

Community News

Living Lightly Issue

FREE!
PLEASE TAKE ONE!

The monthly newsletter of the Moscow Food Co-op • April 2010

Celebrate at the Second Annual Co-op BikeFest

by Carol Spurling, outreach and membership coordinator, outreach@moscowfood.coop, and Margaret Dibble, Moscow Bike 4 Life committee



This winter was a great one for bicyclists on the Palouse. Now that winter is over, the Moscow Food Co-op is once again welcoming spring with its second annual celebration of human-powered transport, BikeFest!

BikeFest is Saturday, May 8, at the Co-op. There will be a bike swap and sale, free cake, music, and some other happenings that are still in the planning stages as of press time. Watch for posters in late April for the details.

May is National Bike Month, and BikeFest is part of events taking place on the Palouse that have been organized by the Moscow Bike 4 Life committee. Check out the list of these events inside this newsletter. Details about each of these events will be available on the Scoop calendar on our website, www.moscowfood.coop. See you on your bike in May!



Illustration by Lucas Rate

www.moscowfood.coop

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Community News



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A New Co-op for Spokane: “Doing the Right Thing”

by Kenna S. Eaton, Co-op general manager

In mid-February a new consumer co-operative grocery store opened in Spokane. Called the Main Market, it's an adaptive reuse of an old Goodyear tire center. The store is located downtown at the corner of West Main and North Browne, close to the convention center and two college campuses. And it is an amazing store too—utilizing solar power, energy efficient lighting, a roof top garden, and an Earth tub for composting just like ours!

Two years before they opened, Jennifer Hall, now the general manger, was hired as a “community builder” to do just that: build a sense of community around the concept of a cooperatively owned grocery store in the city. Starting from scratch with not more than a dozen interested members, Hall built the excitement and buzz behind fresh, locally-grown food bought and sold in a store owned by the users. By last count they had 1,000 members, and sales were reflecting the effectiveness of her task. Co-ops don't just appear overnight—they are grassroots organizations that rely on community involvement and support.

In addition to building support from potential members Hall also grew their connections with local producers, tapped into the natural foods world through workshops and conferences, and developed relationship with other co-ops and like-minded businesses. Hall came down to Moscow several times on information-gathering trips to see how we were already running such a business. When it came time for the store to be a reality, it was only natural that she



Jennifer Hall

would send her brand spanking new staff down here for training and that we would go up there to help them open their doors.

Why only natural? Certainly we hope that by building other retail markets like ours, we will also build local businesses like Spokane Family Farms, a relatively new milk producer, for example. Or create new producers who like to see a potentially increased regional market.

Additionally the regional food system does become measurably improved by the presence of another co-op. In New England 15 food co-ops have aligned together as the Neighboring Food Co-operative Association. The N.F.C.A.'s goal is to create a “healthy local food system and a thriving regional economy through an integrated and

vibrant co-op sector.” Rather a grand goal, but then Co-ops have always been ahead of the curve!

And this also ties into the sixth Co-operative Principle. This principle, “Cooperation among Co-ops,” talks about the many different relationships that exist between co-operatives and how by working together we “serve our members most effectively.” Though this principle can be interpreted in many different ways, we define it as helping out any time a sister co-ops asks for it—from sharing information, to helping them open a store, to building the regional economy. The way in which we embody that principle is up to us. We simply call it “doing the right thing.”

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(208) 882-8537

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For advertising rates and information:
contact Jyotsna “Jo” Sreenivasan at 892-0730

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CO-OPERATIONS

Moscow Food Co-op Business Partners

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

Recreation and Lodging

Appaloosa Museum & Heritage Center

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

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

Sharon Dunn - Little Guesthouse on Adams

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

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

Krista Kramer - Peterson Barn Guesthouse

841/847 Travois Way, Moscow; kkramer@moscow.com; 208-882-4620;

10% off first time stay

Donal Wilkinson, executive director - Adventure Learning Camps

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

10% off on trips

Ashley Fiedler - Shady Grove Farm

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

\$10 off initial English riding lesson or training session

Carol Spurling - Sixth Street Retreat

208-669-0763; www.SixthStreetRetreat.com

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

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

1246 Highland Drive, Moscow;

lodging@moscow.com; 882-0127;

