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

[www.safaripearl.com](http://www.safaripearl.com); [safaripearl@moscow.com](mailto: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](http://sidsprofessionalpharmacy.com)

10% off all Medela breast pump and supplies purchases

#### Tye Dye Everything

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

[www.tyedyeeverything.com](http://www.tyedyeeverything.com); [tyedyee@moscow.com](mailto:tyedyee@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](http://www.CleanGreenOCS.com); 208-835-3535

\$15 off any service

#### Dr. Arbor Tree Care LLC

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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

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1230 NW Clifford St, Pullman, WA 99163; 509-595-4444; [erik@buildmindgardens.com](mailto:erik@buildmindgardens.com)

10% off hourly service rate and free estimates for Moscow Food Co-op members; [www.buildmindgardens.com](http://www.buildmindgardens.com)

#### Walter Spurling - Spurling House & Garden

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

10% off a compost bin or custom chicken coop

#### Michael Robison- Kinetico Water Systems of the Inland Northwest

10213 E. Buckeye Lane, Spokane Valley, WA 99206; [www.kinetico.com](http://www.kinetico.com);

[mrobison@kineticoinw.com](mailto:mrobison@kineticoinw.com); 208-669-0908; 208-743-5646

#### Joseph "Shane" Brooks - Eco-Friendly Carpet Care

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15% any residential service

### Wellness Services

#### Sara Foster - Body Song Studio

106 E. Third St. Suite 2A, Moscow; 208-301-0372; [sarakate@bodysongstudio.com](mailto:sarakate@bodysongstudio.com); [www.bodysongstudio.com](http://www.bodysongstudio.com)

\$10 off first massage or one free yoga class

#### Integrative Mindworks with April Rubino

3400 Robinson Park Rd, Moscow; 208-882-8159; [april@integrativemindworks.com](mailto:april@integrativemindworks.com); [www.integrativemindworks.com](http://www.integrativemindworks.com)

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

#### Andrea Masom, Licensed Clinical Counselor

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#### Patricia Rutter - A Choir of Angels Massage Center

106 E. Third, Rm 1C, Moscow; 208-413-4773; [choiram@clearwire.net](mailto:choiram@clearwire.net)

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Swedish massage & \$39 for 1 hr. Swedish massage through 2009. Call 208-

413-4773.

#### Dr. Denise Moffat, MS, DVM, ND - Natural Health Techniques

1069 Elk Meadow Ln, Deary, ID, 83823; 208-877-1222; [drdenise@naturalhealthtechniques.com](mailto:drdenise@naturalhealthtechniques.com);

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

\$10 off initial telephone consult with mention of the Co-op Business Partner Program

#### Meggan Baumgartner, LAC, Laura McKean, LAC - Healing Point LLC

**Chinese Medicine Clinic**

PO Box 9381, Moscow; 208-669-2287; [info@healingpt.com](mailto:info@healingpt.com); [www.healingpt.com](http://www.healingpt.com)

\$10 off initial and 2nd treatments

#### Jeri L. Hudak - Moscow Yoga Center

525 S. Main St.; [stewartjeri@hotmail.com](mailto:stewartjeri@hotmail.com);

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

10% discount for new students

#### Dr. Linda Kingsbury

627 N. Hayes, Moscow; 208-596-4353; [drilinda@spiritherbs.com](mailto:drilinda@spiritherbs.com); [www.spiritherbs.com](http://www.spiritherbs.com)

\$10 off first session: holistic healing for body-mind-spirit; herbal medicine;

chakra balancing; sound healing; classes.

#### Elisabeth Berlinger/Tom Bode - Moscow Felkendrais

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208-883-4395; 208-892-3400

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



### Members Save:

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## Art at the Co-op

by Annie Hubble, Art at the Co-op coordinator

Christine Lohman will be the Co-op's artist of the month in October, with an opening from 5:30 - 7 p.m., Friday, October 9.

Christine has shown her art before at the Co-op, and I am sure many of you will be excited to see more of her work. Self taught as an artist, she lives and works on a cattle and hay ranch in the hills above Kendrick Idaho. Christine tries to portray in her art the strong connection she feels with the people and the land that she loves, "where cattle and horses outnumber people, and where most folks live for the quality

of life, not the quantity." She is saddened by the gradual disappearance of this lifestyle that she loves, and hopes that her art will remind the viewer that "the farming and ranching way of life is not only a historic part of the country," but also "an honorable, respectful and independent one," and one that should be "valued and protected."

Christine works mostly in acrylic. She is very good. Do come and meet the artist from 5:30 - 7 p.m., Friday, October 9. The show will run until Wednesday November 11.

## Tuesday Night Music Series

by Ashley Martens and Noel Palmer, Co-op music volunteers

Music moves indoors this month as the daylight wanes. We hope you'll join us in the deli for some soothing tunes and tastes this fall. All performances are from 6 to 8pm, so make it a dinner date!

First up, on October 6, we have David Roon playing lively celtic tunes a-plenty. A Moscow fellow with many talents, David's shows always receive great review. Come on down and have a listen.

On October 13, the sounds of Will Stack's folk acoustic guitar and vocals will waft through the Co-op. Originally from Missoula, Mont., Will currently lives here in Moscow and is a senior at the University of Idaho. He's got a passion for life performances, so he should

be sure to please!

Jeanne McHale will tickle the keys in the deli on October 20. She's a long-time resident of Moscow and an active community member. Jeanne's lively style of jazz, blues, and folk appeals to everyone!

Last up this month will be the ever-popular Dan Maher on October 27. Dan's unique and lovable style of acoustic folk brings in a crowd, so come early! He'll have you singing along in no time!

Ashley and Noel are mourning the loss of their old, old backyard tree, which was lost due to a fatal and unpredicted fall this past month. They now have a whole new view of the sky.

## October 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 new people.

### Play and Paint at Friendship Square

Tuesday, October 6 from 9 a.m. - 10 a.m. we will meet at Friendship Square to play, watercolor paint and visit (so dress in messy clothes). This little downtown park is a favorite place to hang out and unwind. There will be healthy

snacks and hot cider from the Co-op.

### Cooking with Kids

Meet us in the Co-op Cafe on Tuesday, October 20th from 9 a.m. - 10 a.m. to try out a recipe from Mollie Katzen's new kids' cookbook "Salad People." The recipes are easy for kids to follow and are aimed at helping little people cook healthy, fun meals. If you are unable to make it be sure to pick up this book at the Co-op so you and your little ones can try the recipes at home.

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



New Friends at Friendship Square

### Co-op Music in October

October 6: David Roon of Moscow, Idaho. Celtic music.

October 13: Will Stack of Moscow, Idaho. Folk music.

October 20: Jeanne McHale of Moscow, Idaho. Jazz, blues, folk.

October 27: Dan Maher of Pullman, Wash. Folk music.

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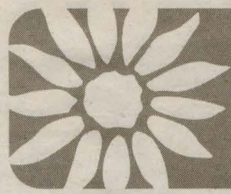
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## Green Commerce Committee-Save the Date

by Andrika Kuhle

The Green Commerce Committee wants to hear from local producers! We have a tentative listening meeting scheduled from 6 - 8 p.m., Thursday, November 12 (probably at the 1912). The committee is dedicated to increasing the

number of local goods in our store, and wants feedback from local producers. If you or someone you know is a local producer, please plan to attend. Look for more details in the November newsletter.

## Moscow Food Co-op Volunteer Needed

To sweep the front sidewalks; hose tables, chairs, and sidewalks off and scrub off spilled food when necessary; pick up garbage from the parking lot and sidewalk around the store; and clean off the outside

of the garbage cans in the front of the store (1 - 2 hrs. per week maximum time commitment). Contact store manager Steve Kobs to apply: email manager@moscowfood.coop or call 882-8537.

## Return of the Great Pumpkin

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

There is a huge pile of pumpkins outside in front of the Co-op right now, ready for your Halloween jack o lanterns and eating pleasure. And inside the produce department, there is a much larger pumpkin, the Great Pumpkin. Next to it is a smaller great pumpkin, still pretty impressive in size, courtesy of the local non-profit organization Backyard Harvest. We invite you to come in and take a guess at the weight of the Great Pumpkin. Whoever gets closest will WIN the smaller great pumpkin. The drawing will take place a week before Halloween.

But what will happen to the

Great Pumpkin? This fall we will be holding our second annual Great Pumpkin Pie Bake Sale. In a stunning display of cooperation from the Co-op kitchen (who turns that pumpkin into pumpkin pies), some generous sponsors (who pay for the eggs and flour and shortening and milk), and our customers (who buy the pies), the Co-op sells those pies through the Thanksgiving season and donates the proceeds to Backyard Harvest. How wonderful!

Enjoy the fall season, and join us in anticipating the return of the Great Pumpkin!

## Good Food Book Club's October Double Feature

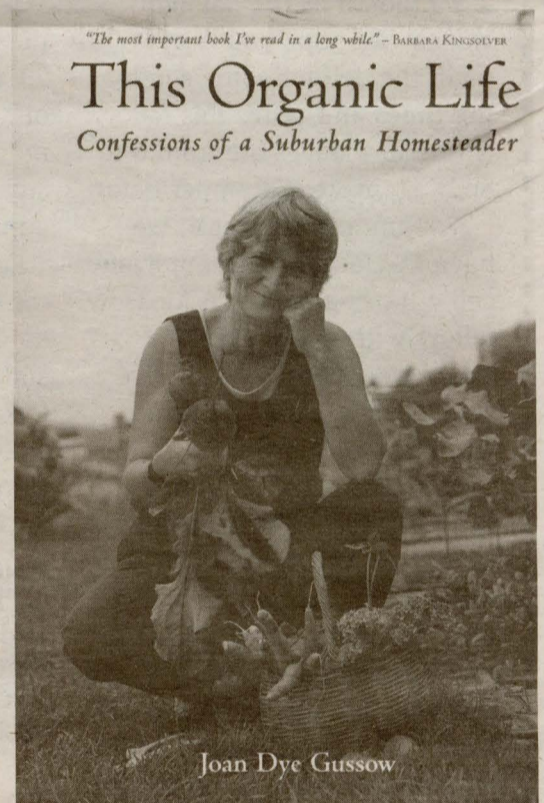
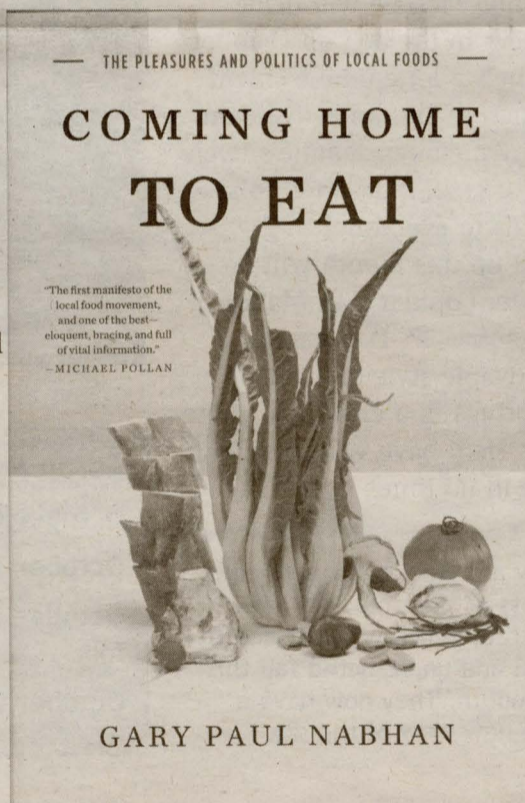
by Colette DePhelps, Good Food Book Club Volunteer

October is a double feature for the Co-op's Good Food Book Club. On Thursday, October 8 we'll be having a second discussion of "This Organic Life: Confessions of a Suburban Homesteader" by Joan Dye Gussow and on Thursday, October 22 a discussion of "Coming Home to Eat: the Pleasures and Politics of Local Foods" by Gary Paul Nabhan. Both book discussions will take place from 7-9 p.m. in the meeting room at the One World Café on Main Street in Moscow.

"This Organic Life" is a moving memoir of Gussow's journey into suburban food self-sufficiency. As one of the first University-based nutritionists to advocate seasonal, local eating, Gussow took on the challenge

of growing and eating most of the food her family ate in their Congers, New York home garden. In Gussow's words, she set out "to demonstrate what could be grown locally" and "to prove that eating locally was feasible, healthy, and even tasty." Consumed and sustained by her passion for gardening, Gussow (and her husband) purchased a dilapidated house along the west bank Hudson River where they truly became suburban homesteaders -building a house, planting a garden and creating community around local food.

One of the first books about seasonal, local eating, "Coming Home to Eat," is the story of ethnobotanist Gary Paul Nabhan's year-long experience eating foods grown, gathered or fished within 200 miles of his home in Arizona. Well written and infused with enthusiasm and humor, Nabhan challenges readers to think not only about the ecological aspects of local food but also the cultural, social, and political implications of



eating. Well known for his work advocating for seed diversity and preserving native seeds, Nabhan's story inspires a rethinking of what foods truly feed us.

Both books are available through the Latah County Library. If you are interested in purchasing either book, or any in title in the club series, Book People of Moscow has the books in stock and is offering a 20 percent club discount to Co-op members. Just mention you're part of the Good Food Book Club. These and other great reads are also available in the

book section at the Co-op.

So, on these chilly fall evenings, might I suggest enjoying a dinner of hearty fall soup made from local ingredients and a loaf of locally baked bread and, after dinner, curling up with a Good Food Book Club book? And, mark your calendars for the 2nd and 4th Thursdays of October and join us from 7-9 p.m. at the One World Café on the corner of Sixth and Main in downtown Moscow.

KONA GIANT RALEIGH HARO

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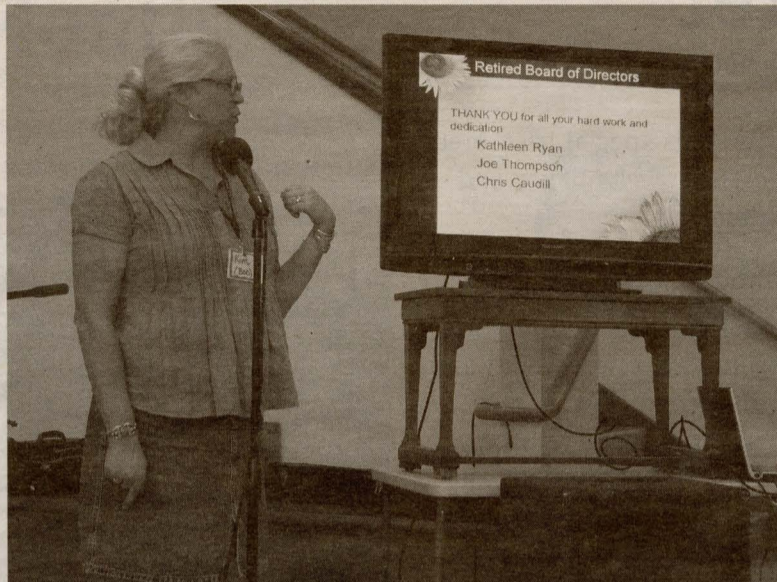


## Co-op Annual Meeting

by Carol Price Spurling, Co-op outreach and ownership coordinator, outreach@moscowfood.coop; photos by David Hall, Co-op newsletter volunteer

We gathered on a warm Sunday afternoon, August 30, at the 1912 Center, to eat, see old friends, meet new friends, and discuss how the Co-op did in 2008 and is currently doing in 2009. Around 100 Co-op owners attended, enjoying live music performed by owner and musician Lucas Kreikmeyer, cold drinks, a delicious taco bar prepared by the Co-op kitchen, and the drawings for door prizes. Children had their own art corner to play in as well, on the shady side of the plaza, not too far from the bowls of popcorn that were set out for munching.

The program was straightforward: our general manager, Kenna Eaton, emceed the evening. We listened to a presentation from board president Kimberly Vincent about the board of directors' activities during the last year, and to a financial summary from store manager Steve Kobs. The highlight of the evening were the awards that we gave to honor some of our most active volunteers.



Board president Kimberly Vincent finishes up her board report with a "thank-you" to retiring board members Kathleen Ryan, Joe Thompson, and Chris Caudill.

Bill London received the volunteer award for his 25 years of service as newsletter editor; Kimberly Vincent received the leadership award for her dedication as board president for several years; Jessica Bearman received the co-operator award for shepherding us through the strategic planning process; and Backyard Harvest received the community builder award for

their great work getting fresh food to the underserved in our communities. Staff member Annie Hubble was also specially thanked for her years of dedication to the Co-op, and most notably to the original volunteer program.

We had general door prize drawings as well as a few just for lifetime owners and owners who brought cloth shopping

bags to donate to our new Bag in Time program (a subsidiary of the Dime in Time program!). We gave away several Co-op stainless steel water bottles along with some gifts from the wellness department.

Afterwards, board members and other kind people helped put away the tables and chairs. Leftover food went home with staff and owners, staff washed and put away the dishes and glassware from the PCEI plate project that we borrowed, the large coolers that had been full of lemonade and ice tea were returned to Sun Rental, and One World Cafe' recycled all the wine and beer bottles from the bar. The only waste from the event, then, was paper napkins!

A big thank you to the board members who helped plan and set up the evening, to Jenny Sheneman and the 1912 Center staff, and the kitchen staff who worked so hard. We look forward to next year's annual meeting and hope to see you there.



Attendees were well-fed inside ...



... and outside!

### Outreach & Ownership Questions?

Your Co-op outreach and ownership coordinator, Carol Spurling, is generally available at the store from 8 - 11 a.m. each weekday. Have something you'd like to discuss with her? Have her paged, call her at 208-669-0763, or email outreach@moscowfood.coop.

### Check Out the Co-op Web Site!

Have you checked out our website lately? www.moscowfood.coop has an awesome community calendar, links to help you Eat Local, past issues of the newsletter, monthly specials, and lots more. We're adding new stuff to our website all the time. Why not make it your browser's home page!?



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## Tuesday Growers' Market News: Growing the Tuesday Market

by Jeanne Leffingwell, Co-op newsletter volunteer

**Who:** Local Area Farmer Neighbors  
**What:** Tuesday Growers Market  
**Where:** West End of the Co-op Parking Lot  
**When:** 4:30 to 6:30 p.m. every Tuesday, through October

*"[We] would like to be a part of the change for the better. It should be about people, not just about money."  
—Amy Gathier nurse and farmer*

I hope you have enjoyed beautiful and delicious locally grown flowers, produce, eggs, or meats all summer. Since this concludes my second year of writing the Tuesday Growers column, I'd like to reflect a little. Along with visiting all the farms I've written about, I've also volunteered with two different CSA's (local farmers using Community Supported Agriculture plans), which doesn't make me any expert. But it's made me hopeful.

In a society and world where unhealthy forces still control much of the food supply, too many of us are fatter or sicker for it. But to illustrate why I'm feeling better about agriculture than I used to, let's touch base with two local farming couples who hold unique positions at our Tuesday market: "founders" Russell and Kelly Kingsland Poe, now finishing their eighth season... and the "newestcomers" Matt and Amy Gathier.

The Gathiers, married last December, are testing the waters with Palouse Organics / Dexter Beef. Their enthusiasm is contagious. Amy, also training to be a nurse, says her mission is "to be a part of the change for the better. It should be about people, not just about money." In medicine and farming – yes!

Following layoff from a surveying job last winter, Matt (also proprietor of 'Mop o' the Morning Cleaning') got a fortuitous job offer from attorney Frank Hill, who needed help caring for a small herd of Dexter cattle on his land south of

Moscow. This special Irish breed is renowned for its flavor and small size.

The relationship prospered as Frank employed Matt for various other construction projects, and eventually offered land and water to try a market garden.

"This arrangement is a very real scenario for future urban farming, where enlightened owners will partner with potential growers like us," explained Matt. Since he had worked at Flannigan Creek Farm outside Viola for 4 years, while attending the University of Idaho, he had an inkling of what to expect.

"Everything was an experiment this first year," but both Matt and Amy feel blessed by the abundance they've coaxed out of the soil. They also sense that the farm's sustainability will hinge upon success of the "local, all natural, grass fed, no hormones, and no routine antibiotics" Dexter beef. They sell various cuts at the market, directly from the farm, and 'on the hoof'. For info: 208-883-3947 or palouseorganic@gmail.com

Matt and Amy's creativity, optimism, and energy are refreshing. I asked what they enjoyed most about their past season's livelihood, and the response was quick. "Having a way to spend time together and outdoors, learning about plants, and good food."