10% off daily and weekly rentals

Food and Beverage

One World Café

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

50% off One World Café 100% cotton totebags

Childcare and Family Services

Moscow Parent Toddler Cooperative

PO Box 9937, Moscow, mptcoop@gmail.com; <http://community.palouse.net/mptc/index.html>; 208-310-9344

35% off one semester's tuition

Professional Services

Allegra Print and Imagine

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

10% to Co-op members

Copy Court

428 W. 3rd St., Moscow

10% off to Co-op members

Krysta Ficca Photography

208-596-8101; kficca@hotmail.com

10% off all photo shoots

Nancy Draznin, CPM - Motherwise Midwifery

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

Free pregnancy tea for Co-op members under our care

Erik Torok - LET's Coach

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

20% off the first month of individual coaching

Mike Brown - LDP Academy LLC

PO Box 721, Troy, ID 83871; www.lpdacademy.com; info@lpdacademy.com; 208-835-3737

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

Retail

Rebekka Boysen-Taylor - Bebe Bella

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

10% off any baby sling

Inland Cellular

672 W. Pullman Rd, Moscow; 208-882-4994; katie@inlandcellular.com;

inlandcellular.com

10% off monthly calling plans

Joanne Westberg Milot - Marketime Drug Inc.

209 E Third St, Moscow; 208-882-7541; joannemilot@hotmail.com

10% off all gift items

Lilliput Maternity and Children's Boutique

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

10% off purchase of \$50 or more

The Natural Abode

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

10% off natural fertilizers

Hodgins Drug & Hobby

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

10% off all purchases, excluding prescriptions

Safari Pearl

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

www.safaripearl.com; safaripearl@moscow.com

10% off any board game or noncollectible card game

Sid's Professional Pharmacy

825 SE Bishop Blvd #301, Pullman, WA 99163; 509-332-4608; sidsprofessionalpharmacy.com

10% off all Medela breast pump and supplies purchases

Tye Dye Everything

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

www.tyedyeeverything.com; tyedyee@moscow.com

10% discount on your purchase

Dance and Theatre

Shelly Werner - Spectrum II Art and Dance Studio

525 S. Main Street, Moscow, ID 83843; 208-882-1445; www.spectrum2studio.com

10% discount to new students

House and Garden Services

Adam and Toni Salerno-Strang - CLEAN GREEN Organic

Cleaning Services

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

\$15 off any service

Dr. Arbor Tree Care LLC

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

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

Becky Chastain - Green Side Up

208-883-3485

10% off design services for Moscow Food Co-op members

Erik K Tamez-Hrabovsky - Mindgardens, Eco-Friendly

Residential Building Solutions

1230 NW Clifford St, Pullman, WA 99163; 509-595-4444; erik@buildmindgardens.com

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

Walter Spurling - Spurling House & Garden

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

10% off a compost bin or custom chicken coop

Wellness Services

Drs. Bailey and Kevin Smith, D.C. - Moscow Health and Wellness Center

317 W. 6th St. Ste 206, University Pointe Bldg., Moscow; 208-596-2063

Free initial consultation and exam to include thermographic imaging and a functional neurological evaluation

Integrative Mindworks with April Rubino

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

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

Andrea Masom, Licensed Clinical Counselor

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

Free wellness evaluation

Dayna K. Willbanks, OTR/L, Elements of Wellness

Aquatic & Manual Therapy Inc.

827 Troy Highway Suite 170, Moscow; 208-892-8888; elementsofwellness@mac.com; <http://web.mac.com/elementsofwellness>

10% off the first session which includes a new patient evaluation and initial treatment

Dr. Denice Moffat, MS, DVM, ND - Natural Health Techniques

1069 Elk Meadow Ln, Deary, ID, 83823; 208-877-1222; drmofoffat@NaturalHealthTechniques.com; www.NaturalHealthTechniques.com

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

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

Chinese Medicine Clinic

PO Box 9381, Moscow; 208-669-2287; info@healingpt.com; www.healingpt.com

\$10 off initial and 2nd treatments

Jeri L. Hudak - Moscow Yoga Center

525 S. Main St.; stewartjeri@hotmail.com;

www.moscowyogacenter.com

10% discount for new students

Dr. Linda Kingsbury

627 N. Hayes, Moscow; 208-596-4353; drilinda@spiritherbs.com; www.spiritherbs.com

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

Elisabeth Berlinger/Tom Bode - Moscow Felkendrais

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

208-883-4395; 208-892-3400

\$10 off first individual lesson for new clients

Farms

RavenCroft Farm

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

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

Melissa Lines - SkyLines Farm Sheep & Wool

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

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

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Art at the Co-op

by Annie Hubble, Art at the Co-op coordinator, frontend@moscow-food.coop

The Co-op is pleased to exhibit once again the historical collection of Renaissance Fair posters. The show will open on Saturday, April 10, at 5 p.m., during which the winning entry for the 2010 Fair poster contest will be unveiled. The posters will stay on view through Wednesday, May 5.