A few weeks ago I joined a group of visitors for a tour at Russell and Kelly Kingsland Poe's Affinity Farm. Awed by their amazing output from only 1.5 cultivated acres within Moscow's eastern city limits, we were all curious about one thing: "How do they do it?"

"Performing meaningful work" is an overarching goal. And they waste no words, energy, or space as they continue to learn each year. Russell's favorite book is "Teaming with Microbes: A Gardener's Guide to the Soil Food Web" by Jeff Lowenfels.

They appear to be reaping some just rewards for a decade of planning, record keeping, keen observation and a ton of hard work (since April-Sept, 7 days a week, they work dawn till dusk.) Soil... compost... cover crops... season extenders



Matt and Amy Gathier delight in some of Palouse Organic / Dexter Beef's first year produce.

... crop rotations... succession planting... and the longest waiting list for a share of any CSA in the area... They have figured out many things, including their limits. Kelly jokes, "As farmers age, their crops also change." Strawberries, an early but intensive cash crop, are often replaced by raspberries, which take more time to mature but can be harvested standing up!

There is quiet maturity about

Kelly and Russell's relationship. While they do have some seasonal help, each enjoys working alone. I remembered a visit last April, when I stood in their orderly greenhouse looking at 25 different varieties of tomato starts along with thousands of tiny onions and leeks. We talked then about the season to come and I remember thinking, "These guys have it together."

As I stood in their fields recently and Kelly and Russell generously shared their wisdom with us, I was greatly encouraged: Many of the people asking questions were considering a small farming endeavor themselves. And here was living, inspiring proof that it can be done.

Jeanne Leffingwell, a local artist and teacher, is sorry to see the farmer's market season wind down. But she is now into squash, root veggies... and making applesauce.

### Tuesday Growers' Market: Growers and October Produce List

by Britt Heisel, Co-op newsletter volunteer

We have one last month of the Tuesday Growers' Market. Fill up on fresh greens, eggs, grass-fed beef, pastured chicken, my favorite - pumpkins and winter squash, and more through the end of October. Thank you to all of the growers who have participated this year and thank YOU for supporting your local growers.

- **Affinity Farm (Russell Poe and Kelly Kingsland):** Salad mix, spinach, carrots, beets, chard, lettuce, green onion, radish, broccoli, kale, cauliflower, cabbage, parsley, cilantro, onion, cucumber, summer squash, basil, tomatoes, potatoes, peppers, garlic, Chinese cabbage, winter squash.
- **Avon Eggs/Tourmaline Farms (Kyle Bujnicki):** Fresh eggs, pastured chicken, grass-fed beef; pre-orders recommended for chickens and beef.

- **Debbie's Flowers (Debbie and George Durrin):** Done for the season.
- **Palouse Organics (Matt and Amy Gathier):** Dry beans (black turtle and anasazi), green beans, carrots, spinach, sweet corn, potatoes, summer squash, winter squash, zucchini, onions, cucumbers, kohlrabi, pumpkins, radish, and all natural grass-fed beef.
- **RavenCroft Farm (Dave and Debi Smith):** Grape tomatoes and small salad tomatoes, hot peppers and green peppers, chard, Asian greens, carrots, tomatillos, Red Malabar spinach, beans, acorn squash, and radishes.
- **Thorn Creek Native Seed Farm (Jacie Jensen):** Done for the season.
- **Backyard Harvest (Amy Grey):** Providing USDA Food Stamps to Shop the Market!  
In addition, BYH is selling pumpkins through the end of October and raspberries and basil until the first hard frost.





## A Dime in Time: October is Domestic Violence Awareness Month

by Virginia Solan, Alternatives to Violence on the Palouse

Nourishment comes from choices in relationships as much as from the food we eat. Both Alternatives to Violence of the Palouse (ATVP) and the Moscow Food Co-op promote healthy lifestyles and enable individuals to make healthy choices. That's why ATVP and the Co-op make great partners in supporting ATVP's Domestic Violence Awareness Month activities with the *A Dime in Time* funds.

In Latah County, ATVP focuses on serving victims and survivors of domestic violence, sexual assault and stalking, free of charge. A variety of services are available: advocacy-based counseling and safety planning, support groups, legal and medical advocacy, a 24-hour-crisis hotline, confidential shelter and case management. ATVP responds to all sexual assault calls to hospitals in Latah and Whitman counties, providing advocacy and information to victims.

ATVP advocates and staff are required to go through a rigorous

application process and 40 hours of training, plus ongoing training and oversight. Training topics range from cultural competency and crisis response to the dynamics of child abuse, sexual assault, and domestic violence.

ATVP's mission is to end violence in our communities, and to that end the agency visits schools, clubs and service groups and businesses — wherever staff can find a space to fit in a few or a few hundred chairs to talk about the causes and solutions to violence. ATVP fosters social and political change in order to stop domestic violence and sexual assault in our communities by promoting healthy relationships while challenging community norms. From presentations and materials regarding teen dating violence prevention to technology safety, ATVP is providing tools that help people get — and stay — safe.

ATVP offices are in Moscow and Pullman, and we work with many other service providers within the community in order to serve our clients. Core to our



agency philosophy is the building of community, which is why we use trained volunteers and staff to support those survivors who are making difficult and sometimes frightening life choices.

But, how can people use ATVP services if they aren't aware of them? That's where the *A Dime in Time* funds come in. October is Domestic Violence Awareness Month, and the Moscow Food Co-op's grant comes just in time

to fund our awareness program for Moscow.

*A Dime in Time* monies will be used to fund our outreach and education programs for Domestic Violence Awareness Month this October. Some of the outreach materials, including resource guides and children's coloring books on healthy relationships, will be placed in the Co-op for customers and employees. We will have a table stocked with information, materials and staff at the co-op on a special day in October and will distribute awareness facts coffee jackets. We will also host a panel discussion after a film at a date and time to be announced.

ATVP also is supported by United Way funds as well as a variety of other sources. We appreciate this opportunity to work with the customers of the co-op to support programs that address the needs of victims and survivors of violence in Latah County.

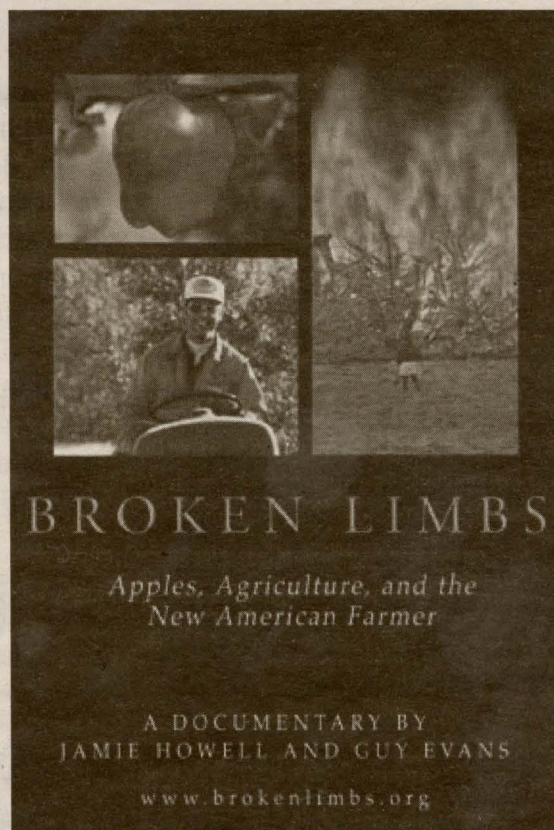
## October Good Food Film Series Sneak Preview

by Aimee Shipman, Good Food Film Series Volunteer

The Good Food Film Series offers an exciting line up for October and November. 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, October 15, the GFFS will feature "Broken Limbs: Apples, Agriculture and the New American Farmer." "Broken Limbs" focuses on Wenatchee, Washington, the "Apple Capital of the World" and pastoral valley which has prospered for nearly a century as home to the famed Washington apple. The film poignantly reveals that good times have vanished as apple orchardists by the thousands are going out of business and more await the dreaded letter from the bank, announcing the end of their livelihoods and a uniquely American way of life. After his own father receives just such a letter, filmmaker Guy Evans sets out on a journey to find out what went

wrong here in this natural Garden of Eden. The future looks grim for the Apple Capital until Evans happens upon an entirely new breed of farmer, practitioners of a new model called "sustainable agriculture. Following on Deborah Garcia's visit in September, we are fortunate that the "Broken Limbs" filmmakers, Guy Evans and Jamie Howell, will also be present to introduce the film and discuss its aftermath. This film is co-sponsored by Rural Roots, University of Idaho (UI) Extension Small Farms program, UI Students for Place-based Planning and Urban Design and the UI Building Sustainable Communities Initiative.



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## Pollution Prevention Champion: Camas Prairie Winery

by Julie Gardner, Co-op grocery and wine buyer, winebuyer@moscowfood.coop

Recently, Camas Prairie Winery in downtown Moscow received the Pollution Prevention Champion award from the Idaho Department of Environmental Quality.

Stu and Susan Scott have owned the winery since 1983 and it remains Idaho's oldest independent winery. The Co-op sells two dozen varieties of Camas Prairie wine.

This is why the Department of Environmental Quality honored the Scotts for their dedication to high environmental standards.

### Solvent and Hazardous Waste Reduction

Camas Prairie Winery uses hot steam to sterilize equipment instead of chemical cleaning agents, such as chlorine or iodine. In food production, every item of equipment must be sterilized after every use. The chemicals are then disposed of into the city sewer system. Moreover, when using chlorine for sterilization, a water rinse step is added, increasing the process length and water use. The hot steam process Camas Winery uses produces contact sterilization on surfaces and requires

no rinse since chemicals are not involved. By transitioning to a steam sterilization system, the use of 75 gallons of chlorine and 32,000 gallons of water a year were eliminated, which generated enough savings to pay for the steam system.

### Product Design

Camas Prairie Winery switched to lightweight wine bottles with a flat bottom and no dimple. Typically this change can reduce the cost of buying bottles due to a decreased production cost of the glass, an average of 12 percent drop in water use per container, a 20 percent reduction in energy and a savings of 20,000 tons of glass packaging per year. The lighter weight bottle reduced how rapidly the price of wine bottles increased and reduced the bottle case weight by three pounds, resulting in reduced shipping costs from the glass distributor to the winery to the consumer. Through this change, Camas conserves thousands of gallons of diesel fuel each year consumed by their trucks and those of the glass distributor.

### Renewable Energy

In 2008, Camas was awarded

a USDA Rural Energy Assistance Program (REAP) grant for a 5,000 watt solar power array. A solar array is a group of solar panels and produces about 10-12 watts per square foot. Using solar systems reduces the demand for coal-fired power, a source of greenhouse gas and mercury emissions, and the need to build new hydroelectric dams. The REAP Grants Program provides grants for energy audits and renewable energy development assistance. It also provides funds to agricultural producers and rural small businesses to purchase and install renewable energy systems and make energy efficiency improvements. The winery's grant was the first successful REAP grant for solar power in Idaho. Since the winery's system went online in April of 2009, they have produced approximately 945 kilowatt hours of solar power a month and reduced energy bills by \$125 per month or \$1,500 a year. Additionally, Avista is offering a one-time abatement rebate of \$0.20 for every kilowatt hour of power produced with a solar energy system during the sys-

tem's first year of operation.

### Energy Efficiency

Camas Prairie Winery uses a natural gas tank-less hot water system. Tank-less water heaters provide hot water on demand in contrast to standard tank-type water heaters, which consume energy around the clock to keep water in the tank hot. When a hot water tap is turned on, cold water is drawn into the water heater. A flow sensor activates the gas burner, which warms the heat exchanger. Incoming cold water encircles the heat exchanger and leaves the heater at its set-point temperature. Combustion gases safely exit through a dedicated, sealed vent system. By using this system, Camas has reduced its natural gas consumption by 50 percent and electricity consumption by 25 percent and saved \$125 a month or \$1,500 a year.

To Camas Winery, our congratulations on your achievements! For more information visit Camas Prairie Winery's Web site at [www.camasprairiewinery.com](http://www.camasprairiewinery.com).

## A Dime in Time: First Book

by Elinor Michel, program volunteer

During September, the Co-op's *A Dime in Time* program funds were awarded to the First Book program of the University of Idaho (UI) Sigma Tau Delta Campus Advisory Board. Thank you to the Co-op and to the shoppers who chose to give us their dimes.

First Book, a national non-profit ([firstbook.org](http://firstbook.org)), is dedicated to putting books into the homes of limited-income children on a regular basis, creating home libraries and a culture of reading. First Book works with children's book publishers to make new books available at reduced cost so that children from qualified groups can choose their own books.

Sigma Tau Delta is a national English majors' academic and service honorary. In fall 2004, Dona Black, who works at BookPeople and is also a graduate student at the UI, approached Walter Hesford, advisor to the

University of Idaho Sigma Tau Delta chapter, about the possibility of creating a First Book Campus Advisory Board.

Since then, our board, made up of UI students and community members, has met at least monthly, planning fundraisers, writing grants, and distributing books. These efforts resulted in our awarding seven recipient groups with book-purchasing grants totaling \$4,166, providing 2,083 books to 430 children in Moscow and on the Coeur d'Alene Indian Reservation.

This year, with financial support from The Giving Circle (Moscow) and the Latah Community Foundation, we want to increase our distribution area to include qualified groups in Potlatch, Troy, Deary, and Bovill. We appreciate the Moscow Food Co-op for choosing our organization as September's Dime in Time recip-

ient and thank Co-op shoppers for their support.

Our Board is always interested in locating new volunteers. University students who want to become involved should contact Linda Wells, [lwells@vandals.uidaho.edu](mailto:lwells@vandals.uidaho.edu), 208-310-0869. Community people who would like to work with us should contact Elinor Michel, 882-4599, or Isabel Bond, 882-7499.



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## Dinner on the Farm

by Andrika Kuhle, Co-op Board of Directors

Carol Spurling, the Co-op's Outreach and ownership coordinator, and I were recently treated to a delicious "Dinner on the Farm," compliments of our hosts, Gayle and Joe Anderson in Genesee, Idaho. Their long-time friends and fellow farmers, Wayne and Jacie Jensen, co-hosted the evening. Gayle was inspired to host these farm dinners to put a face on agriculture. She organized three events on September 12, 19, and 26, which were free and open to anyone interested.

We started the intimate affair with beverages and a walk into the recently harvested wheat fields. We even got to ride on a combine! Our group consisted of our four hosts and five local residents from Troy, Pullman, and Moscow. The conversation focused on farming, particularly on the Palouse, but really boiled down to spending some quality time with new people. I do need to mention that the evening was also about DELICIOUS food: lasagna (meat and meat-less), lentil chili, several salads, and yummy desserts. A bonus was getting sent home with lentil and garbanzo-bean recipes (including

my favorite, zucchini garbanzo bean salad), and some delectable lentil brownies.

I appreciated the opportunity to visit and ask questions. We spent parts of the evening discussing the nuts and bolts of farming, including farm subsidies, and selling wheat. Wheat grown on the Palouse is shipped around the world. Prices are tied to things like protein content and the presence of weeds or non-target grains. For example, the price received for wheat is reduced when the protein content exceeds a certain level, which can be the result of weather factors just before harvest. Also, if farmers are using crop rotation, they will get docked if sprouts from last year's crop, say garbanzo beans, are mixed into the current wheat harvest. Profit margins are generally slim. Much of the wheat around here goes to Portland, where market forces require specific wheat qualities, for example to make the perfect Wheat Thin. But some of Wayne's wheat goes to our local miller, Shepherd's Grain.

I got the sense that many of the constraints (such as costs

being determined by the farm subsidy bills) are not in the best interests of the farmers, who often feel like victims of mass-market formulas and main-stream-consumer expectations. There is distrust of the major seed corporations, and the reality that there are few alternatives.

These farmers take great pride in what they do, and they work within the current system as best they can. These farmers in particular are using no-till methods in an effort to improve the long-term health and fertility of the soil. No-till saves resources and does wonders for the soil, but does require small amounts of herbicides, since the weeds can't be controlled through tillage. They look to the organic farmers to learn more about organic methods and try to incorporate some of them into their own farming, but have to balance their desire to be as organic as possible with meeting the demands of the world marketplace and of government regulations.



So how can we move toward greater sustainability? Changes in our agricultural system are necessary, but it is challenging for farmers to make changes or take risks; a big loss in one year can cost the farm. There's no safety net for farmers who want to try something new or different. I think the mid-sized farmers, such as many on the Palouse, are vital to our long-term sustainability. I came away with more questions than answers and a larger appreciation for our farmers and the extremely complex business of feeding ourselves and the world.

Andrika Kuhle is grateful for Carol Spurling's invitation to join her for dinner.

## Your Dollars At Work

### Dime in Time Program

Bring your reusable bags and then donate your dime refund to our recipient of the month!

**July:** Palouse Prairie School - awarded \$320.30

**August:** WSU Center for Civic Engagement - awarded \$249

**September:** Sigma Tau Delta First Book Program

**October:** Alternatives to Violence of the Palouse

**November:** Humane Society of the Palouse

**December:** Sojourners' Alliance

### Dear Moscow Food Co-op:

Thank you for your generous gift of 2.2 lbs of brie cheese on July 19, 2009 to the Palouse-Clearwater Environmental Institute to support our Midsummer Night's Dream event...It is because of your gifts that we can continue to work with volunteers in the community to provide resources they need to clean up our waterways, care for our community gardens,

restore our watersheds and wild-life habitats, and educate our children. Because of contributions like yours we have been able to connect people, place and community since 1986!

Yours in stewardship,  
Thomas C. Lamar  
Executive Director, PCEI

### Dear Moscow Food Co-op:

I would like to extend a heartfelt thank you to everyone who participated in the blood drive held on 8/19/2009. There were 16 generous donors registered and we were able to collect 12 units of life-sustaining blood... The time and effort the Moscow Food Co-op put forth in organizing this important event is deeply appreciated.

Your next drive is scheduled for October 21, 2009... Thank you again for making a difference in your community. See you in October!

With gratitude,  
Alicia Neely  
Inland Northwest Blood Center

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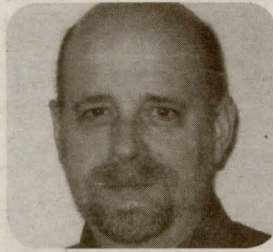
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## Top Five Myths

by Steve Kobs, Co-op store manager, [manager@moscowfood.coop](mailto:manager@moscowfood.coop)

I found redemption in a book. My partner has frequently criticized my late evening meals saying, "Eating this late will make you fat." This myth is debunked by doctors Aaron Carroll and Rachel Vreeman in their book, "Don't swallow Your Gum." It turns out that eating too much food makes me fat, not the time of day that I eat. This vindication inspired me to tackle some co-op folklore:

### #1 You must be an owner/member to shop at the Co-op

Anyone can shop at the Co-op. COSTCO members pay an annual fee (\$35 or \$50) to just walk into the store. Many of our customers become owners for the Co-op, joining for just \$10 per year, but it is not required. There are some owner-only discounts and sale prices at the Co-op, but most of our sale prices apply to all shoppers. At the Co-op, there is never, ever a surcharge added for non-owners.

### #2 Food at the Co-op costs more than at other stores

Every time we do price comparisons for identical items at other stores, the Co-op comes out ahead 8 - 12 percent for the entire shopping cart. In the last comparison I did at Huckleberry's/Rosauers, 18 of

20 identical items were less expensive at the Co-op. Every day, we have a great selection of organic and natural foods with the best prices in town. It is true that organic products are, nearly always, more expensive than conventional items. We think the difference is worth it.

### #3 "Paper" is better than "plastic"

The best grocery bag is a reusable bag brought from home. A University of Idaho student did some research for us and concluded that a single reusable bag eliminates 416 single use bags over three years. When it comes to "paper or plastic" single-use grocery bags, the best bag depends on your priorities, the items you have purchased and your walking distance. Paper bags require more water to produce and cost much more to ship. Plastic bags require more petroleum resources and most do not compost. Paper bags are easy to recycle, plastic not so much. Paper grocery bags cost us 12¢ and plastic bags are 3¢. We give a 10¢ reward for every cloth reusable grocery bag used by customers.

Everything we do has environmental and financial costs. When it comes to grocery bags,

we think reusable is the best.

### #4 Profit is the motive for doing something bad

We persistently receive customer comments that accuse the Co-op of "selling out" by carrying objectionable merchandise. Objections can be about products made in China, an objectionable ingredient or chemical, over-packaged items, corporate ownership, non-recyclable items and items in single use containers, like bottled water. These comments usually include something like, "I am sure you make a nice profit on..."

Our margins, the difference between the retail price and the wholesale price, are based on entire categories of goods. We never make a pricing decision that inflates the retail price of an item because we can "trick" a customer into buying an inferior or unethical product. We do lower our expected margin on items that are competitively priced, like milk, and products in our Essentials Program. Challenge us about product decisions, but please know that high margin is never a reason we would bring a product in the Co-op.

### #5 The Co-op is a not-for-profit charity

A variation of this myth is that

the Co-op should not generate a profit. The Co-op is incorporated in Idaho as a not-for-profit corporation because Idaho does not have a separate status for cooperative businesses. We are not a charity. We pay taxes like any other corporation. We have a Board of Directors elected by our owners. Our 5,000 owners each have one vote. No owner can purchase more shares to "control" the Co-op; it's one person - one vote. The average grocery store in the United States makes 2¢ of profit on every dollar of sales. This year, the Co-op should be pretty close to that average. What we do with the profit differentiates use from other companies.

We need to make enough money to be financially viable and to fund the activities that support our other goals (social, environmental, educational, and business). Our profit from sales goes back into the Co-op or is distributed back to member/owners as a patronage refund. Consistently generating a 2-3 percent profit allows the Co-op to accomplish its goals.

Now I am going to find out if Halloween candy is often tainted and if I am really supposed to drink 8 glasses of water every day.

## New Recycled Paper Bag

by Steve Kobs, Co-op store manager, [manager@moscowfood.coop](mailto:manager@moscowfood.coop)

This month, we are bringing in a new, 100 percent recycled paper bag. The new bag is a little bigger than our current bag, but nothing the typical customer should notice. We will use the new bags for a couple of months to see how they perform.

As attractive as the 100 percent post-consumer recycle bag is; it still has some downsides:

➔ The fibers in the recycled bag are shorter. Previous 100 percent bags have had a tendency to fail, causing customers to double bag. That defeats the purpose. We want to see if these bags hold up okay.

➔ For single use bags, plastic bags still have some advantages that include less water used for manufacture and more bags move per shipping mile.

➔ The best bag to use for shopping is still a reusable bag.

Let us know if you notice any differences with the new bags.

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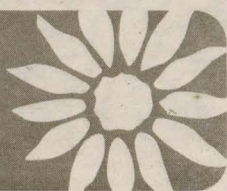
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## New Projects Encourage Sustainability

by Steve Kobs, Co-op store manager, [manager@moscowfood.coop](mailto:manager@moscowfood.coop)

The Sustainability Committee has several projects on tap this year. We are looking for people willing to work together to make them happen. Our project objective is to use the Co-op to educate and inform consumers about conservation through visible demonstrations and applications of technologies.

### Rain Water Recovery

This ambitious project will collect and store rain water for use in our public rest room. The project outline calls for rain water to be collected and used to provide "gray" water for our toilets. We think the project would be a first in our area so there is some uncharted territory. Architectural, engineering, design and permit issues are involved in this project. Both experienced professionals and career minded students would be challenged by the project. The time commitment includes a meeting once a month and assignments that would usually require occasional time and effort outside the meeting and reliable completion of assigned tasks by deadlines assigned by the group.

### Solar Demonstration

This project will use solar power to supplement lighting in our parking lot. The scope of the project is flexible with possibilities ranging from the installation of fabricated, stand alone, light poles with attached solar collection panels to some sort of home-grown solar array and distribution system. Co-op owners

volunteering for this project need some energy, interest and enthusiasm for the project. The time commitment includes a monthly meeting and infrequent assignments like telephone calls and internet research.

(A frequent suggestion we receive is to put solar panels on the roof, or install a wind turbine. Unfortunately, sunlight in our area is not that good, the orientation of our roof is all wrong and the math does not work. The current cost of solar panel installation would never pay for itself and the energy gained. Because the Co-op is such a large consumer of electricity (refrigeration) even a massive solar array would only serve a small fraction of our power use. There is not enough wind in downtown Moscow to consistently turn a moderate sized wind turbine.)

### Recycling Upgrades

The Co-op continues to have a strong interest in recycling and we want to continue that with a thorough review of our practices and systems. We know we have outgrown some of our collection containers and we want a fresh perspective on our packaging choices and other recycling issues. Interest in recycling is a big plus for volunteers on this project, as well as the ability to investigate, weigh choices and alternatives, and think about processes and systems. We would love to have some current recycling volunteers work on this

review. Expect a commitment of a monthly meeting and hands on research talking with staff, looking to see how things work and exploring options.

### Interactive Education

The Sustainability Committee is interested in exploring if we can have fun interactive displays that would help teach customers, including children, about energy and conservation issues. This is an open-ended concept that could include home-grown displays and inventions, elements acquired from museums, energy companies or schools, or Co-op sponsored contests and idea fairs. This project if focused on creating and implementing creative and educational experiences for customers. Good skills for this project include experience with hands-on activities (children and adults), artistic and creative skills and project management skills. Previous experience and contacts with museums, art organizations, schools and children are desired. The time commitment here is unpredictable. The project team will be setting their own agenda

and parameter of the project(s). We think the time commitment will vary, with more intense commitment approaching and during events and display installations.

People volunteer at the Co-op for a wide variety of reasons. Nearly all volunteers have some level of interest in the project itself; the Sustainability Committee projects are very different and all are interesting in different ways. Project volunteers will get to apply their best skills working on these projects and should learn some things along the way. Project volunteers who are also owner/members of the Co-op are eligible to receive store discounts. Whatever your motivation or expertise, if you are interested in any of these projects, please contact Steve Kobs, Co-op store manager at [manager@moscowfood.coop](mailto:manager@moscowfood.coop) or stop by my office (just past the meat department) or try me on my cell, 509-301-8481. Your work will help to make meaningful and visible contributions to the Co-op and community.

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# CO-OPERATIONS

## Co-op Wellness Class: Stress and the Immune System

by Sequoia Ladd, Co-op Herb/Book Buyer

**Where:** Fiske Room in the 1912 Building, Moscow

**When:** 7 p.m. Thursday, October 29

**Cost:** Free

With various strains of flu going around, school back in session, and cold weather coming, I get a lot of questions about how to prevent getting sick and how to get better quickly. Why not ask the owner of the herb company that many folks by their herbs from? On Thursday, October 29 the Co-op will offer a free wellness class on the effects of stress on the immune system taught by Randy Buresh, owner of Oregon's Wild Harvest. Here is a description of the class:

"Many people feel the physical effects of stress. Modern lifestyle, exposure to pathogens (germs), and environmental toxins all disturb the body's ability to cope - both physically and emotionally. Following a rich and credible history of traditional use in Ayurvedic and Chinese medicine, Randy Buresh (Herbalist and R.N.) will present

a natural approach to maintaining optimum health. He will help explain how stress directly affects the immune and digestive systems, as well as sleep patterns and blood sugar levels. In addition, he will provide some natural solutions to help combat these problems: the use of adaptogens and other complementary herbs that work to promote good health and well-being."

Randy Buresh, R.N., is passionate about herbal healing as well as organic and Biodynamic farming. As founder of Oregon's Wild Harvest, he's taken that passion places he could only have imagined, and created a successful business with a foundation based on health and healing, science and validated research. In doing so, he's helped many people, and made his own dreams a reality: He's created a place where alternative farming meets alternative medicine.

Randy's career in healing began in the Midwest, where he grew up learning to farm

and be a responsible steward of the land. He first earned a degree in surgery technology, and then later returned to Central Methodist College (Fayette, Missouri) where he earned his R.N. (Registered Nurse) degree. He has worked as a Certified Surgical Nurse, a R.N., a Physician's Assistant and an E.M.T. During Randy's medical career, he could not help but notice the heavy reliance on pharmaceuticals, which he often believed simply masked symptoms, without ever adequately addressing the underlying problem: the disease causing the symptoms. He was certain that covering up the symptoms only drove the disease deeper into the body. Randy became frustrated watching patient after patient go into surgery, too often without really needing the operation, and then relying, once again, on pharmaceuticals or more surgeries.

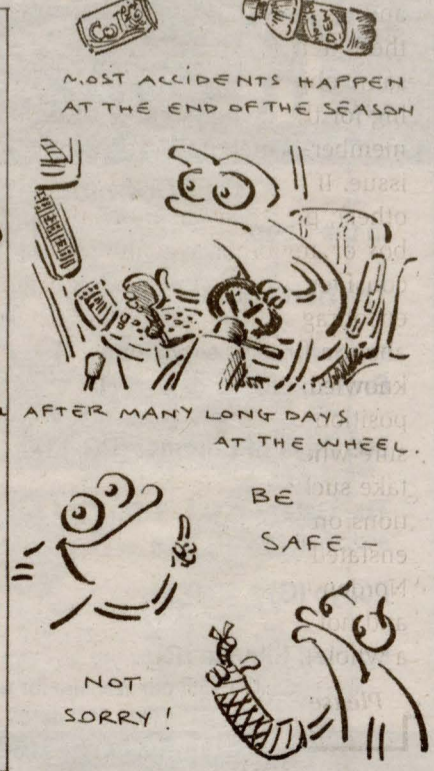
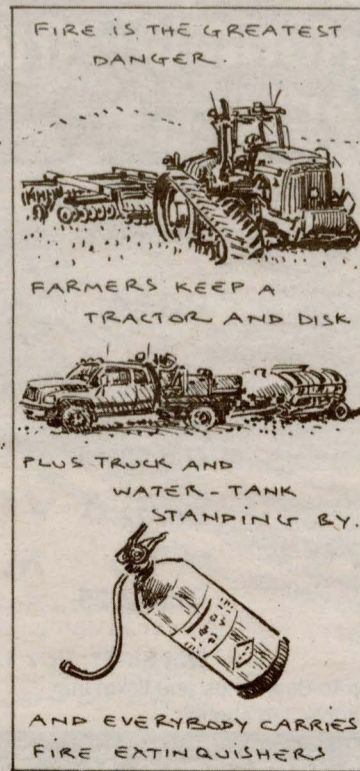
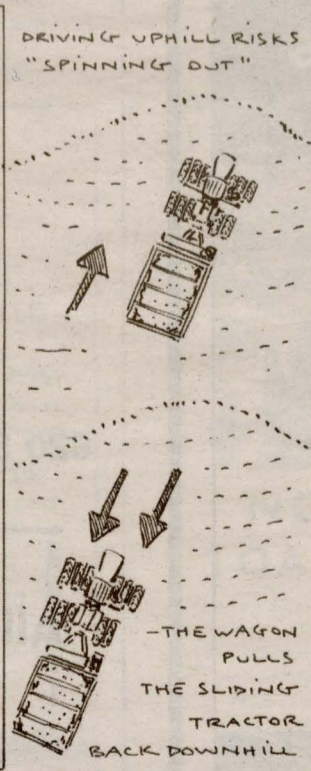
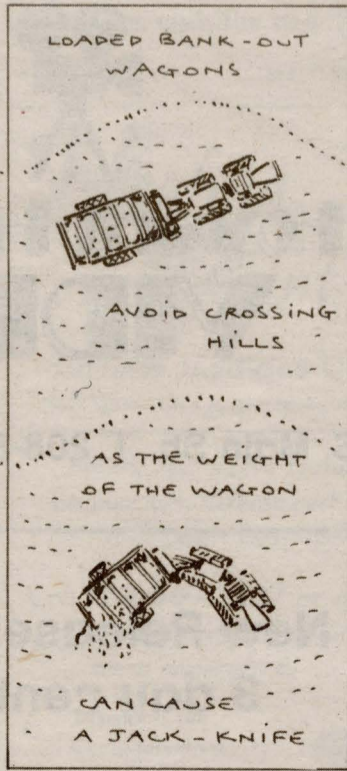
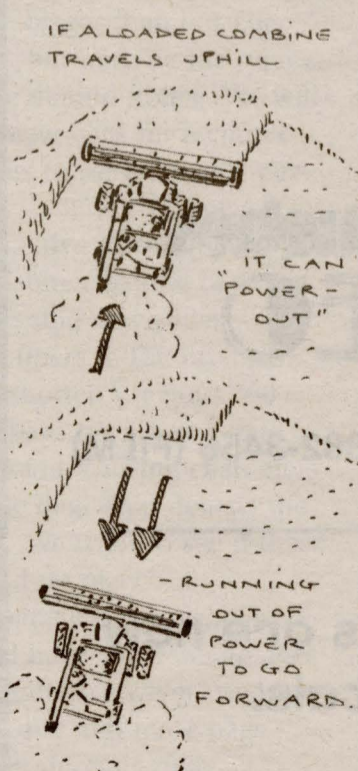
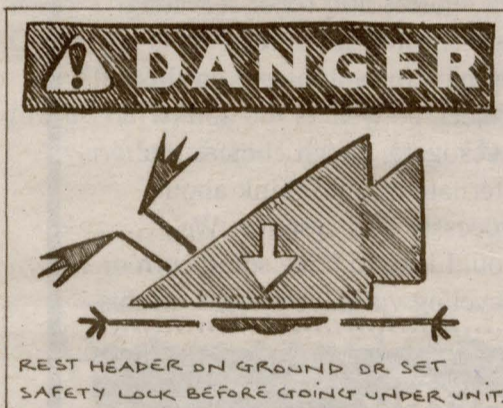
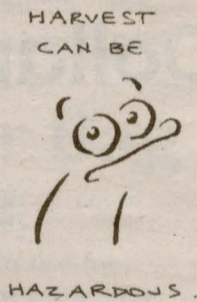
He began researching less invasive treatments for health conditions, which led him to natural

*"I get a lot of questions about how to prevent getting sick and how to get better quickly. Why not ask the owner of the herb company that many folks by their herbs from?"*

herbal medicine. An opportunity to serve in a technical position with an Oregon Tilth Certified Organic herb farm and herbal supplement manufacturer reaffirmed his commitment to healing with organically grown herbal remedies. Randy has lectured at Bastyr University in Seattle, WA, as well as at the National College of Naturopathic Medicine in Portland, Oregon.

This class is a great opportunity to ask questions about herbs, organic and Biodynamic farming, and how to stay healthy this winter despite school and holiday stress. See you there!

## PALOUSE REPORT: Harvesttime Hazards



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## Suggestion Box: October 2009

*I'm highly disturbed to see the volume of "green" products that are being purchased from companies that outsource their labor to countries like China, Viet Nam, Indonesia, etc. Although I'm sure these products make money for the Co-op, they jeopardize (in fact, destroy) the integrity of the Co-op as a company. How can the Co-op profess to be invested in local economy, saving the earth, cutting down on fossil fuels waste, etc, and still sell non-essential products from countries that not only employ slave labor, but require shipping across vast distances at the expense of the ozone? Please explain the logic, or lack thereof. Unsigned*

I see integrity everywhere I look at the Co-op. It is the heart of the reason that most of us work here. We talk about ethical decisions all the time and we act on it all the time. I am sad when that it is not apparent to every member. We live in a world of imperfect choices.

We sell Soji Solar Lanterns. We like them because they are solar powered, are attractive, can be sold at a reasonable price and are designed and based in Ketchum, Idaho. We also know that they are ethically made in China because the Idaho employees are not just business partners; they are friends with their colleagues in China. On the downside there is shipping distance and the batteries should be recycled rather than land-filled. Some customers might object to the synthetic fabric on the lantern. Perhaps you would object to the lantern because it is "non-essential." It may not be perfect, but we did not sell our "co-op soul" to carry it.

I think your judgment about us is a misunderstanding. I would be happy to speak with you directly about any product you wonder about. If I do not already know the story behind the product, I will certainly find out for you. My e-mail address is manager@moscowfood.coop, my cell is 301-8481 or stop by my office, just past the meat department. —Steve Kobs, Co-op store manager

Thank you for your concern, and thanks for your willingness to speak up! I have witnessed China's petrochemical industry first hand, and believe that the Moscow Food Co-op should not carry items produced by that industry—regardless of whether or not this makes "good business sense." Workers, families, plant and animal communities, air, soil, and water are all severely harmed in order to ensure the lowest possible price for export consumers in the US and elsewhere. Even then, we are not selling these items at Walmart prices. I raised these same objections and concerns while campaigning for the board, so now I would look to member-owners for further direction on this issue. If it is important to you (one way or the other), please let us know, using the comment box or any other available venue. You might consider running for the board, or at minimum encourage others to vote in our next election, about a half-year from now. To the best of my knowledge, the board does not have a formal position on this issue, and is not even entirely sure whether it would be appropriate for us to take such a position, given the current limitations on board purview inherent in our recently enstated "policy governance" protocols. —Chris Norden (This is my position as an individual, and not the position of the board of directors as a whole).

*Please switch pictures in the bathrooms.*

*They are great to read once or twice.*

**Unsigned**

They are moved around now and on my list to change regularly. —Steve

*Two dog comments - I wish there was some way to address the problem of dogs being tied to the bike racks (making them unusable). It is also uninviting to have unleashed dogs hovering at the door. —unsigned*

*Please ask people not to bring their dogs if they are going to tie them up outside to bark; especially on music night. - unsigned*

The City of Moscow is on your side. It is illegal to tie a dog outside of a store. Dogs need to be on a leash and a human has to be on the other end of the leash. I was unable to find anyone here who recalls any serious dog related incident outside the store. Our employee cyclists are not bothered by having to walk a few extra steps when a dog is occupying a bike rack closer to the door. We have plenty of racks available. At this time, I am not inclined to call the cops to address tethered dogs. I think the point is that leaving a dog outside the store is inconsiderate to others who might be uncomfortable or intimidated around dogs or are disturbed by barking. —Steve

*Look into another bank for cheaper credit and debit card processing. —Suggestion made to a cashier.*

We constantly get offers to change our credit card processing. Everyone promises to save us lots of money. Like other "deals" there are contracts, fees, and service issues. We are happy with our current service. —Steve

*CRISIS!!!! Where is my yellowfin tuna packed in olive oil? I don't even see the tag on the shelf - please please don't have dropped it! Or at least please bring in another tuna in olive oil.*

By the time you read this it should be back on the shelf. Thanks for inquiring. —Julie, Co-op grocery buyer

*Customer has mentioned several times that the lids to the fill your own water jug doesn't work. Can we get jugs with lids that work?*

**Cashier**

The jugs and lids come together as sets. Sometimes they take a little finessing but they do thread together. I will be glad to help folks with them. —Joan, Co-op grocery manager

*We loved the tunes this morning. Upbeat, groovy oldies! Makes us feel good. More of this please -*

So glad you liked the music. We try to provide a varied selection for everyone's listening enjoyment.

—Annie, Co-op front end manager

*Please turn down the music; it is always blaring loud.*

Thank you for the comment. We have turned down the volume. Please let us know if there are further problems. —Annie

*Please consider opening at 7 a.m. (2 comments) - Coffee Lover and Early Riser, Paige*

Our current morning sales from 7:30 to 8 do not offer much support for opening at 7 a.m. On a recent Tuesday, we had 10 coffee customers in that half hour with an average coffee price of \$2.20. There were nine other customers in the store before 8 a.m.; most of them were doing regular grocery shopping. If we opened at 7 a.m., we would need to bring in a few employees a half hour earlier and

hope that new business materialized to cover the expense. Another thing we looked at was just having the coffee bar open at 7 a.m.. That might work out, but I don't think we will be doing that until sales recover to pre-recession levels. —Steve

*It would be great if you guys had t-shirts available to purchase that read "I (heart) my Co-op" to help members show their support. —Brennan*

We do have some t-shirts and hats that will be available for purchase, I think by the time this issue is published. —Steve

*Your cashier Ryan is very professional and friendly. It is a pleasure to shop here.*

*I just wanted to let management know what a quality employee you have in Carolyn. She has always been so helpful and kind to us when we come in, it's so wonderful to see a friendly face. She is a true blessing to us! Thank you.*

Thank you for your comments. We know we are lucky to have such outstanding employees such as Carolyn and Ryan on our cashier team. —Annie

*You should provide wireless internet for members (or everyone). It is a cheap way of improving service. —Levi*

We do not plan on offering Wi-Fi. Wi-Fi would encourage customers to stay longer at a time when we reach capacity for our seating area during lunch. We explored turning-off internet during our busiest seating hours and decided that it was too cumbersome. Many of us share a philosophy that the Co-op should be a place to interact directly with our neighbors and friends; to enjoy each other, live music and art. There are many places around town to get Wi-Fi access, so we do not feel this is an unmet community need. Of the few people who have commented about Wi-Fi, they are roughly divided in half "for" and "against." —Steve

*Issue replacement membership cards for free to save time at the register. —Fritz*

It can be frustrating to be waiting in line at a register when someone wants to become a member or has lost their membership card and needs to replace it. Both require us to collect some pertinent information. It takes a couple of minutes. For replacement cards, we actually transfer the member record to the new card number, so we must get it right so that nothing gets lost. We do charge \$3 to replace a card to cover the printing cost and some of the time to change the record. Getting the correct member information takes the time, not paying the fee. —Steve

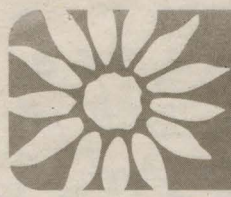
*Two thumbs up on the dining area redesign. I am not sure if business is better, but I find myself eating more and staying longer. —Chris*

Thank you. We heard from many customers that removing the platform improved conversational privacy because others were no longer people "hovering" over tables. A few people told us about falling and tripping on the step. I heard from one member who misses the platform and I am sure there are others. —Steve

*Thank you for playing classical music in the store as we shop. —BethAnn*

We try to play a variety of tunes. Telling us what you like is a great motivator to keep it happening. —Steve





## Suggestion Box: October 2009

**Could the unit price be added to the shelf sticker prices like other grocery stores? For example if you're shopping for olive oil, there are so many different brands and bottle sizes. If the price per ounce was specified it would help.** Amy

To add the unit cost to our grocery products would require reconfiguring our computer system. Realistically that won't happen soon but we will consider your request. —Joan

**I wonder if we can compost the paper towels in the restroom? That would be awesome. Also, the baby changing stations do not have a liner and it would be great to have a kid friendly sanitizer there too.** Thanks, Kate

I will get another composting container for the rest room and we will try putting the paper towels in "Eartha" and see how they break-down. It should work. Thanks for the suggestion. I am sorry we are out of liners for the changing station. I ordered more. We did put added soap dispensers that are easier for kids to reach. We are getting waterless hand sanitizer for our shopping cart area and I will see if I can put something at the baby changing station. —Steve

**Your bread. I know you probably have a favorite bakery, Sage I think, but the baguettes are not up to par. They are soft. I am looking for a good French baguette, Panhandle Bakery has it means I shop at Rosauers more** —A.