It is fascinating to get this glimpse of Moscow history. This year will mark the 37th fair. The fairs are totally organized by volunteers, and those volunteers work hard every year to bring us this celebration

of spring. The posters delight in their variety, yet are united in their honoring of the whimsical. I know we all have our favorites, and looking at them evokes memories of the many wonderful fairs, always different and always magical, and of our lives and of our friendships of those times.

Meet this year's winning artist at the opening at 5 p.m. on Saturday, April 10, and enjoy a nostalgic look at the history of one of Moscow's most popular festivals.



Moscow Renaissance Fair posters being hung. Photo by David Hall.

Tuesday Music at the Co-op

by Natalie Rose, Co-op newsletter volunteer

Join us in the Deli every Tuesday night from 5 - 7 p.m. for live, local music and delicious cuisine! This month, we're thrilled to welcome back some familiar faces, as well as a couple newcomers. We hope to see you there!

April 6th - Samuel Dickison
Deep-rooted in the Palouse, Samuel was born and raised in Idaho. He has been writing

songs and playing for a little over two years. He loves folk music, and writes songs about history and the land.

April 13th - Alana Leonhardy

Folk music with a little country and rock thrown in. Alana's bubbly, warm stage presence and fresh voice is sure to delight any listener!

April 20th - Dan Maher

April Co-op Kids!

by Rebekka Boysen-Taylor, Co-op Kids! coordinator

Last month was wonderful for Co-op Kids! We had our busiest meeting ever with dozens of children planting mini greenhouses together to welcome spring. We now have free drink coupons from the Co-op Cafe for caregivers and new natural art supplies for all to play with, so stop by and sit a spell.

Co-op Kids is a twice-monthly activity for young children and their families. We meet in the Co-op Cafe this month and all activities are free.

If you have any spring animals you would like to share with the kids on a Tuesday morning in May or June, please contact Rebekka at (208) 882-1353. I would really love for them to meet some chicks this year.

The Bee's Knees

Meet us in the Co-op Cafe from 9 - 10 a.m. on Tuesday, April 13, to try your hand at modeling with beautiful bees-



Spring Planting gets under way at the Co-op

wax. Shaping beeswax is a soothing activity, great to take along anywhere, and it smells amazing.

Ready for Renaissance Fair

Meet us in the Co-op Cafe from 9 - 10 a.m. on Tuesday, April 27, to get ready for Ren Fair. We will use beeswax crayons to draw our favorite parts of Ren Fair, make spring crowns to wear, and talk about the wonderful things we will see at East City Park on May 1 and 2.

Rebekka Boysen-Taylor is a teacher, writer, and mama here in Moscow.

Co-op Music in April

- April 6: Samuel Dickinson
- April 13: Alana Leonhardy
- April 20: Dan Maher
- April 27: Brian Gill

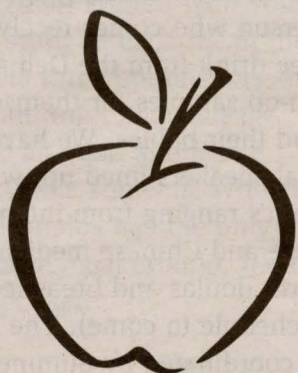
Dan's performances combine old school '60s folk with traditional Celtic and more contemporary songwriters. Listeners always enjoy the positive energy Dan brings during his two-hour performance at the Co-op!

April 27th - Brian Gill

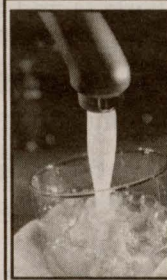
Brian is "an excellent guitarist and well established songwriter whose lyrics and melodies radiate a country mid-western feel-

ing all their own." —Chicago magazine

Sign up for the produce department's email updates about what's fresh and in season! Email outreach@moscow-food.coop to sign up.