We do not carry baguettes from Sage Bakery. The ones you find unacceptable must come from our Co-op bakery. I am sorry you do not like them but I am glad there is one in town that suits your needs. —Joan

**Please carry Panhandle breads!!! Their products are distinctive. Also it seems a perfect opportunity for the Co-op to walk its talk: Panhandle is a local company committed to using local products.** Jolie

Our market will support one line of artisan bread. We have been carrying artisan bread from Sage Bakery in Uniontown for many years and are not planning to sever that relationship. Panhandle Bread is also a fine product, available at other outlets in town and the Farmer's Market. —Joan

**What happened to Santa Cruz dark roast peanut butter? It is the best and it hasn't been on the shelf for a while. Please bring it back!** Thanks. Judy

Unfortunately that product did not earn its place on the shelf. We discontinued it for a faster moving nut butter. We will gladly order a case for you. If you are a member you will save 10 percent on the case. Give us a call in the grocery department. —Julie

**Bob's Red Mill makes 2 cornmeals – one is gluten free (no cross contamination). Right now the Coop is stocking the regular cornmeal. Could we switch to stocking the gluten free one?** Thanks Terri

We will find a place on the shelf for that product. It should be available when you read this. Thanks. —Julie

**I was actually offended to see Heinz organic catsup on the shelf! We shop the Co-op to avoid such things as much as possible. Is our food so integrated it is no longer possible to avoid mass marketed green wash?** Tammy

Heinz organic catsup has been selling well in our store for at least 7 years. I am sorry to hear it offends you. There are four other cat-

sup choices available. I hope one of them suits you. —Joan

**Is it possible to stock raw sunflower seeds in the bulk section?** Diane

The sunflower seeds are located next to the sesame seed and hemp seed bins. —Seth, Co-op bulk buyer

**I recently bought some of Dave's Killer Good Seed Bread at a Costco in Olympia – It is wonderful, organic and totally yummy bread. He has other kinds as well. His story and products can be viewed at daveskillerbread.com As far as I could tell the only local vendors carrying his products is a Fred Meyer store in Spokane.** Tammy

Thank you for the suggestion. We are checking into this line of bread based on several factors. No decision has been reached yet. —Joan

**I miss Straus cream. It is the only cream without preservatives.**

Organic Valley cream does not have preservatives and is available year round. The Straus cream will be back for the holidays. —Peg, Co-op chill buyer

**You sell coffee cups that say "Saving the world one cup at a time." They are made in China w/ no env. regs or laws. How smart you are? – unsigned**

The product you noticed is a stainless steel tumbler made by a Seattle company and manufactured in China. The factory in China is both ISO 9001 and 12001 compliant for environmental and labor practices (see www.iso.org). The decision to have this product on the shelf is based on its popularity (sells well), the positive environmental impact avoiding single use cups, the positive health impact of avoiding plastic containers, regional ownership, the assurance of production facility standards and the lack of similar products produced in the United States. I respect your inquiry, but feel your last question is unkind and harsh. —Steve

**Would you please stop carrying China made products and carry locally made products. The membership will appreciate it. Thank you.** —unsigned

I understand the sentiment of your comment, but need more information about specific products you notice on our shelves that can be replaced by a local source we have not discovered. In the case of stainless steel drinking containers (see above) there is no locally manufactured alternative. We do sell many locally produced items. Locally made greeting cards do very well, as do homegrown cookbooks, Cowgirl Chocolate and calendars. Local items that look too homemade do not sell well. Local produce does well, but the viable selling seasons are very short and quantities limited. Some local producers have expenses that are too high for us to purchase and resell their goods; they usually sell direct. We do have some consignment items from local producers, but just sell a few items each week. I think we do a great job of screening our suppliers and finding the best possible sources for our products. I think we do a great job with local producers; it is unrealistic to think that everything we sell will ever be local. I respect those who have concerns about product sources, worry that ethical looking credentials can be fabricated or have made personal decisions to avoid all products manufactured in China.

Members should expect to see a mix of items available in the Co-op which will include some food and non-food items produced in China and some that are locally and regionally produced. We will continue to do our best to clearly show where every product originates so that customers can apply their personal values to purchases. —Steve

**Please! More Co-op cookbooks! Pretty please! – a member**

Sadly, or happily, depending on your perspective, the Co-op cookbooks are all sold out and therefore out of print. However, by the time you read this or shortly thereafter, the PDF of the cookbook will be posted on our website, making it available for all. Hopefully this will be some consolation. —Carol, Outreach and Ownership Coordinator

**Were you guys aware that all incoming UI students are required to read Deep Economy about local economics and community involvement? There might be a way to tie it in and help the freshmen make a connection to the Co-op!** – Mary Ellen

Wow, what a great idea! It also sounds like a book our Green Commerce committee might want to read, and one we might want to consider for our Good Food Book Club. You'll be glad to know that Kenna (the Co-op general manager) and I will be participating in a panel regarding this book and our local economy for the Economics and You class of 50 freshmen from 6 – 7:30 p.m., November 5 in the Janssen Engineering Building, room 104. Guess I'd better get started reading! —Carol

**Could we get an updated list of board members on the newsletter masthead (sidebar) please? – a member**

Should be done in this newsletter. Thanks for the reminder! —Carol

**Questions for Co-op newsletter. Don't you publish letters? How many comments/suggestions do not get published and answered in the newsletter? Who is responsible for editing them? –anonymous**

These questions were submitted as a response to the Co-op newsletter readership survey from an anonymous reader. Since the questions were anonymous, answering through the suggestion box seemed like the best way to respond.

First, we do publish letters. We publish every relevant and non-libelous letter that is submitted to us (editors@moscowfood.coop). Remember that, unlike the suggestion box questions, letters must be signed

Second, all comments and suggestions that are dropped in the Co-op suggestion box are first distributed to the appropriate department head. The author of the suggestion often chooses to not have the question or comment published, but instead asks only for an email or phone response. The department head then either contacts the person or responds in the newsletter (depending on the option selected by the author). So, maybe half the comments and suggestions are published.

Third, nobody edits the comments or suggestions for content. Sometimes, when needed, we will edit for grammar or spelling, but never to change the meaning. —Bill London, Co-op newsletter editor





# Staff Profile: Matthew Dugger

by Amy Newsome, Co-op newsletter volunteer

I have to feel particularly grateful when a self-described introvert, like Matthew Dugger, agrees to be interviewed. Matthew has been a Co-op deli server for just over a year now. He's a local boy, born and raised in Moscow. After Matthew graduated from Moscow High School he began attending the University of Idaho, studying architecture. But when memorizing the mathematical formulas necessary for an architecture degree eluded him, he switch to general studies, that is, until he took his first music class.

"Although I was in band and choir from elementary through high school, I never pictured studying music in college. But in that first music class, was the first time in my life that I was easily earning As when others were struggling."

Matthew started playing the trombone in the third grade and stuck with the instrument all the way through college. But he admits that he never loved the trombone. His first experience of feeling a real love for an instrument was at the University of Idaho, when he first heard a pipe organ played.

"When I heard the organ played, it was such an overpowering feeling. I decided I wanted to make those great sounds."

He learned to play the organ well, but now that he's graduated he doesn't have access to a pipe organ any more. His instrument of choice now is guitar. When he was 18 he finally asked his mom for the guitar that she had picked up for him at a yard sale when he was just a baby. He started teaching himself the guitar and soon wore out the fret board of that old guitar and needed a replacement. He uses his guitar as an instrument of true creation, never wanting to learn to play other people's songs or methods. For a long time, he never shared his music with others. But just after graduating from college with a degree in Music Composition, he met Angel through an online chat room.

"We had a similar outlook on life and shared musical tastes. We'd chat online for hours at a time."



***“He uses his guitar as an instrument of true creation, never wanting to learn to play other people’s songs or methods.”***

He took the chance on sharing some of his music with her. Her reaction was very positive and encouraging. Angel would provide not only constructive criticism, but lyrics as well. Before long, they decided to meet. Matthew took a three-day bus ride to Clifton Springs, New York, where Angel lived. After meeting in person, their connection remained, and Matthew moved there. He got an apartment and a job as a dishwasher at a hospital nearby. Nine months later, they were engaged at Niagra Falls. They moved to Moscow last summer and were married.

"If it weren't for meeting Angel, I probably wouldn't have ever left Moscow. It was a good experience to move somewhere and have to find a place to live and work in a totally unfamiliar environment."

Once he was back in Moscow, he looked for a job at the Co-op where many of his friends worked, including Joseph, a friend that he's had since fifth grade.

"I really like working at the Co-op. You're really encouraged to be yourself. There isn't a strong push for conformity like with so many other jobs. People are readily accepted here, that's the best part of the job."

about a third of them so far. Every time I go out and get a game, I feel like I'm ten years old again. It brings back great memories of being a kid."

In fact, he often gets together with his friend, Christian, and they play Nintendo just like they did when they were in second grade together.

Matthew and Angel continue establishing their life here. They've adopted a cat, an unusual male calico, Winston. Angel is weighing various college options and Matthew is contemplating ways of making a living with music. Maybe we'll hear some of Matthew and Angel's music at the Co-op one day.

Amy Newsome has always appreciated the fact that Co-op employees are diverse and unique individuals.

Matthew is a serious gamer but keeps a generation behind in gaming systems to keep the hobby affordable.

"I'm on a quest to get all the original Nintendo games. I have

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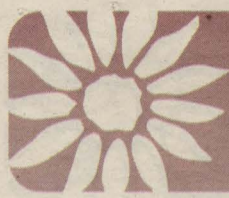
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## Volunteer Profile: Megan Prusynski

by Todd J. Broadman, Co-op newsletter volunteer

This month's Co-op volunteer interview was completed electronically—via email. Megan lives and works in Mendocino, California where she designs this newsletter. (I lobbied unsuccessfully to get travel monies for an in-person interview). Megan made the process easy: her written replies to my opening questions were profuse, which left me with ample material and a tough editing job. In addition to being a designer, Megan is also a writer.

I wanted to know how she got into the field. "I decided in high school after job-shadowing a graphic designer that I wanted to be one," Megan says of her initial interest, "and I've been very into art ever since I was old enough to hold a crayon, but design offered me a way to combine my love of art with my love of technology." She described design as "art with a purpose—something that communicates with the public and has great potential to spread messages and share meaning."

Megan's educational background has its roots in Boise where she attended parochial schools with her sister from primary through high school, and then the search was on for a design school in the Northwest. She settled upon University of Idaho because "graphic design was offered as a Studio Art major and was in the College of Art & Architecture." Several scholarships "sealed the deal," she added. And thus began her six year tenure in Moscow where, in addition to pursuing her degree, she designed the Co-op's newsletter and now also designs and maintains Web sites for PETA, the animal rights organization.

With regard to her involvement with PETA, she explained her motives. "I had been vegetarian for over a year at the time, and I knew that I wanted to use my skills helping make the world a better place, rather than designing ads for big corporations that I see as a big part of the problem. So working for a non-profit was a great fit for me, and I still work with PETA as a contractor today. They are really a great organization making a world of difference for animals, and it's been a wonderful experience being a part of it."



***“And thus began her six year tenure in Moscow where, in addition to pursuing her degree, she designed the Co-op's newsletter and now also designs and maintains Web sites for PETA.”***

After Megan graduated from UI in 2005, she and her boyfriend Seneca remained in Moscow for a couple of years before beginning their "volksvegan" adventures. For those unfamiliar with a volksvegan (like myself), it is a VW Vanagon converted to run on vegetable oil. Seneca did the conversion on a 1982 diesel engine and with a tankful of fryer oil from local restaurants they were off. As Megan described that whimsical time, "we were unsure about where we wanted to live, we decided to travel around in the volksvegan looking for a place that felt like home. We packed up Juneau [our dog] and all our gear and headed towards Yellowstone. We didn't really have an itinerary in mind, but we knew we wanted to see some National Parks and visit some of the places in the Northwest where we were interested in living."

No fortuitous adventure would be complete without a mechanical breakdown, which for Megan and Seneca, happened in Utah. But it too had its purpose as

Megan points out, "as our van was being fixed, we thought about all the places we'd been and tried to imagine where we'd fit best. We kept coming back to Northern California—especially the Mendocino coast and Mt. Shasta area." And now, residing on five acres of redwood forest, inside an old redwood house, Megan designs the Co-op's newsletter and emails those like me who are curious as to how she made it happen!

In addition to this newsletter, Megan lends her design and writing talent to other websites; check out: [www.GreenOptions.com](http://www.GreenOptions.com), a green blogging network, and [www.barterfaire.org](http://www.barterfaire.org) for information on barter fairs and related events.

After years of globetrotting, Todd and Corinna were unsure how they ended up in northern Idaho. Then their son Micah was born in 2007; the picture is beginning 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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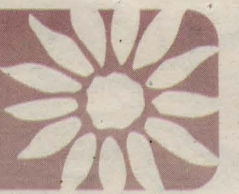
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# Into the Cupboard: Roasted Reserves

by Ivy Dickinson, Co-op newsletter volunteer



I have a new love. Just this morning I roasted my first batch of peppers in a commercial roaster. It is such a sensory experience, and I doubt that I'll be able to do it justice in my description, but I'll do my best.

I had decided a while ago that this month's article would be about peppers, and stocking up on my winter supply by roasting and freezing them. I truly had no idea what the actual experience of doing this would be like as I have mostly turned to canning as the primary means of stocking up on produce for winter consumption. I knew from the small batches of peppers that I've roasted in the oven or on the grill that roasting is a great way to prepare peppers because it actually caramelizes the sugars in the pepper creating a drastically different flavor and richness. This method of food preservation is also appealing because you have a lot more control over the size of the portions you create; with canning you are limited to a standard set of jar sizes.

When I decided upon this topic, I didn't know anyone personally who had a commercial roaster, although I do have several friends who roast peppers en masse every year who I thought that I could turn to in order to find out the details of the process. When I asked around however, my friend Kelly (a veteran roaster) insisted that I couldn't possibly write about this topic without having experienced pepper roasting first hand. She put me in touch with J.D. Wulfhorst, who was not only gracious

enough to allow me to come try this roasting business out first hand, but who also is hoping to someday make his pepper roaster available to the community via the farmers market. Intrigued by the cult following of pepper roasters I was discovering, I packed up approximately twenty five pounds of poblanos and assorted sweet peppers and headed off to give pepper roasting a try.

Kelly was right, pepper roasting is incredible. As the roasting begins, the air is filled with the most incredible smells and sounds. The aroma of roasting peppers reminded me of a combination of crisp fall air and slow cooked comfort food rolled into one. The best part is that the smell follows you throughout your day....into the car as you transport the peppers home, into your kitchen where you'll remove the skins and seeds and package the peppers into meal-sized portions for freezing, and into your hands which seems to absorb the smell of all of the peppers that pass through them like some sort of special perfume.

Now that I've hopefully provided you readers with a small taste of my experience, I'll get to the part where I give you some suggestions about how to use these roasted peppers. My first recipe is a roasted pepper harissa. Harissa is a spreadable sauce made mostly of peppers and garlic that originated in North Africa. It is a great topping for meats (especially fish), but I recently used it as the base for grilled pizzas that I topped with

## Roasted Pepper Harissa

- 1 red jalapeño or other hot chile
- 1 garlic clove, peeled
- 2 large red bell or other sweet peppers (spicy is also good if you can handle it)
- 1/4 cup olive oil
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons ground coriander

Roast peppers until outside skin is blackened and peppers are soft. Peel charred parts of skin from peppers, remove stems and seeds, and transfer to blender. Add garlic clove, 1/4 cup oil, 1 1/2 teaspoons cumin, and 1 1/2 teaspoons coriander to blender or food processor. Process until a coarse puree forms, then season sauce generously to taste with salt and pepper.

## Moussaka

- 2 big peppers (grill, cool, peel, & seed)
- 2 medium onions
- 2 foot long skinny eggplants cut into chips (salt and let stand for an hour before grilling soaking up the water with paper towels)
- 3 zucchini halved
- 3 large portabella mushrooms- stems & gills removed
- 28 ounce can of diced tomatoes in sauce

### Béchamel sauce

- 4 tablespoons olive oil
- 2 tablespoons flour
- 2 cups whole milk
- 2 eggs
- 1 teaspoon finely ground white pepper

### Toppings

- 4 ounces feta cheese
- 1/2 cup bread crumbs

Brush all of the main ingredients with olive oil and grill until nicely caramelized. Let cool and cut everything up into cubes (can be pretty rustic) and mix together in a big bowl.

To make the béchamel sauce, sauté the flour in the olive oil until lightly browned. Slowly add whole milk while whisking. Beat eggs and white pepper in separate bowl, proof and add to béchamel.

In an 11x17 glass baking dish spread half the mixture of vegetables over the bottom of the dish. Pour half of the 28 ounce can of diced tomatoes with sauce over the vegetables. Repeat vegetable and tomato layer. Top with béchamel, feta, & breadcrumbs. Drizzle with olive oil and bake at 375 degrees for 30 minutes. Brown the top under the broiler.

cooked diced butternut squash, sliced fresh figs, caramelized onions, and chevre.

My second recipe for moussaka was provided by Jen Hoger (a.k.a. co-op spice girl). It is a deliciously rich Greek dish that you'll want to keep eating long after you're full.

Ivy is planning to add roasted peppers to her eggs in the morning and is mulling over the potential for community pepper roasting events. You can email her with your ideas or questions at [ivyrose7@hotmail.com](mailto:ivyrose7@hotmail.com).



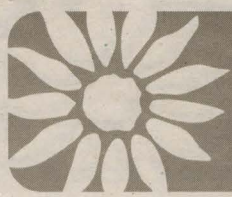
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## Omnivoria Column: Making Reuben the Fridge

by Jamaica Ritcher, Co-op newsletter volunteer

I'm glad this is the *Omnivoria* column, so that, this month, I can write about what my husband Asaph deems, "the unsung hero of vegetables." Ah, cabbage.

That's right, the Brassicacious stuff of coleslaw and bubble and squeak, bigger sibling to the Brussels sprout, round relative to broccoli and kale, and dinner-time nemesis to small children everywhere. But when prepared a certain way (shredded, salted, and left for a week)—it pairs so nicely with corned beef or pastrami on rye. Ah, sauerkraut.

I began thinking about sauerkraut when, recently, I returned from the Co-op with a thick-leaved cabbage head, only to find two more withering in the pantry. In the garden were the broad purple leaves of more to come.

Last month I could have bowled all three toward the back of the fridge with nary a thought to whether slaw was on the menu for the next week solid. The possibility that my children could know, first hand, the misery of poor Charlie Bucket, sweet hero of Roald Dahl's, "Charlie and the Chocolate Factory," who sipped watery cabbage soup, every day, noon and night, would have never crossed my mind.

But those carefree days are over. This summer, Asaph and I upgraded our kitchen and, in the process, downsized our fridge. Whereas last spring we had 18.5 cubic feet in which to lose a week's worth of leftovers, we now have 6 cubic feet.

Overall, the fridge reduction is a great thing. Our new, dishwasher-sized, under-the-counter cold box has plenty of room for our various dairy necessities, green salad fixings, and a bowl of fruit. We can easily fit the soup pot and half a watermelon—though probably not simultaneously. A modest shelf in the door keeps our propensity for condiment acquisition in check. Beyond that, we have to plan ahead. But not multiple heads (of cabbage.)

I've always held romantic notions of putting up my own preserves, stewing and canning tomatoes, and brining cucumber pickles. I've daydreamed, and then made sure to put kosher dills on my grocery list. But with

a pile of cabbage and a tiny fridge, a pantry of homemade non-perishables has sounded better and better.

If canning is something you've always wanted to try, but haven't had the courage or time, sauerkraut may be a good starting point. It doesn't require processing and keeps—refrigerated—for 6 weeks. If you too are short of fridge space, consider making a larger batch and, once fermented, process in a canner. Check out the National Center for Home Food Preservation's incredibly helpful website for procedures for safe canning (the Web url is at the bottom of this article).

While I always considered sauerkraut about as healthy as a dill pickle, it is actually a good source of fiber, iron, and vitamins K and C. (English sailors kept it on hand for sea voyages—the cabbage kept better and had higher vitamin C concentrations than citrus.) Sauerkraut also contains *lactobacilli*, live bacterial cultures that, like those in yogurt, promote healthy digestive function.

And if you have a weakness for Reuben sandwiches or Bratwurst on a bun—as do I—sauerkraut is an *excellent* starting point. Your venture into sauerkraut cookery is a great opportunity to try one of the new products in the Co-op meats section. Rocky Mountain Organic Meats pastrami is made in Powell, Wyoming, from grass fed and finished local cattle. The pastrami comes in 8 ounce quantities for \$5.99. An equally delicious accompaniment to your fermented vegetable is the Bratwurst, made in-house at the Co-op and available in the meats section. If only Oktoberfest lasted all month!

The recipe I've used with good success comes from Alice Waters' cookbook, "The Art of Simple Food." However, a quick Google search turns up pages of recipes with similar guidelines. The rule of thumb ratio is 1 1/2 teaspoons of salt per pound of cabbage.

Start with one large green or red cabbage. Core and quarter, then slice as thin as possible. Put the sliced cabbage in a bowl and sprinkle with 3 1/2 teaspoons of sea salt.

Next, massage the salt into

the cabbage. Working the salt in with your fingertips releases cabbage juices and creates a vegetable brine. When the cabbage is sufficiently "rubbed" (the ribbons become slightly translucent and brine pools in the bowl—it takes about two minutes), pack the mixture into a nonreactive container such as a crock or 2-quart glass jar. Pack tightly, making sure there is enough liquid to cover the cabbage pieces. If not, Waters suggests topping off the mixture with a brine of 1 cup water and 1 tablespoon salt.

Next, weight the mixture so it stays below the level of the brine. Set a small plate directly atop the cabbage mixture. On the plate, place a heavy, clean (boiled) stone. Alternatively, I have used a large, heavy drinking glass, having a circumference just slightly smaller than that of the jar.

Finally, drape a clean dishtowel over the weighted container and store at room temperature for about a week, or longer (up to 3 weeks), to taste. Lenthier

fermentation results in a stronger taste and softer the texture. When ready, remove the weight, cover the jar with a lid, and refrigerate. Makes about 1 quart.

Sources: Waters, Alice. "The Art of Simple Food." Clarkston Potter/Publishers, New York (2007).

National Center for Home Food Preservation [http://www.uga.edu/nchfp/how/can\\_06/sauerkraut.html](http://www.uga.edu/nchfp/how/can_06/sauerkraut.html) (September, 19, 2009)

For a Reuben Sandwich, lightly toast 2 slices of rye bread, then layer one with pastrami slices, 1 slice of Swiss cheese, sauerkraut, and Russian or Thousand Island dressing. While this almost-certainly detracts from any health benefits fermented cabbage might offer, it is a delicious indulgence!

Jamaica is welcoming fall and feels somewhat like a squirrel hoarding acorns as she attempts to pickle, ferment and otherwise preserve some treats of summer.



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MaryJane Butters, local farmer, author and entrepreneur

Mayor Nancy Chaney is a member of the Moscow Food Co-op, Latah Economic Development Council, the North Idaho Mayors Coalition, Palouse-Clearwater Environmental Institute, Bike for Life, Latah Trail Foundation, Palouse Road Runners, Sustainable Food Systems Network, State & National Environment Committees, School Reader Program, Palouse Basin Water Summit Committee, and Stepping Stones. She is a small business owner and has lived in Moscow since 1980

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# Veganesque: Books Plus Food Equals Comfort

by Caitlin Cole, Co-op newsletter volunteer



I love to read!

One of the things I like best about writing Veganesque is the freedom to write on a variety of subjects pertaining to health and well being. As the first hints of the magic of autumn begin appearing among the high tops of our trees, I turn my thoughts toward the things of comfort. There is comfort food, but my favorite comfort thing is books.

I love books; they nourish my spirit and the spirits of my children. During the summer months I do not read nearly as much as during the cooler months because we are busy rolling in the grass and chasing butterflies, counting the chirps of crickets and watching clouds slowly drift across the sky.

I recently read a biography about Benjamin Franklin that helped grow my appreciation of books. Back in the Colonial days books were not available as they are today. There were no libraries and because so few books were published each year only the very rich could afford to have home libraries. Children's books were unheard of. Benjamin Franklin begged and borrowed every book he could and changed history by forming the first public libraries. Imagine what it would be like if there were no area libraries! We are at our library for hours each week, sitting on the floor exploring books. It was a long process

getting to this point because the main attraction of the library for my children until recently was pulling as many books off the shelf as possible! I love how our library uses technology while honoring old fashioned book reading. I appreciate how I can browse the library catalog from home on the library website, request books from different branches and then pick it up at the front desk. That is a help for busy parents who may not be able to spend time browsing inside the library with their little ones! Our library system is an absolute jewel. With literacy rates plummeting in the United States (see <http://literaryculture.suite101.com>) it is a comfort to know the library is there ready for everyone to read and explore the ideas of great thinkers.

Once I have a good pile of books for autumn reading, I like to enhance the experience of a good book with a treat, usually a cookie of some sort. And a warm beverage. If I am feeling extroverted I like to take my library book to read at the Co-op. This is a fun way to read and get some socializing in, because when you are reading at the Co-op you are bound to get interrupted by your friends coming in! At home when I really want to concentrate on a good read, I curl up with lots of pillows on my velvet couch

## Halloween Punch

- 3 cups cranberry juice
- 3 cups apple juice
- 2 cups orange juice
- 2 cinnamon sticks
- 1 teaspoon cloves
- 4 allspice berries
- 2 tablespoons sugar
- 2 teaspoon grated lemon peel

Place spices and peel in a square of cheesecloth and tie with string. Put juice and spice sack in saucepan and heat to boil. Reduce heat and gently simmer for 15 minutes. Discard spice sack and serve.

## Best Book Club Cookies

- 3 1/4 cup whole almonds
- 1 1/3 cups unbleached flour (for gluten-free cookies, substitute Bob's Red Mill GF flour and add 1/2 teaspoon xanthan gum and 1/4 more apple juice)
- 1 1/2 teaspoon cinnamon
- 1/2 teaspoon ground cloves
- 1/4 teaspoon nutmeg
- 1/4 teaspoon baking powder
- 2 tablespoons hemp seed (optional)
- 2/3 cup Sucanat or sugar
- 1/2 cup Spectrum Spread non-hydrogenated margarine
- 1 tablespoon apple juice
- 1/3 cup sliced almonds, roughly chopped

In a blender or food processor, place the almonds and process to a fine powder. Transfer the ground almonds to a bowl. Add the flour, cinnamon, cloves, nutmeg, baking powder, and hemp, stir well. In another bowl, place the Sucanat and Spectrum Spread, and beat vigorously with a whisk until light and fluffy. Add half of the dry ingredients to the wet ingredients, stirring well to combine, then add the apple juice and remaining dry ingredients, and fold well to form a soft dough. Transfer the dough to a lightly floured work surface and roll out to 1/4-inch thick. Use a knife to cut into 2-inch squares or cut into shapes using 2-inch cookie cutters. Transfer the cut cookies to a non-stick cookie sheet, spacing them 1 inch apart. Bake at 325 degrees for 15-20 minutes or until lightly browned and firm to the touch. Allow the cookies to cool for several minutes on the cookie sheets before transferring them to a rack to cool.

with my kids and husband and a yummy treat while we savor the words of the world's greatest writers. We hope you will enjoy one of our favorite treats while on your reading adventures!

Caitlin Cole would like to thank all of those folks who voted for Veganesque during the Community News Poll!

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## Allergy and Gluten Free: Food Allergies in Children

by Terri Schmidt, Co-op newsletter volunteer, illustration also by Terri

In the last three decades there has been “a significant rise” in food allergies, asthma, hay fever and eczema throughout the world. Five to eight percent of children have food allergies – about 1 in every 15 children. [www.allergy.org.nz/about+allergies/food+allergy.html](http://www.allergy.org.nz/about+allergies/food+allergy.html)

There are things you can do to help reduce the incidence of food allergies. Breast feeding your new baby till they are six months old will help protect them from food allergies, as will waiting to introduce certain foods. “Foods to avoid until your infant is at least a year old include cow’s milk and other dairy products, citrus fruits and juices, and wheat. Also, avoid giving eggs until age two, and peanuts (as smooth peanut butter) and shellfish until your child is at least three years old.” [www.keepkidshealthy.com/welcome/commonproblems/food\\_allergies.html](http://www.keepkidshealthy.com/welcome/commonproblems/food_allergies.html)

When your allergic child

becomes school age, you may fear sending them out into the world where you can no longer monitor every bite that enters your child’s mouth. Keeping family, friends, and schools informed will help. Kids are also proficient at being self advocates once they are taught what to watch out for. The four-year-olds in my preschool are very good at monitoring their food. I have more than once been asked by an allergic child at school, “Does that have peanuts in it?” As a



reassurance for parents, I can tell you teachers are very motivated to avoid exposing children to allergens – none of us want to be sticking an EpiPen in a child if we can avoid it.

It helps to communicate with other parents. For moral support, consider attending the local food allergy support group with Raechel Medina - meetings are on the third Thursday of the month at Success by Six (MoscowFoodAllergies@gmail.com) or check out this website: [www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org) Once you overcome the frustrations and fears associated with your child’s food allergies, you can begin to have some fun experimenting with new foods. Raechel said her boys liken finding foods they can eat at the Co-op to a treasure hunt. Finding and cooking up new recipes can also be an adventure in creativity.

I had my own adventure in creativity when attempting to adapt and cook a recipe for homemade ice cream cones. Not having a waffle cone maker, I used my waffle iron. It has plates for waffles on one side and plates for krumkake cookies on the other. I flipped the plates thinking the cookie maker side would work fine for waffle cones. But when I tried cooking the batter, it stuck and pulled apart - in spite of numerous applications of oil between attempts. After failing repeatedly,

I finally gave up and cooked the batter in a frying pan for a couple of minutes. The “cones” were flat and cookie-like instead of cone shaped and bumpy, but they still tasted good and I realized they would make tasty ice cream sandwiches. If you have a cone making machine, great. If not, you may want to save yourself some frustration and make waffle cookies instead. The Co-op has several delicious dairy free ice creams in the freezer section to fill your cones and cookies.

Terri appreciates Thomas Edison’s words, “I have not failed. I’ve just found 10,000 ways that won’t work.” Contact Terri at: [allergypage@yahoo.com](mailto:allergypage@yahoo.com)

### Gluten Free Dairy Free Waffle Cones/Cookies

- 1 whole egg
- 1 egg white
- 1/3 cup xylitol (or sugar)
- 2/3 cup brown rice flour
- 2 tablespoons almond oil
- 1 teaspoon vanilla
- pinch of salt

In a medium size mixing bowl, whisk together the eggs and xylitol (or sugar.) Add the remaining ingredients and stir well. Cook in waffle cone machine following machine directions for waffle cones.

For waffle cone cookies, heat a well oiled fry pan on medium heat and spoon on two tablespoons of batter in a circle shape. Cook for 1 - 1 1/2 minutes per side. Cool on rack. Cookies can be used to make ice cream sandwiches. Spread softened ice cream between two cookies, wrap in wax paper, and freeze till solid.

### Yummy Sticks ©

by permission Lisa A. Lundy | *The Super Allergy Girl Allergy & Celiac Cookbook* | [www.thesuperallergycobook.com](http://www.thesuperallergycobook.com)

*This is a great snack item for children or adults. It is fairly easy and straightforward to make. My children named this snack in case you are wondering where the name came from.*

- 2 cups gluten-free flour of your choice (sorghum and amaranth work well for this)
- 2 1/2 teaspoons paprika
- 1 1/2 teaspoons garlic salt
- 1 1/2 teaspoons onion salt
- 1 1/2 teaspoons xanthan gum
- 1 teaspoon garlic powder
- 1/3 cup acceptable oil
- 1 1/2 cups water

Mix flour and spices. Add oil and water and mix well. Heat oil in a large frying pan until hot. Cut a very, very small diagonal corner off a zip lock bag and place some of the batter into the ziplock bag. Use the bag to pipe the batter into the hot oil. Fry the batter until very light brown in color. Drain on a paper towel.



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## Cooking Independently: Smoothies

by Kenyon Cornelius, Co-op newsletter volunteer

I have Down Syndrome. I live by myself. In order to be independent, I have to cook independently.

I fix fruit smoothies a lot because they are very easy and healthy. Even though I am only 38-years-old, I have "soft bones" (osteoporosis). I take calcium every night but I prefer to eat or drink my calcium. You can use fruit juice or milk or yogurt or a combination. I mostly use milk or yogurt, then I have calcium for my bones. Sometimes I do use fruit juice but I like my smoothies real thick. So thick a straw doesn't work.

Besides calcium, fruit smoothies are high in vitamin C. My

Mom says this is good for bones too. If you use low fat yogurt or milk (I do) then smoothies are also low in fat, high in fiber and give me lots of energy to clean the house! That's part of being independent too.

I like fresh fruit but I also use frozen fruit. Frozen fruit gives more options in the winter time and when I don't want to go to the store. Smoothies are a good way to use ripe fruit.

Here is my recipe for a simple fruit smoothie. About measuring—sometimes I don't do it. My mom says I cook like her grandma, which would be my great grandmother. I just use my eyes. You can do this too. It is fun to experiment. Do not be afraid. Your smoothie will be good.

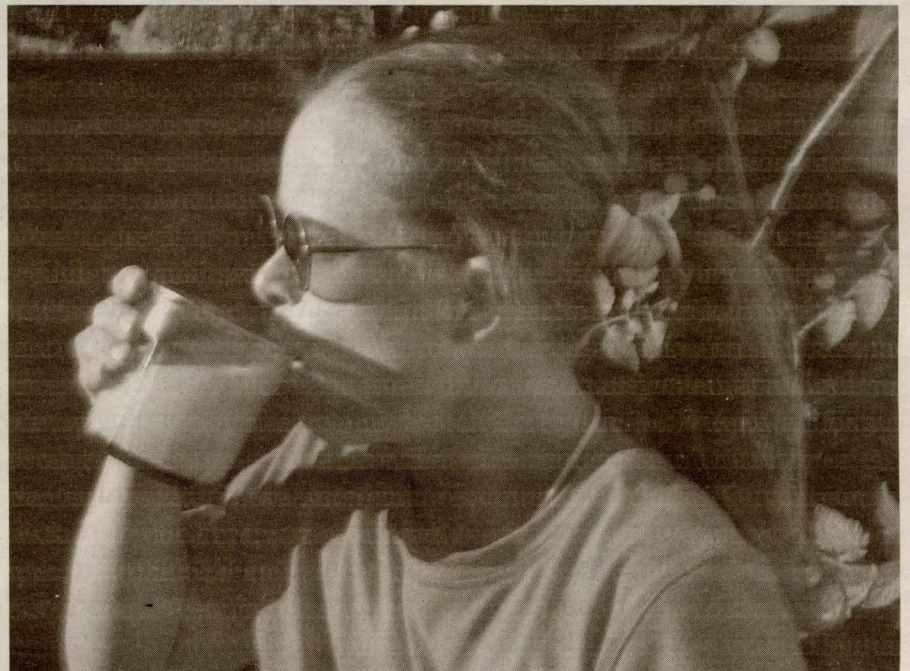
You have to have a blender to make smoothies.

Kenyon Cornelius writes by dictating her words to her mother.

### Smoothies

- 2 cups Nancy's non-fat yogurt or 1 cup yogurt and 1 cup orange juice
- 1/2 - 1 cup blueberries or raspberries
- 1 banana
- You can add a little honey, if you want.

Put this in your blender, blend it, and there you have it. I hope you like your smoothie.



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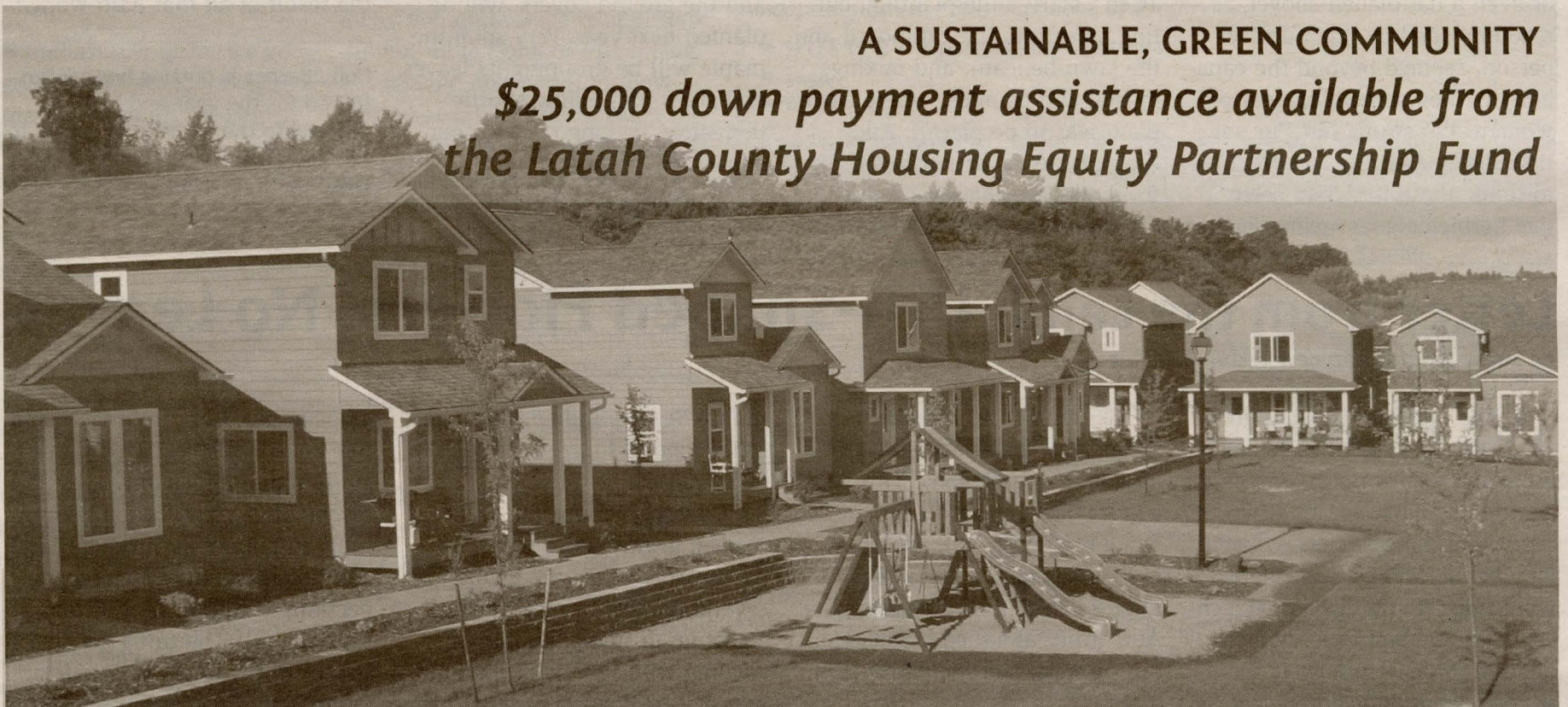
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## In The Garden: Requiem to a Lawn, Part II

by Holly Barnes, Co-op newsletter volunteer

What a surprise to me that I have completed the conversion of most of our front lawn to trees, shrubs, and ground covers. When I wrote Part I of this requiem for the August issue of the *Co-op Community News*, I expected that eliminating the lawn would take me into the winter and that planting would start in the spring. As you can see from the picture we have a brand new front yard!