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Breakfast with the Board: Privacy Policy

by Carol Spurling, outreach and membership coordinator, outreach@moscowfood.coop

At the Breakfast with the Board held on February 27 the Co-op's Board of Directors asked the question:

"The board is working on a policy that addresses what the Co-op may and may not do with the personal data of its members. Do you have any suggestions for what to include in this privacy policy?"

The question was accompanied by an informational handout about the Co-op's current electronic data handling procedures.

Reactions were varied and fairly evenly split. Some members advocate total personal privacy and want a change in the Co-op's procedures, and others are satisfied with how the Co-op is currently handling its data.

The opinions reflect varying levels of understanding among members of why the current procedures are the way they are, and also generally low levels of understanding of how the current procedures benefit the membership as a whole and members individually. So that's an educational task for me to tackle in the coming months!

The Board's policies and

bylaws committee will take the BWB comments into consideration as they address a possible new privacy policy for the Co-op. If you missed the BWB on February 27 and would like to comment on the issue, please email me at the address above or slip a note into the BOD suggestion box at the front of the store. The FAQs about our current data handling procedures are available on the shelf near the suggestion box.

Here is a selection of comments submitted by members that morning:

I have been a Co-op member for at least six years. This is where I buy all my groceries and I have absolutely NO PROBLEM with the Co-op's current policy of scan cards. I think it is a logical, well thought out system.

The Co-op does not have information about me that other retailers and other organizations do not have—by the fact that this information is electronic. I have no concerns.

My husband and I are okay with the information being obtained by the Co-op as described in this handout. Thank

you for asking.

I trust the Co-op to take care of my personal info. Thanks for caring!

As long as the information is being used strictly for keeping track of demand for various departments/items it is fine, as this will help the Co-op maintain a quality selection of goods that meet consumer demand. All-in-all keeping purchasing data, as described in the FAQs, looks fine!

I would advocate total personal privacy. You could get much of this data without linking it to personal data and/or assigning a random number to the data, I think. I think the personal data and all data would be available to outside sources under certain conditions. It seems unethical.

It seems like a generic 8% discount, or member card, or whatever and all the folks who wish to opt out could be lumped together. I would prefer NOT to be tracked here at the Co-op. I would like the 1st round of the Co-op policy to be heavy on the strict side.

No need to record and keep a database on WHAT I purchase.

Stop it!

I have no objection to the Co-op collecting purchase data from members for stocking purposes, but I don't think it should be linked to someone's membership, i.e. I'd prefer there NOT to be a record of what I personally buy.

I recommend an opt-out possibility with the computerized membership cards. Volunteers/members/employees could carry their valid scannable (computerized) membership card and have a cashier scan it before they ring up purchases. The cashier would then validate an up-to-date membership and what percentage discount they are entitled. Then the cashier would cancel out of that card, so as not to track purchases and scan a no-name employee or volunteer or membership card they have at their check-out stand and continue the sale under this no-name card. In this way the store can track sales and discount amounts without violating a person's request for privacy protections.



The Front End News

by Annie Hubble, Co-op front end manager, frontend@moscowfood.coop

Spring is really here. There are still freezing temperatures at night, but snowdrops and crocuses bloom, and the light returns. We will soon start to see the first crop of local spring veg-.....

gies in the produce department, and those of us who rejoice in the gardening season can already buy organic seeds for those first plantings.

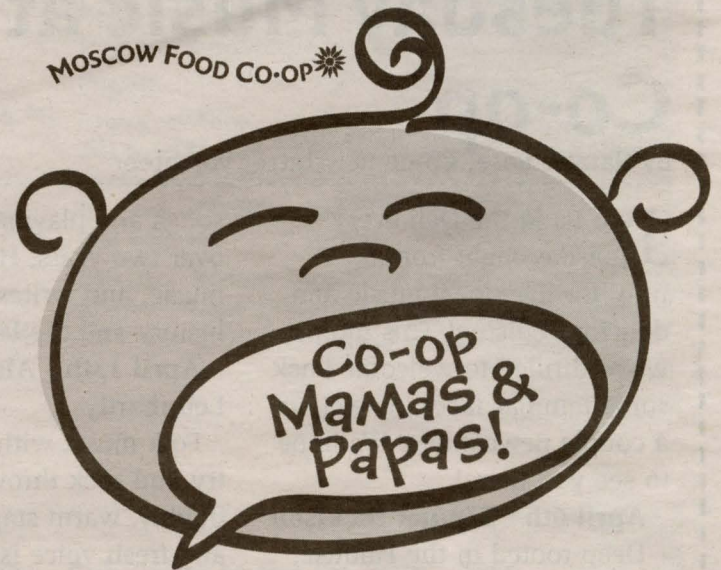
Come on into the store, and shop, visit friends, enjoy the freshly made delicious foods in the Deli and Bakery, and be happy that we have such a vibrant and successful co-op.