The first step was to have the large maple tree pruned to provide more light to the area. We hired that out and also found someone to replace the sloping part of the lawn with terraces for planting. I mixed compost into the soil and selected several low maintenance ground covers to spill over the walls. And then started watering as I moved on to tackle the rest of the grass.

There are several methods for replacing lawns: sod removal; non selective herbicides; black plastic (temporarily), or, cardboard (permanently) with 6" of compost and topsoil on top. Using a sod removal machine or even a flat bladed shovel, as recommended by one nursery person, seemed beyond the capability of a 60-something-year-old woman. I'm strong but I'm not that strong and it makes me tired to think about it. A non selective herbicide goes against my



Where there once was a lawn

ecological bent, and black plastic in place for 6 months or more, before planting, seemed like an unwieldy, time-consuming system as well. And so, my husband and I gathered up discarded cardboard from the local furniture store dumpsters (with permission, of course), enough to spread over half of our front yard, the area to be landscaped this season. I laid the cardboard down over the grass, watered it, and then spread several yards of commercially purchased compost over that. I know that the deeper the coverage the more readily grass and weeds will be knocked down and I'm still working on building that depth to 6 inches. Then I started the planting, cutting holes into the cardboard and the lawn beneath, and mixing topsoil and compost where each plant was to be placed. And then I watered, and watered. I firmly believe that every new plant must be watered daily for a

week after planting. This hot summer has made that rule of thumb mandatory.

During our travels this summer to northern California and coastal Oregon I visited nurseries and observed what each did with big trees on the property and how they planted under them. I purchased several small trees and other partial shade loving plants which have now been planted under the big maple. My main consideration in plant selection was low maintenance. Important to low maintenance is using ground covers that are thick enough to choke out the weeds. I don't as yet have all I need to fill the space. A few more plants, and the ground covers, will be planted next year. Very soon the maple will be dropping its leaves and snow will follow shortly thereafter, tucking the new garden in for the winter.

The overwhelming neighborhood response has been

enthusiastically supportive. I garden in a very public place and nearly everyone that walks by is extremely complimentary about the work we've done and the changes made to our property. I have noticed that I'm not the only one in town this summer decreasing or eliminating our lawn and it's interesting to see how each of these is going through the process. If you're interested in doing the same, stop and talk to your neighbor about their conversion.

I am pleasantly surprised at how much more I enjoy looking out of the front window at the newly planted area. Looking at the lawn was never this much fun! We use the front entry now more than we ever did before. More neighbors stop to talk. This morning a covey of quail were pecking through the topsoil and compost, gleaning something. They showed no interest in the remaining grassy part of the front yard. Both humans and wildlife are getting a lot more out of this new garden area than I ever expected. I'm very pleased with the result of all that hard work.

Holly Barnes is putting her garden to bed for the year and looking forward to the surprise of spring to see how the new garden area survived the long, cold winter.

## Letter from the Land: Urn-Shaped Flowers, No Leaves

by Suvia Judd, Co-op newsletter volunteer

Wild blueberry bushes grew on the sunny ledges below the house I grew up in Vermont. During blueberry season I picked berries for pancakes every Sunday. Before the fruit ripened I would sample the flowers, which taste like the berries, only more delicate. Blueberry flowers are shaped like little balloons, with a petticoat ruffle at the open end. Botanists call them "urn-shaped."

In the deep woods near our house grew Indian pipes, chlorophyll-less plants about six inches tall. Indian pipes have thick, ice-white, nearly leafless stems, growing in clumps, each stem curving to end in a single white "urn shaped" bell. My mother told me that Indian pipes were in the same plant family as blueberries, because of their flower structure.

I've seen Indian pipes (*Monotropa uniflora*) on Moscow Mountain occasionally. This year a great flush of them grew up along the trail next to the creek at Idlers' Rest. We got some photos before they all matured. At maturity the seed capsules turn upward and the plants turn black.

One of my field guides puts Indian pipes in the heath family, Ericaceae, with blueberries. In another, they are broken out with the wintergreens as Pyrolaceae. The current botanical consensus puts Indian pipes in their own family, Monotropaceae, along with their achlorophyllous relatives pinedrops, snow plant, and pinesap. In the family are eight genera and 17 species in the United States. We have three species in

Idaho. Besides Indian pipes the other species I have seen locally is pinedrops.

Pinedrops, *Pterospora andromedea*, grows under pines, Ponderosas in our area. One to several reddish brown leafless stalks up to three feet tall are covered with light yellowish-tan urn-shaped flowers hanging from little stemlets. (The flowers look quite a bit like huckleberry flowers.) The dried stalks often hang on for a year or more.

Green plants get their carbon from carbon dioxide and fix it using sunlight caught by chlorophyll. Plants without chlorophyll, like Indian pipes and pinedrops, get their carbon from the trees they grow under, passed to them by mycorrhizal fungi. Plants of the Indian pipe family form characteristic tight

associations with the fungus and tree called "root balls". (In one study Indian pipes only formed mycorrhizal connections with fungi in the family Russulaceae, and pinedrops only formed connections with one species of *Rhizopogon*.) The fungi get carbon from the trees, and assist the tree in taking up nitrogen, phosphorus, and moisture from the soil. No one knows yet how, or if, the achlorophyllous plant contributes to the other organisms.

When I walk on the mountain, I think about all the fascinating biology going on underfoot.

For more information, and great pictures, see:

1. [www.USDA.PLANTS.gov](http://www.USDA.PLANTS.gov)
2. *Mycorrhizal Symbiosis*, 2nd Ed. S.E. Smith and D.J. Read, Academic Press 2002





## Meals Kids Might Eat: Stocking Up!

by Judy Sobeloff, Co-op newsletter volunteer

Despite having been a dinner guest at a wilderness cabin where the host invited me to partake of home-canned rattle-snake stored under the sink, and despite numbering canning aficionados among my very own friends, I've always been too put off by words like "sterilize" and "botulism" to want to try canning myself.

Until now my family has turned to easier, less life-threatening pursuits in the name of stocking up. Back in the bygone glory days of the Co-op's "stacked" discounts, we used to buy cases of all sorts of staples on sale.

We put a storage freezer in our basement laundry room, writing the date on every item, and grouping like with like—a system we maintained diligently for at least the first week. (Now, with the nearby shelves overflowing with cans of expired garbanzo beans, pureed pumpkin and evaporated milk dating back to the very first Thanksgiving, we've opened this area to science class field trips, helping young people learn about entropy.)

Over the last few years we've enjoyed the zero-effort freezing of home-grown plums in zipper-lock bags (those willing to exert themselves more might pit them first) and last fall we dried plums with a borrowed dehydrator.

This summer our cherry tree bore and bore like a fireworks display, continually outdoing itself until the overwhelmed audience stopped noticing. We popped several bags of unpitted cherries into the freezer (leaving the stems still on, like little pop-sicles) and eventually invested in a cherry pitter and froze several bags more. Inspired by a fantastic cherry liqueur made by our friend Ken, Fred also pitted several jars of cherries in

vodka—only to be disappointed a few weeks later when the lids started to bulge and he realized he'd made an irreversible tactical error in not adding sugar.

"Watch, you're going to get hooked," my friend Rebekka warned when I asked her about canning—but of this I was highly skeptical. Relatively new to canning herself, she was still glowing from having put up 180 jars of nectarines, peaches, apple-sauce, and salsa last summer and fall.

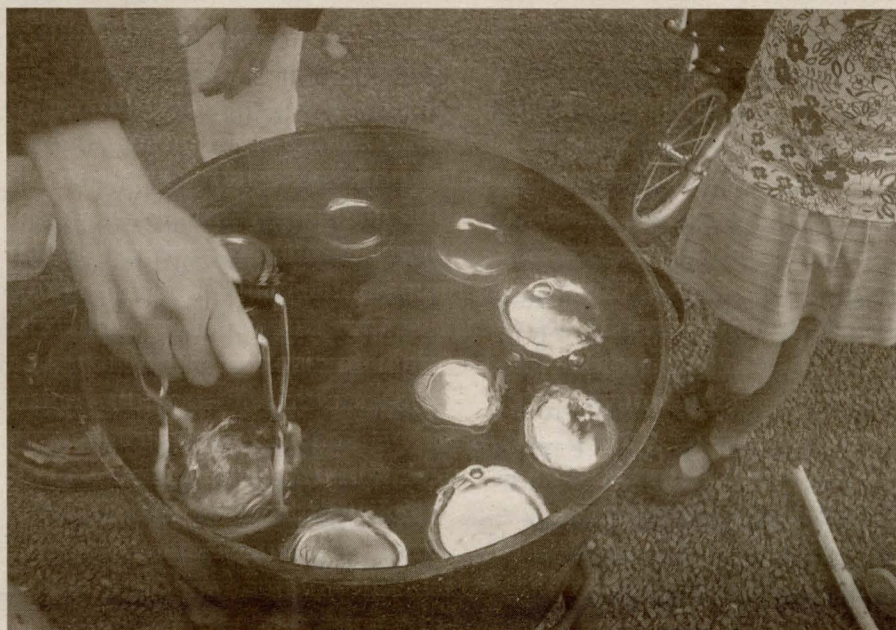
"I told Kate Jaeckel I wanted to try canning salsa, and Kate said, 'I'm coming over with five pounds of tomatillos and you should make salsa with them.' I couldn't have told you what a tomatillo was if I was staring at it, prior to that moment," Rebekka recalled.

She also canned MaryJane Butters's apple pie filling, which made her "a hero at every holiday. Every time there's a holiday you say, 'I'll bring the pie.'"

I too wanted not only to be a hero but to make great salsa, though not enough to try canning, so Rebekka suggested we make the applesauce recipe from the *Ball Blue Book of Preserving*, a respected and easy-to-follow guide already bestowed upon me by another well-meaning canning friend, not to be confused with other seminal blue books for cars or college exams. "You don't even have to can the applesauce, you can just freeze it," Rebekka said. Standing nearby, my friend Andrika suggested starting with canning high-acid foods such as fruits and salsas that don't require using a pressure canner. Rebekka recommended heading to Tri-State for any other necessary canning supplies.

Shortly thereafter I ran into Kate, who'd been up canning blackberry jam and stewed tomatoes until 11 the night before. Kate recommended Carla Emery's *Encyclopedia of Country Living* and suggested freezer jam as an easy first foray into canning.

The kids and I followed a recipe for plum freezer jam which called for so much sugar it was probably something I wouldn't want to feed my kids. But being in a hurry (just like real life!), we plunged ahead. And indeed, the five-year-old loved it and the



Canning our first plums outdoors.

almost eight-year-old said it was so sweet she didn't see how anyone could eat it.

My friend Jen invited us to join her while she canned fruit the next day, so we advanced to canning plums in light syrup. For graduation, my mission, which could be yours if you choose to accept it: to can the apple pie filling from the recipe below.

(And for those still adverse to canning, more on a simpler approach to storing food coming soon.)

Judy Sobeloff is becoming more willing to entertain the possibility that she might become hooked on canning.

### Canned Plums or Fresh Prunes

*adapted from the Ball Blue Book of Preserving*

- 1-1/2 to 2-1/2 pounds plums per quart
- Sugar
- Water

Raw Pack: Wash plums; drain. (Optional: prick whole plums in several places.) Make a light or medium syrup; keep syrup hot. Firmly pack plums into hot jars, leaving 1/2-inch headspace. Ladle hot syrup over plums, leaving 1/2-inch headspace. Remove air bubbles. Adjust two-pieced caps. Process pints 20 minutes, quarts 25 minutes, in a boiling-water canner.

### Apple Pie Filling

*from MaryJane's Ideabook, Cookbook, Lifebook*

- 18 pounds red-skinned apples such as Cameo, Gala, Winesap, Braeburn, or Jonagold
- 1/2 cup fresh lemon juice
- 4-1/2 cups organic sugar
- 1 cup corn or rice starch
- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 10 cups water
- 3 tablespoons fresh lemon juice
- 7 wide-mouth quart jars and lids

1. Wash apples, then peel, core, and slice. To prevent apples from browning, place them in large bowls of water with lemon juice added (2 teaspoons lemon juice to 5 cups water).

2. In a large pot, combine sugar, starch, cinnamon, salt, nutmeg, and water. Bring to a boil, stirring constantly for approximately 15 minutes or until thick and caramel colored. Remove from heat and stir in 3 tablespoons lemon juice.

3. Ladle apples into sterilized quart jars. Ladle the hot liquid over the apples to within 1/2 inch of jar top. Process quarts for 20 minutes in a boiling water bath. Refer to a canning manual for complete canning instructions. Yield: seven quart jars.

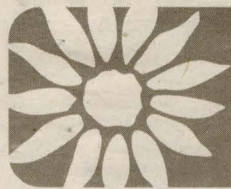


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## Buy Local Moscow PrizeCard Kick-Off

by Joan McDougall, Co-op Grocery Manager and Co-op Buy Local Moscow representative

We've spent months planning and preparing, and now we're ready to kick-off the Buy Local Moscow PrizeCard with a free party downtown. Please join us for the Buy Local Moscow PrizeCard Kick-Off in Friendship Square on Thursday, October 15, beginning at 5 p.m. The event, including children's activities, and live music from the Sesitshaya Marimba Band are all free.

The purpose of the party is to launch Buy Local Moscow's PrizeCard shopping game. We

invite you to pick up your PrizeCard at the party and start filling it up with stamps. By visiting participating locally-owned businesses, you can gather stamps on your PrizeCard and then redeem that card for a Buy Local Moscow reusable shopping bag. In addition, all the redeemed PrizeCards will be entered in the grand prize drawing to be held on December 10. The five grand prize baskets are each worth \$300 in gifts from Buy Local Moscow merchants.

As part of the fun at the

PrizeCard Kick-off party, participating downtown merchants will be staying open late that night, offering sales and refreshments. In Friendship Square, the free children's activities will include harvest-themed events like apple-bobbing and grape-stomping that will be coordinated by White Pine Montessori School staff.

More than 100 locally-owned independent Moscow businesses, including the Co-op, have joined Buy Local Moscow since the organization was formed. The

mission of Buy Local Moscow is to showcase and to support the locally-owned independent businesses of the community. Moscow continues to be a vibrant community because these businesses reinvest their profits locally, donate consistently to local programs, maintain diverse product choices, and strengthen Moscow's unique character. The businesses are profiled on the website, [www.buylocalmoscow.com](http://www.buylocalmoscow.com)

## Nicaragua: Cultura y Comida

by Pat Cary Peek, Sister City volunteer

Hola nuestros amigos!! Bienvenidos!! There will be a silent auction, raffle, ethnic food, wine, beer and other beverages at the Moscow Sister City fundraiser in the 1912 Center on October 16, from 5:30 - 9 p.m. We have maintained our relationship with our sister city, Villa El Carmen, Nicaragua, for over twenty years.

The auction will feature art works by various local artists and services by our members and others. Tickets, available at the door, are ten dollars. With

the purchase of a ticket, attendees will receive ten raffle tickets to be entered in various raffles or used to purchase food or drinks. Music and a video of another sister city also in Nicaragua, will be featured.

The municipality of Villa El Carmen is a beautiful, 216 square mile, mostly rural area southwest of Managua, with a population of about 36,000. The local economy, based primarily on agriculture and mining, suffers from a lack of financing sources.

Our local sister city group, a member of the National Sister City Association, has contributed money, expertise and materials to Villa El Carmen, and they in turn have enriched our lives with their long and interesting history, language, culture and zest for life.

We have concentrated our support mainly for schools. We have supplied books, computers and other learning materials as well as improved restroom facilities, classrooms and water systems for seven main schools and sev-

eral tiny one room schools in the area. Each year our members team up with teachers in Moscow to collect, pack and ship loads of school supplies for students who otherwise would go without.

Membership in Moscow Sister City Association is free, and donations are much appreciated. Visit our website at [www.moscowvec.com](http://www.moscowvec.com). And please come on October 16.

## Finding Face

by Lysa Salsbury, Coordinator for Programs, University of Idaho Women's Center

Patti Duncan, an independent filmmaker and associate professor of Women's Studies at Portland State University, will be visiting Moscow next month for a special screening of her acclaimed documentary, "Finding Face."

"Finding Face" details the controversial case of Tat Marina, a rising star in Phnom Penh's karaoke music scene, who was attacked with acid in Cambodia in 1999. The film contextualizes acid violence in Cambodia as both a human rights violation and a gender-based form of violence. Human rights workers and survivors of acid attacks discuss the many challenges faced by victims, as well as what they see as a culture of impunity surrounding violence against women. They also talk about the rise in acid violence following Marina's attack, a result of the public's awareness that perpetra-

tors are unlikely to face any serious penalties.

The University of Idaho Women's Center is organizing this fundraising showing of Duncan's film to raise awareness of this disturbing form of sexualized violence, and to help raise critically-needed funds for the survivors and human rights organizations featured in the film.

The film will be screened at the Kenworthy Performing Arts Centre at 7 p.m. on Wednesday, October 14, 2009. The evening will also feature a pre-film introduction by Patti Duncan, and a meet-and-greet reception for the filmmaker with hors

d'oeuvres and beverages following the screening.

Tickets will be on sale shortly (\$8 in advance, \$10 at the door) at the U of I Women's Center and Book People of Moscow. For further information about this event, please contact Lysa Salsbury at [lsalsbur@uidaho.edu](mailto:lsalsbur@uidaho.edu) or (208) 885-6616.

Please consider supporting this event. Your participation and financial support will have

a dramatic impact on the lives and future of survivors of acid attacks in Cambodia. For more information about this project, go to [www.findingface.org](http://www.findingface.org).



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## Palouse Prairie School Summer Adventure

by Donna Mills, PPSEL Volunteer

This past July, members of Palouse Prairie School of Expeditionary Learning offered a chance for children in the area to experience a hands-on look and feel of Expeditionary Learning. The subject was local sustainable and organic agriculture. The two-week class was full of many opportunities for the children to get their hands into the local agriculture. They visited a local organic farm and learned how an organic farm is different from a non-organic farm. The children participated in a

creating a plot at the Moscow Community Garden and after harvesting the garden, they gave their vegetables to Backyard Harvest. The project let them see food travel from the soil to the community. There were many wonderful activities that the children explored, including worm composting, honey bee pollination and a look at the connection between farming and wetland conservation. The experience culminated in a project in which the children painted a PCEI trailer to show what organic and

sustainable gardening looks like. Watch for the newly painted PCEI trailer as it travels through town to work at local watersheds.

This experience exemplifies one of the ten design principles of an expeditionary school. The eighth design principle, "The Natural World" says: "A direct and respectful relationship with the natural world refreshes the human spirit and teaches the important ideas of recurring cycles and cause and effect. Students learn to become stew-

ards of the earth and of future generations." What a fantastic experience the children participated in.

Please join us for a workshop "A day in the life of an Expeditionary Learning School," October 11, 9-noon. This free workshop will be led by a school designer from Portland and will be held in the new west wing of the 1912 building. Please RSVP at <http://PalousePrairieSchool.org>. For more volunteer opportunities, contact [nilspete@gmail.com](mailto:nilspete@gmail.com).

## An Evening with David Guterson: Everybody Reads 2009

by Chris Sokol, Latah County Library District

In this fifth year of the Moscow Library's participation in the regional "Everybody Reads" community reading program, the featured book is the novel "The Other" by David Guterson.

The author will speak at the Kenworthy Performing Arts Centre at 7 p.m., Tuesday, November 10.

The *New York Times Book Review* called "The Other," "A finely observed rumination on the necessary imperfection of life." The book begins in Seattle,

where two young men from very different backgrounds meet at a high school track meet. One comes from a working-class background; the other is a brilliant trust fund kid. The friends' lives take widely divergent paths as they grow into adulthood. Eventually their loyalty to each other is put to the test. Through the choices made by these two men, "The Other" explores how we all balance meaning and security in our lives.

David Guterson earned an

M.F.A. in Creative Writing from the University of Washington, where he developed his ideas about the moral function of literature. He taught English for twelve years in a high school on Bainbridge Island, and has written for *Esquire*, *Sports Illustrated* and *Harper's*. His previous books include a collection of short stories, *The Country Ahead of Us, the Country Behind*; *Snow Falling on Cedars*; *East of the Mountains*; and *Our Lady of the Forest*.

The grant-supported Everybody Reads initiative encompasses libraries and schools from the Lewis-Clark Valley to Moscow, Pullman, and other Palouse towns.

The event is free and open to the public. Local sponsors include Friends of the Moscow Library and BookPeople of Moscow. For more information contact [chriss@latahlibrary.org](mailto:chriss@latahlibrary.org) or visit [www.everybody-reads.org](http://www.everybody-reads.org).

## Recycle at School Rummage Sale

by Bev Wolff, director of the Montessori School of Pullman

When we make donations to rummage sales we are recycling gently used goods, reusing items and reducing the energy needed to make and transport new goods. When we shop at rummage sales, we complete the cycle by keeping a lot of reusable items from ending up in the landfill. You can do all of this, save money and also help out a local non-profit preschool and kindergarten with a scholarship fund!

The Montessori School of Pullman will hold its annual rummage sale in the gym on the second floor of the Gladish Building, on State and Main Street in Pullman, from 8 a.m. - 1 p.m., Saturday, October 24. This is a gigantic sixty family

rummage sale, with lots of items expected—high quality children's clothing and accessories, household goods, books, toys, baby items, clothing, furniture, bric-a-brac, tools, videos, CDs and lots more. Bargain time is from noon to 1 p.m.. Fill a bag for \$5! Items too big to fit in a bag will be half price during this hour.

We would also appreciate donated items for the sale. Items can be dropped off at the Gladish Gym between noon and 8:30 p.m. on Friday, October 23. This is a great way to clean out some clutter, and support a local preschool. Proceeds from the rummage sale will go to reduced tuition and scholarships for children to attend the Montessori School of Pullman.

For more information, call Bev at 334-4114 or email

[Montessori@pullman.com](mailto:Montessori@pullman.com). Thanks so much.

Find out what new products are available at the Moscow Food Co-op on the website [www.moscowfood.coop](http://www.moscowfood.coop)

Look on the Quick Links section on upper right of the main page.



### The Chamber Music Society of Lincoln Center

Tuesday October 27, 2009

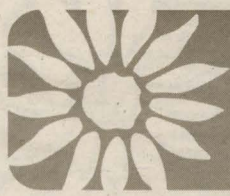
performing works for piano, clarinet, violin and cello by Debussy, Ravel, and Messiaen

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Students: \$10, Seniors: \$17, General: \$20





## Parents and Toddlers Welcome

by Amy Ball, MPTC volunteer

The Moscow Parent-Toddler Cooperative Inc. (MPTC) is a family-oriented, non-profit organization dedicated to the education and development of young children and their parents. MPTC's basic philosophy is to provide a family-oriented program with an equal emphasis on a support group for positive parenting and a quality play group experience for children. We are a culturally diverse organization with no religious or political

affiliations.

MPTC offers positive growth opportunities for toddlers by providing quality group experiences including hands-on activities, music, free play, and organized field trips. Highlights from past years include apple picking, a fun spring carnival, parent-child yoga, planting flowers in the community garden, and singing and playing instruments together. We also provide parent support and education through

peer interaction, access to parenting resources, and organized seminars.

MPTC meets each weekday morning from 9:30 a.m. -11 a.m. at the Latah County Fairgrounds, Moscow, Idaho, from September through May. Your child is welcome and eligible if they are three or under on September 1 (or are four on September 1 and have a registered sibling three or under). Our membership fee is \$15/month per child, with sib-

ling discounts and scholarships available. Moscow Food Co-op members receive 35 percent off a semester's tuition.

If you have young children please come visit us twice free of charge to meet our friendly directors and member families and learn about our program. We are always looking for new friends and members.

For more information contact: [mptcoop@gmail.com](mailto:mptcoop@gmail.com), or Amy Ball 882-1614, [aeball@att.net](mailto:aeball@att.net)

## The Human Cost of This War

by Jerry Swensen, peace vigil volunteer

Are you hungry for real news from the Middle East? Read on.

On Thursday, October 8, at 7 p.m. at University of Idaho Administration Building Auditorium authors, Dahr Jamail and Susan Galleymore, will discuss the human costs of war based on their experiences in Iraq and other conflict zones. Pastor Dean Stewart will moderate the conversation and field questions from the audience. The event is free, open to the public, and jointly sponsored

by Social Forum at University of Idaho, The Martin Institute, UI Department of Sociology and Anthropology, and Palouse Peace Coalition.

Then at 7 p.m., Friday, October 9 at the 1912 Center, Dahr Jamail will present stories from his most recent book, *The Will to Resist: Soldiers Who Refuse to Fight in Iraq and Afghanistan*, and talk about the contours of resistance in the U.S. military. The event will be a fund-raiser for KRFP, Radio Free Moscow, and will include a no-host bar,

light refreshments, and time to meet both Dahr and Susan. A \$20 donation at the door is suggested (but not required).

Dahr Jamail has spent a total of nine months in occupied Iraq and has become renowned for documenting the human costs of that war. He has recently written two books about his experiences in Iraq.

Susan Galleymore made headlines when she traveled to Iraq to visit her Army Ranger son. While there, she interviewed Iraqi families and compiled the

stories in her book, "Long Time Passing: Mothers Speak about War and Terror." Susan subsequently launched an international project, MotherSpeak, to share stories of mothers and their families engaged in or affected by the Global War on Terror.

While in town, Dahr and Susan will interact with the community through seminars and small group discussions. For additional information contact: Sally Perrine, [sperrine@potlatch.com](mailto:sperrine@potlatch.com), or Lynn McAlister, [mcal1108@vandals.uidaho.edu](mailto:mcal1108@vandals.uidaho.edu).

## Co-op Crossword Puzzle

by Craig Joyner

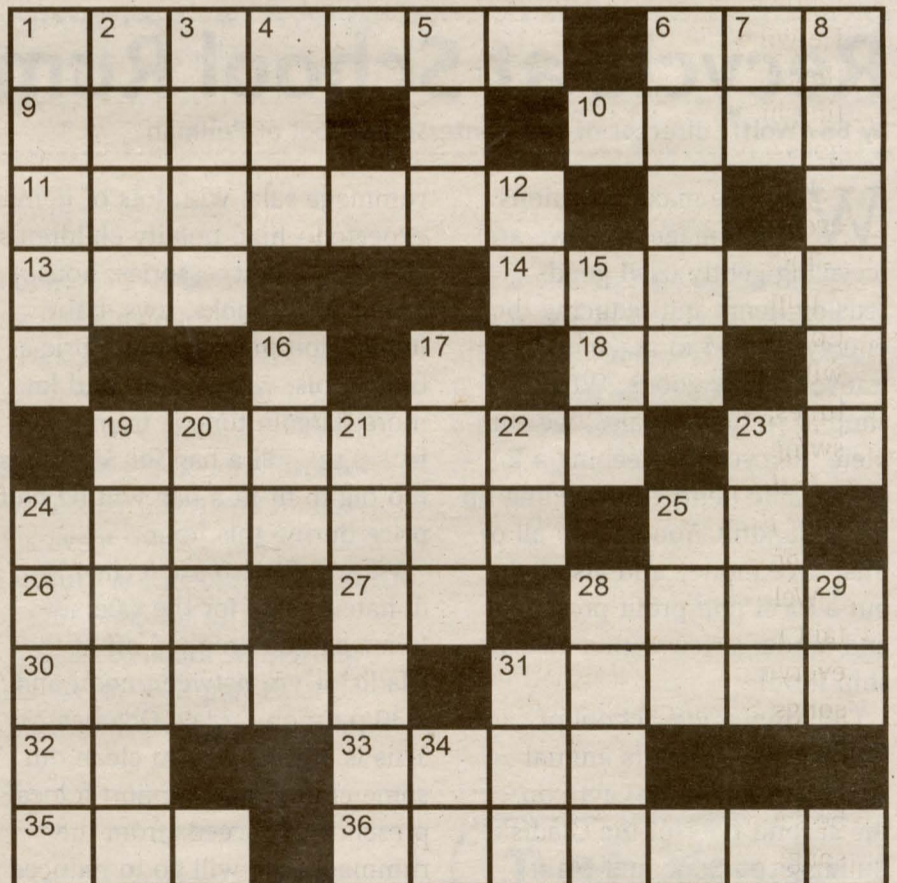
### Across

- 1. last month's profiled employee, 1st name, 2nd is 24 down
- 6. dry barbeque mix
- 9. opera
- 10. Tahitian tuber
- 11. vegan ice cream now in bars, 1st word, 2nd is 14 across
- 13. query
- 14. see 11 across
- 18. Jupiter's moon

- 19. dessert pastry
- 23. Senator Franken's state, abbreviated
- 24. yogurt
- 25. owner of NBC
- 26. regional water, Idaho \_\_\_\_
- 27. yes
- 28. October 11th event, 1st word, 2nd is 31 across
- 30. Spokane Family Farms milk
- 31. see 28 across
- 32. energy spectrum
- 33. woodwind
- 35. Tamarack \_\_\_\_ Farm
- 36. last month's profiled volunteer, 1st name, 2nd is 8 down, 3rd is 21 down

### Down

- 1. hut
- 2. Cupid
- 3. ill
- 4. \_\_\_\_ Paulo, Brazil
- 5. computer core
- 6. KRFP or KUOI
- 7. famous ziggurat
- 8. see 36 across
- 12. consumption
- 15. afire



- 16. internet address
- 17. cosmetics
- 19. Washington city
- 20. 30 Rock star \_\_\_\_ Baldwin
- 21. see 36 across
- 22. island
- 23. cat's call
- 24. see 1 across
- 25. India's smallest state

- 28. American Indian tribe
- 29. very small liter
- 31. corn
- 34. metaphysical advice

Craig's favorite color is purple.

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## Animals of the Night II

by Laura Marie Milewski, Palouse-Clearwater Environmental Institute Volunteer Coordinator

Spiders, bats and owls, oh my! On the night before Halloween, kids from all over the region will flock to the PCEI Nature Center to experience the second annual Animals of the Night event. The event gives local families the unique opportunity to visit the Nature Center at night and to learn about many nocturnal animals native to the Palouse.

Bring your family to PCEI for a moonlit hike around the Nature Center trail to visit animal sta-

tions and learn about creatures like raccoons, frogs, spiders, bats, wolves, and owls. Kids will then embark on a habitat trail, where they can scope out tracks left by all sorts of animals and find their way to a delicious assortment of Halloween treats, games, face-painting and more! Families can also gather 'round the fire to hear Native American coyote stories told in the cozy bike shelter before heading out for the evening. While the event is targeted for the 12 and under

crowd, all are sure to enjoy the evening.

Lots of great volunteers made our Animals of the Night a true success last year and PCEI would like to extend an invitation to anyone interested in helping out this October. Bring a friend, neighbor, or relative to help out for Animals of the Night this year. It is always a treat! To volunteer, contact Laura Milewski at [laura@pcei.org](mailto:laura@pcei.org).

The second annual Animals of the Night event will take place

from 5 – 8 p.m., Friday, October 30 from at the PCEI Nature Center at 1040 Rodeo Drive on Polk extension. Tickets are \$8 for PCEI member families/\$4 for individual PCEI members and \$12 for members-to-be families/\$6 for individual members-to-be. Tickets can be purchased online at [www.pcei.org](http://www.pcei.org), at the Farmers Market and at the door. Bring your flashlights, dress for the weather and buy your tickets soon before they run out!

## The Co-op Listener: Jeanne McHale

by Jeanne McHale, Co-op newsletter volunteer, with Fritz Knorr

Well, this is awkward. My editor, Bill London, has given me a tough assignment this month—to write about myself. It's my job here to write about the Tuesday music series. But, since I'll be playing at the Co-op on October 20, Bill suggested that I actually "interview myself." This is about as easy to do as to tickle myself. I have therefore asked my beloved taller counterpart, Fritz Knorr, to take over the computer keyboard as guest author of this month's column. He has come up with the following interview questions. He will type my answers into the space for each question, putting his own spin on them. Here goes...

*When, where, and what is this event?*

Tuesday, October 20 from 5 - 7 p.m., in the deli area of the Co-op, solo piano and vocals. I will be playing a mix of original tunes, blues, boogie-woogie and swing era jazz standards.

*Is there a sense of humor in your performance or is it all real serious?*

Well, I think humor is important in music, art, life, and everything else. But I also like songs which run the emotional gauntlet. Songs are wonderful ways to process feelings. You can be sad and get it over with in a song. The structure of a song, the rhythm and the rhymes, naturally stimulates happy feelings which can come out as humor.

*Who are your musical influences, around the world and locally?*

Fats Waller, Rev. Billy C. Wirtz, Dan Maher, Joni Mitchell, Diana Krall, Gary Gemberling, Lena

Horne, Biff Rose, Cab Calloway, Oracle Shack.

*How did you get started, in playing and performing?*

I had the traditional church-lady piano teacher, Mrs. Sager, as a child. She forbade me to play drinking songs, which made me particularly interested in them. I didn't learn to play the way I wanted to until I was an adult. I took lessons from Dody Dozier, who liberated me from sheet music. I have played in a few bands over the years, including the Boogie Doctors, with you on trumpet and Gina Gormley on drums. That was great fun. I play piano and sing with the Snake River Six, the Oldest Jazz Band in the West (of which I am the second youngest member). I am a proud charter member of the Moscow Volunteer Peace Band.

*Have you played the Co-op Tuesday Music series before?*

Yes, twice I think, with the Boogie Doctors at the old Co-op location on Third Street. We played out back, in the outdoor eating area, which was really nice except that, well, it was next to the garbage, which was really stinky. The new Co-op has such a nice space for playing music!

*What other previous performances were memorable?*

I always enjoy playing at the Latah County Fair with the Snake River Six. The crowd is great, and the curly fries are so real. Opening for Roy Zimmerman last April at the Intolerista Wing-Ding was a thrill. I've played for the 1912 Center Plaza Concert series several times—great fun.



Jeanne on piano with the rest of the Snake River Six: Ed Robison on tuba, Jack Davis on clarinet, Quentin DeWitt on drums, Joe Evans on trumpet, and the big boss Wally Friel on trombone.

*What other gigs do you have coming up?*

The Moscow Volunteer Peace band will play for the University of Idaho homecoming parade on October 31, in support of the campaign to re-elect Mayor Nancy Chaney. The Snake River Six will play for the Kiwani's breakfast at Lincoln Middle School on December 6—at some awfully early hour in the morning.

*Do you have any new songs for the Co-op gig? We've all heard your semi-famous Sarah Palin song—that is so 2008. What's new?*

Every lyric of "Wailin' Palin" is still true—she is just as dumb and scary now as she was then. I do have a new song inspired by the debate over health care reform. I don't want to give it all away, but there's some connection there to Sarah Palin as she and her ilk (the Editor will love that word!) have empowered so many sore-throated opponents of universal health care, or maybe

they're just opposed to health.

*Will anybody be joining you for your Co-op gig?*

Well, I hope that you'll sit in with me for a couple tunes, and I hope I can get the audience to sing along on a few songs. Whatever happens, it will be a good time.

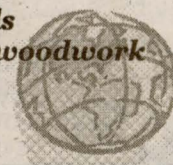
The Co-op Listener is written this month by Fritz Knorr in collaboration with Jeanne McHale, who are both lifetime members of the Co-op and avid local music supporters.

### Keith Smith Carpentry

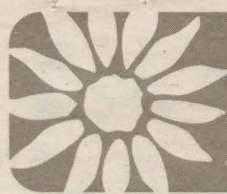
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## Lightening Up: Alternatives to the Landfill & Other Resources

by Jeanne Leffingwell, Co-op newsletter volunteer

“Let’s Get Unused Items into the Hands of People Who Need Them”

- Glen Kauffman, University of Idaho, International Programs Office

Last month, I bit the bullet and cleaned out our “Doghouse” using a very energizing and cost-effective aid: purchased help from a wage-hungry student. I am happy to report the storage room still looks decent!

My cliff-hanger at the end—namely how to get rid of some large windows and other stuff I deemed too valuable for the dump but too odd to sell—has been resolved. The solution, and related resources are a worthy subject for this month’s column, methinks.

A major problem keeping me from getting rid of stuff is my refusal to landfill it. A lot of people would think me quaint for having this problem, but I suspect that if you are reading this, you may be in my little minority subgroup. So I will share some

excellent ways to pass along your weird, wonderful, or just plain “useful maybe?” stuff in our community:

For starters, how did I get rid of my windows? I finally figured out how to get on <latahfreecycle> I found it a little confusing, and needed help, because I’m not a totally wired online person (yet) but it was worth it. I “listed” the windows, got six or seven quick responses, and the first party came by and took them all. They will turn into cold frames for a garden in Deary, Idaho.

Next, I subscribed to <moscowcheapcycle> and listed a rattan loveseat and cushions, one of a myriad of “projects” I’m just not going to get to in this lifetime. I listed it for a low price and someone came by and took it. Yeah!

And that person told me about the local <pullman/moscow.craigslist.org>. The closest listing area used to be Spokane. I may be the last person to discover craigslist, but it does look like

a vast and promising resource for acquiring, as well as purging, so watch out! My loveseat buyer explained that many folks post pictures on the local craigslist of stuff they are offering on cheapcycle (which doesn’t have pictures.) How cool and considerate, as it saves driving a distance to see something you may or may not want to buy! There are protocols to use when listing with these groups, but they all seem reasonable to me.

Since my last column several of you have contacted me with resources and ideas. Thanks! I really appreciate it. Member Mark Winstein asked me about the status of the trailer I mentioned wanting to shuck. It turns out Mark has considerable experience using ebay and actually enjoys it. I asked if he would be willing to take on sales for other parties, and he said, “Yes.” He can be reached at (208) 596-6500 or [www.markwinstein.com](http://www.markwinstein.com). If you also perform this service, by commission or whatever, let me hear from you.

Someone else asked me about my chaos consultant. Yes, Judy Busch, owner of “Free & Clear” in Pullman, has a good solid background in organizing principles and is still taking clients. She can be reached at [judybusch@gmail.com](mailto:judybusch@gmail.com) or (509) 338-5216.

Inspiration: Books, Tapes & Websites

One Co-op member called to tell me her favorite book on downsizing (which she is drastically doing right now before a move) is “When Organizing Isn’t Enough S.H.E.D. Your Stuff, Change Your Life” by Julie

Morgenstern. I already have it! It’s my favorite, along with her earlier “Organizing from the Inside Out.” My own copies are both dear and highlighted friends. I visit them often.

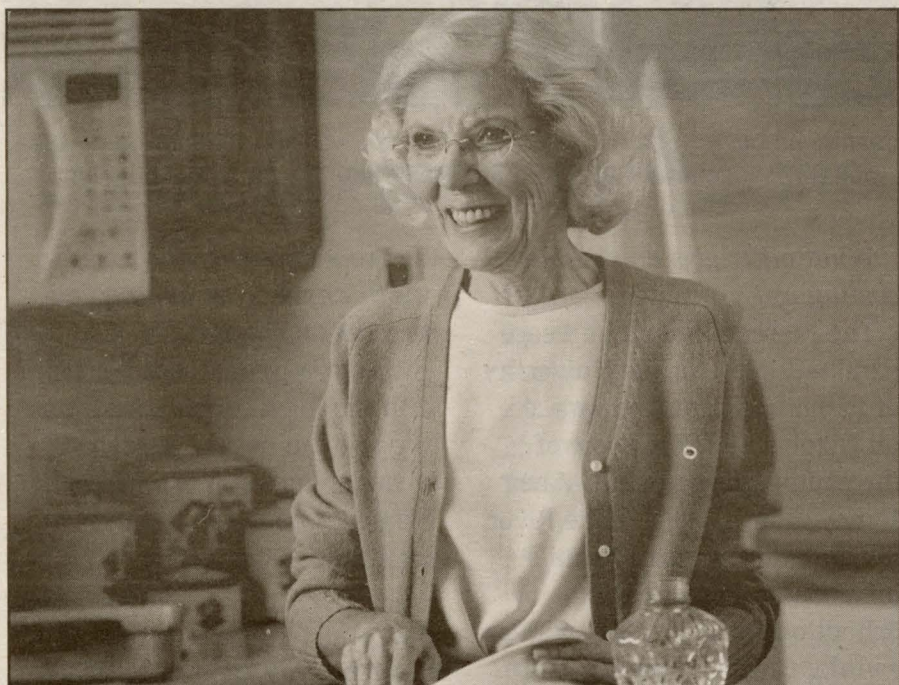
I also found “Let Go of Clutter” by Harriet Schechter to be helpful. She brings a lot of psychology into “eliminating clutter and the stress connected to it” which I appreciate. Our public library has books and tapes by both these authors.

Then there is the [www.flylady.com](http://www.flylady.com) website. I’d been hearing about this. I was at first turned off by the cutesy acronyms and very smarmy female = homemaker slant. But the overall premise of putting systems and habits into place, tackling your overload bit by manageable bit, and eventually keeping your home calm with modest daily effort, rather than through the elusive cleaning or organizing orgy, makes a ton of sense. There are many great (free) ideas at this site if you poke around enough.

In the meantime, back to the local reuse stream... Glen Kauffman, at the UI International Programs Office, says their ‘Household Goods Exchange’ can use “every conceivable piece of decent furniture, and non-personal (working!) appliance.” She adds, “Beds and kitchen sets are rarer than hens’ teeth.” The program’s link is [http://www.webs.uidaho.edu/ipo/ifa\\_services/household.htm](http://www.webs.uidaho.edu/ipo/ifa_services/household.htm)

Contact Glen at 208-885-7841 or [denisek@uidaho.edu](mailto:denisek@uidaho.edu).

Jeanne Leffingwell, a local artist and teacher, will be back with more local resources and the next installment of her journey to household clarity. If you have ideas, especially about groups that can use stuff, send ‘em to her at [jleffingwell4@gmail.com](mailto:jleffingwell4@gmail.com) or call (208) 882-7211.



*This message is for seniors who dream of more than mowing the lawn.*

*Join us for our Senior Living Open House events!*

**Oct. 3 and Oct. 17 from 10 a.m. – 4 p.m.**  
at Fairview Village Estates

*Sign up to win a gift certificate valued at \$50!*

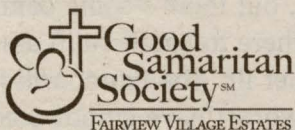
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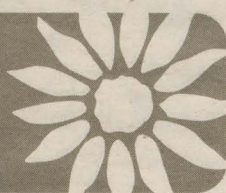


All faiths or beliefs are welcome. 09-G1451



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## The Palouse Peace Coalition: Seven Years After

by Sean M. Quinlan, Co-op newsletter volunteer

In this month, we turn our spotlight on the history and activities of the Palouse Peace Coalition (PPC).

The PPC has become a fixture of local activist politics. It was spearheaded over seven years ago by Dean and Gretchen Stewart, and it wandered the Moscow streets like an abandoned child. First there were the peace vigils at Friendship Square. Then came the booth at the farmer's market. Next the PPC started its educational outreach and launched their own KRFP radio program. It has further branched out with traveling exhibitions and guest speakers. And last March the PPC marched to commemorate the sixth year of the Iraq War. But they cannot hang a sign that says mission accomplished.

Today, the PPC draws upon a groundswell of local support, as member Sally Perrine can attest. Members come from a diverse background. There are 500 of them on their mailing list. Some are there for religious reasons, some for ideological reasons, and some from direct experiences with war. You can find concerned mothers, teachers,

preachers, librarians, and veterans. Some trace their antiwar activism back to the Vietnam War.

Things have been changing for the antiwar movement. In 2002, it was met with incomprehension, hostility. But the national mood has shifted. Members can testify how people react differently now in the Friday peace vigils.

In 2006 and 2008, the national elections seemed to confirm this shift in local attitudes. Opinion polls show that the American public has tired of the Middle Eastern conflict and yearn for young servicemen and women to come home.

But electoral victories have caused some anxiety.

"We don't want to undercut the new president," says member Kurt Queller. "But we do want to hold him accountable."

"Obviously, we need to defeat the Taliban and al-Qaeda," he continues. "We're just skeptical about the idea of nation building." On this point, Queller then cites two major conservative voices: Andrew Basevich and Rory Stewart.

"Last spring," Perrine notes,

"we did a retreat, and we had to ask: what is the task? There was disappointment in the left about Guantanamo Bay, and about the continued war. We asked whether we needed to shift tactics. We felt that we had to do some event in fall."

The PPC thus decided to continue the project of consciousness raising. In October, the PPC is bringing in two distinguished speakers, Dahr Jamail and Susan Galleymore to speak at the University of Idaho and at the 1912 Building. Jamail has detailed the resistance movement within the US armed forces to the Middle East wars. Galleymore has written about the anxieties of a mother about her soldier-son.

At the same time, the PPC continues to connect with other local movements, notably in Spokane, Boise, and Coeur d'Alene. It also coordinates with other regional and national organizations.

If you are interested in the PPC, what can you do to help? Well, there's one simple solution. "Just show up!" laughs Perrine. "Bring your ideas and energy."

In addition, people are always

needed for logistics, or updating the webpage. The PPC need help organizing rallies and education events. And they always need fundraising.

"There's not much money for peace," Perrine observes.

When asked about the success of the antiwar movement, both Perrine and Queller pause.

"You know, I'd say two things," says Queller. "I think our role is partly to bear witness. To let people know that there is dissent. I'm not sure whether we've influenced policy. But we're also here to spread the word, to educate people."

"We're about waking people up and keeping the focus up," says Perrine. "It's also a relief to meet people who cared as much as I did."

"Sometimes," she concludes, "the war is too easy to forget."

You can find out more about the PPC at [www.palousepeace.org](http://www.palousepeace.org) (and follow all the links).

The PPC also appears every Sunday afternoon from 2.00 to 4.00pm on 92.5 KRFP.

Sean M. Quinlan is an historian of science and medicine.

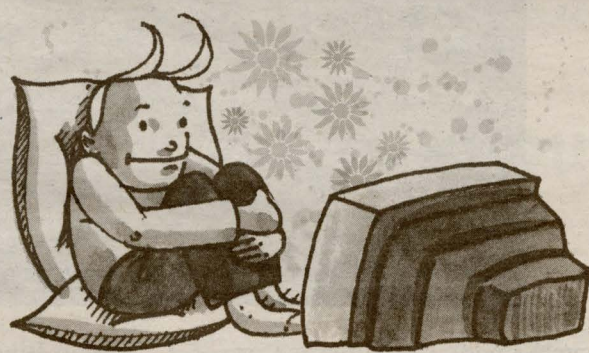
## Fun Flix

by Bill London, Co-op newsletter volunteer

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

"Last Chance Harvey"— This 2009 film is utterly predictable. Two lonely people, obviously ill-suited to one another, meet, and ultimately fall in love. But despite the obviousness, this film really works. The acting is superb and the story is quirky and funny enough to carry it off. The emotions, especially the empty and useless feelings of being so alone, are portrayed perfectly. While rated PG-13, there is no sex and violence, just a few naughty words.

"Penelope"— This 2006 film is cartoonish and simple, but it's also an entertaining tale with a clear message for teens and pre-teens. The moral, about liking yourself and resisting the social pressure to conform to cookie-



cutter ideas of "beauty," is presented through this story of a girl born with the snout of a pig. Rated PG, this is good family fare for kids, girls especially, ten years old or more.

"Smart People"— This 2009 film showcases a family of smart people who are utterly stupid in the realm of family, emotion, and caring. The writing is witty and the portrayals are well-presented, which saves this cliqued romantic story line. Don't let the R rating discourage you, since the film offers minimal drug and sexual imagery and nothing in the violence department.

## Is Corn King at the Co-op?

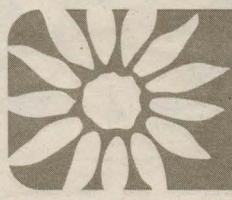
by John Marshall and Margaret Ward, University of Idaho, Stable Isotopes Laboratory

In August the Co-op's Good Food Film Series sponsored a showing of the movie, "King Corn," in which two young men grew an acre of Iowa corn and then tried to follow its processing into the industrial food sector.

As part of the story, the men had their hair analyzed to determine what part of their diet was derived from corn. Corn appears as corn oil, corn syrup (sugar), corn meal, and in meats and dairy products produced from animals that are fed corn. The hair analysis measured the stable (non-radioactive) isotopes of carbon,  $^{13}\text{C}$  and  $^{12}\text{C}$ , which are present in all plants. Plants differ, however, in the proportions of these isotopes; corn stands out from other non-tropical crops, making it possible to detect it in all kinds of foods and in the people who eat it. In terms of carbon isotopes, you really are what you eat.

To find out how much corn was in the diets of Co-op customers, we analyzed hair samples from several Co-op owners and employees recently. When we compared the results to people from all over the world, we found some interesting patterns. The amount of corn in the diet can be measured by distance to the left across the graph below: Brazilians have a lot of corn in their diet and people from the Netherlands almost none. The Co-op folks we tested show much smaller corn signatures than the sample of Americans as a whole, which is shown as a box labeled "USA" on the graph. The person inside the triangle consumes far less corn than you would expect because she lies to the left of the line that everyone else falls on. When we asked about this, she told us she had been avoiding corn and corn products for years. So it can be done.





## Price Shopper: Shopping to stock up for a winter's day

by Joe Pallen and Amy Richard, Co-op newsletter volunteers

As the growing season comes to an end we've spent the last few months freezing and canning our summer garden's bountiful harvest. We've stocked our shelves and freezer and now have begun to look at shopping for items to supplement our harvest. October is good time to stock up while the weather is still nice and travel a bit easier than on a cold winter's day. We put together our list looking for crackers to go with soups, tomato products for salsa's, piz-

zas and pasta dishes, and some canned soups for those day's when there is little time to cook up a pot of soup ourselves. So we headed out to Safeway and the Co-op to see what was available and where we could save as our budget has been a bit tight this year. We found all of the organic items on our list at both stores, but it was the co-op that helped us keep a little more money in our pocket book by saving us \$13.12 on this shopping trip.

Item	Safeway	Co-op	Savings
Annie's Cheddar Bunnies 7.5 oz	\$3.69	\$2.99	\$0.70
Newman O's	\$4.99	\$4.25	\$0.74
Back to Nature Wheat Crackers	\$3.59	\$3.19	\$0.40
Late July Classic Rich Crackers	\$3.29	\$2.85	\$0.44
Annie's Mac & Cheese	\$2.19	\$1.89	\$0.30
Muir Glen Tomatoes 28 oz cans	\$4.89	\$2.99	\$1.90
Muir Glen Tomato Sauce 15 oz can	\$3.35	\$2.09	\$1.26
Muir Glen Pizza Sauce 15 oz can	\$2.99	\$2.29	\$0.70
Muir Glen Fire Rstd Tomatoes	\$3.35	\$2.29	\$1.06
Muir Glen Pasta Sauce 25.5 oz jar	\$6.89	\$4.29	\$2.60
Bionature Organic Spagetti 1 lb	\$3.39	\$2.99	\$0.40
Amy's Organic Tomato Bisque Soup	\$2.99	\$2.65	\$0.34
Amys Organic Split Pea Soup	\$2.99	\$2.65	\$0.34
Health Valley Organic Minestrone	\$3.49	\$2.55	\$0.94
Pacific Naturals Creamy Tomato Soup 32 oz	\$4.45	\$3.45	\$1.00
<b>Total Savings</b>			<b>\$13.12</b>

## Alternative Transportation: Green Bike Project

by John Dunn, Co-op newsletter volunteer

This month we are going to use this forum to showcase a new "Green Bike Project" which is in the development stage and is coming to Moscow. This upcoming program should complement WSU Wellbeing's Green Bike project which just kicked off on September 16.

First, however, let's take note of the fact that times are indeed changing. Housing developments and urban planning projects are beginning to spring up in places around the globe that are focusing their designs around a car free lifestyle. Such places include towns like Vauban, Germany near the French and Swiss borders and Quarry Village on the outskirts of Oakland, California. That said, why not challenge our local developers to come up with projects to help this community along the path of a self-propelled lifestyle?

If you are looking for events that are bicycle-focused, please continue to keep an eye on the following websites: <http://www.bikemoscow.org/announcements.asp> <http://villagebicycleproject.org/> or [www.pcei.org/](http://www.pcei.org/)

### T Jay Clevenger

T Jay Clevenger is a man on a mission. The energetic new owner of Paradise Creek Bicycles has formally proclaimed his mission "to engage the communities of Moscow and Pullman in the activity of cycling." Clevenger plans to do this in a variety of ways that have roots in both his personal philosophy of living and in his business plan.

A Moscow resident since 1996, T Jay is a Priest Lake native. He

is a former racing cyclist who is passionate about riding. He annually does a single day ride from Moscow to Priest Lake. T Jay lives on the outer fringe of Moscow and commutes daily, by bike naturally, to work. He simply states that it takes nine minutes to travel from home to work and these are the most important nine minutes of his day. The token amount of time required to pedal across town allows him the opportunity to clear his thoughts so that he may plan out his day ahead.

When it comes to T Jay, there is no shortage of plans. His efforts to engage the Moscow - Pullman community include organizing Paradise Creek Bicycles shop-sponsored group rides, teaching winter bicycle maintenance and repair classes, and perhaps most intriguing, working to launch the local "Green Bike Project."

The project, slated to launch next spring, will consist of a fleet of refurbished, single speed bikes that will be available to the community for free use. Initially, the goal is to make 12 bikes available throughout downtown Moscow. Making the bikes available for local business sponsorship will fund the program. The plan includes the installation of covered bicycle racks near the sponsoring businesses. The bikes will be painted green and will carry the sponsoring business logo prominently on the frame. Also displayed on the frame will be other information that the user or sponsoring business may need including, but not limited to, what to do in the event the

cycle needs maintenance or repair attention.

Clevenger states that the benefits of a successful "Green Bike Project" are multiple. He estimates that if an individual who drives a car 10,000 miles per year takes advantage of the free usage of a Green Bike can reduce his/her vehicle miles driven by 30 percent. This translates to 3000 miles of bike riding over the course of the year. The obvious savings of such a program include reduced consumption of motor fuel and the associated reduction of greenhouse gas emissions. The less obvious benefits include the increased level of physical fitness among the

Green Bike users, allowing for a healthier and overall higher quality of life.

More information about the Green Bike Project will be offered in this column as the plan develops and comes to fruition. In the meantime, keep an eye out for T Jay and be sure to encourage him as he continues to engage our community in the activity of cycling.

John Dunn is a land surveyor and a Latah County resident. He lives in a house he built of straw and can be seen biking from home to town and everywhere in between. He is currently planning his next bike rides in South America and Asia.







## The Sustainability Review: My New Home Construction Priorities, Part 3

by Mike Forbes, Co-op newsletter volunteer

Wow. It's been almost two months since the last newsletter was printed on a different schedule. Let's start up again with continuing my new home priorities.

This month we're going to talk about local resources for wood products and other building materials. The criteria for inclusion in my list is they are from around here (Spokane would be my farthest), their product is either something they make or is a discard/second from someone else, and they need be a financially decent deal for what you are getting. I'm sure I'm going to miss some great company and if so I'd really appreciate hearing about them. Send me an email ([biodieselmike@gmail.com](mailto:biodieselmike@gmail.com) and I'll do my best to include them in a future article.

### Wood Products

When we built our house we tried to purchase as much wood as possible from local sources as possible. There are some wood products that aren't on the list because they are difficult to replace. Sheet goods and some structural timbers are hard to find from a good source locally. We used a variety of wood from the beams and rafters to siding and trim all sourced from the following:

**Jack Carpenter of Custom Milling:** Jack made most of the wood in our house. He is located

on Moscow Mountain, sustainably logs his 160 acres, and mills the wood to whatever you need. He sells beams and posts, blue pine rough sawn boards (ponderosa pine with blue streaking caused by a harmless fungus), cedar decking & fencing, and he can work with your salvaged beams and wood to make what you need (he recently re-sawed old barn beams for a timber framed house on Paradise Ridge). Our home is a tribute to his blue pine. We sided our house in it, made the trim from it, and our upstairs flooring is made from it. Jack can be reached at (208) 669-1934.

**Don Jennings of Northfork Sawmill:** Don is a great resource for wood located on the Spiral Highway in Lewiston. His specialty is also blue pine and custom milling like Jack. Their difference is that Don's bread and butter is tongue & groove wood of various species and styles including flooring. Don also mills rough sawn wood, can mill at your site with your wood, and recently added a kiln to his operation so the wood is good and dry. Our wainscoting and upstairs floor is from Don. He can be reached at (208) 790-3004.

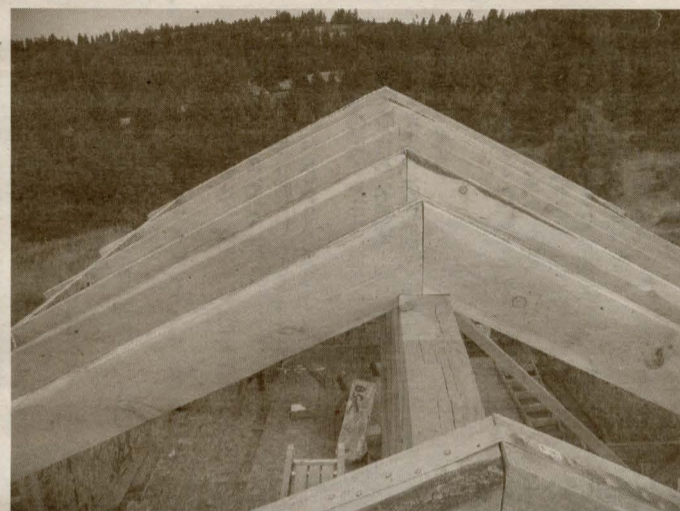
**Various wood:** There are many salvage operations of old barns and grain silos happening around us regularly. We purchased

several truckloads of old grain silo 2x6 from a farmer in Elberton and used it as structural framing and finish wood. To find this wood takes contacting the person as you see the salvaging happen or checking the local websites and newspapers.

### Doors/Windows:

There are two great sources for windows and doors in our area. They are both located in Spokane and have an unbelievable amount of stuff to look through. An essential trip with a truck if you need doors or windows.

**Overhausers Manufacturers Outlet:** This is one amazing store in an equally amazing location. They are in the old Crescent Service Building in downtown Spokane and have literally thousands of doors and windows of any style at very affordable prices. Most of their stock is factory seconds, miss orders, or discontinued items. We purchased all of our doors but 1 here for our house. Their window selection is pretty extensive as well and if I were doing a remodel I would



definitely pay them a visit. Visit [www.overhausersoutlet.com](http://www.overhausersoutlet.com) for their contact information.

**Torminos Sash & Glass:** They are also located in Spokane and come highly recommended by some friends of mine. They stock similar items as Overhauser's but with an emphasis on doors. They can be reached at 509-534-0537.

All of these companies are great resources to keep in mind when building. I am regularly telling people about them and hope that writing about them will spread the word about good small, local businesses providing a resource not to be found elsewhere. If you know of other businesses like these I'd love to hear about them.

Mike is working frantically on getting his summer projects done before the onslaught of snow happens.

## Green Directory for Palouse Available for All!

by Andy Boyd, Coop Co-op newsletter volunteer.

The Palouse Earth Day Association (PEDA), a group that I am a member of, is very excited about their latest venture, a green directory named *Living Green on the Palouse*. This directory has been long in the making as we have talked about it and have started work on it several times over the last 4 years.

*Living Green on the Palouse* is designed to help residents of the Palouse choose sustainably with all kinds of decisions and purchases. Whether it is a trip to the grocery store, making decisions about a remodel project or looking for volunteer opportunities to get involved, the directory is your one-stop guide when attempting to live a more sus-

tainable lifestyle.

So what is sustainability? Internationally, the most widely quoted definition is found in the 1987 Report of the World Commission on Environment and Development where sustainability was defined as "meeting the needs of the present without compromising the ability of future generations to meet their own needs" also referred to as the "Brundtland definition". Sustainable concepts encompass all aspects of our lives including the environment, the economy, social justice, and consumption habits, to name just a few.

*Living Green on the Palouse* lists businesses and organizations across the Palouse that

offer sustainable products or services. The directory also provides a variety of informational articles that will explain what types of changes individuals may make to live more sustainably and why it is important.

PEDA believes that if residents of the Palouse are exposed to a broad swath of sustainable concepts, our region's economy, resources and citizens will benefit. If we all demand sustainable products and services, more businesses and organizations will make the appropriate changes to meet this demand.

If you would like a copy of *Living Green on the Palouse*, you should be able to find one at many regional businesses

on the Palouse. It may also be found at your friendly neighborhood Co-op. If you are unable to locate a directory, they are always available and Moscow Recycling located at 401 N. Jackson in Moscow.

Finally, PEDA is always looking for new ideas and individuals to help educate the Palouse about sustainable issues. If you view the directory and feel that it is a valuable resource, please consider helping out on the next edition of *Living Green on the Palouse*. To find out how please contact Andy Boyd at 208-882-0590.