I am particularly proud of the front-end team. Cashiers greet hundreds of people each day and do so with a smile and a welcome. The team has 18 scheduled workers and a couple of subs, and they are all dedicated employees of the Co-op who have a tremendous sense of fun. They are a pleasure to work with. Thank you, team! You are awesome!

Co-op Mamas and Papas

by Stacy Pettitt, Co-op Mamas and Papas volunteer

The Co-op Mamas and Papas group is off and rolling with great energy. The turnout of expectant parents and parents with young children has been great. We meet Wednesday mornings at 9 a.m. in the Deli for support, chatting, and information-exchanging. Each person who comes receives a free drink from the Deli and Co-op samples for themselves and their babies. We have several speakers lined up, with topics ranging from infant massage and Chinese medicine to birth doulas and breastfeeding (schedule to come). The group is coordinated by Summer Baugh (mom and birth doula)



and Stacy Pettitt (mom, Bradley Method childbirth instructor, and birth doula). We look forward to reaching out to more people in the future. If you are pregnant or have a little one, we would love to see you. To be included on the Mamas and Papas email list, please email babies@moscowfood.coop. Hope to see you and yours soon!

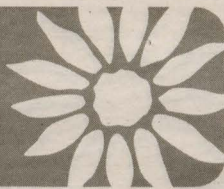
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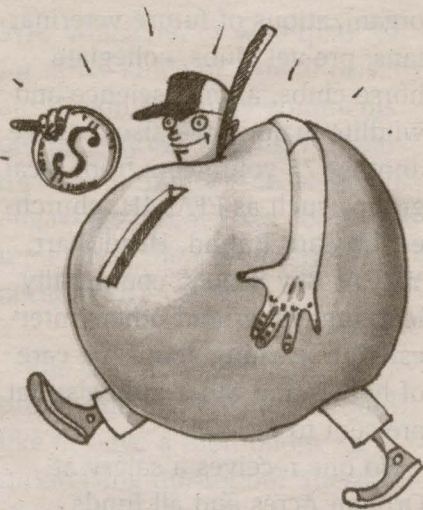
Price Shopper: Living Light, Clean, and Green

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

April is a time when we really pay attention to our impact on the environment. Earth Day and Arbor Day are two events this month that serve as reminders of our impact on our Earth and make us think about the things we can do to minimize pollution and waste.

One way to stay actively involved all year 'round is to use natural soaps and detergents in our household to clean our dishes, kitchen, bathroom, and to wash our clothes, which is why this month we went on a shopping spree to replenish our stock of natural household cleaners.

It was difficult to find another store in town that carries the same large selection of natural detergents and cleaners as the Co-op. Finally we found that



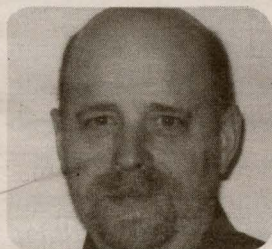
Rosauers has the most comparable selection. You can view our list of items in the chart, and while some items were comparably priced, there were large differences in others.

We reduced our impact on our environment by purchasing eco-friendly cleaning products, and

ITEM	Co-op	Rosauers	Difference
Seventh Generation Natural Dish Liquid 25oz	\$3.79	\$3.79	\$0.00
ECOVER Ecological Automatic Dishwasher Tablets	\$6.39	\$7.29	-\$0.90
Earth Friendly Dishwash Cleaner Liquid 25oz	\$3.99	\$3.99	\$0.00
ECOVER Dishwashing Liquid	\$4.39	\$5.79	-\$1.40
Seventh Generation Automatic Dishwasher Gel 45oz	\$5.29	\$6.49	-\$1.20
Biokleen Laundry powder 5lbs	\$10.19	\$10.49	-\$0.30
Seventh Generation Laundry Detergent 50oz	\$11.49	\$9.99	\$1.50
Country Save Laundry Detergent 80oz	\$8.19	\$9.79	-\$1.60
Seventh Generation Chlorine Free Bleach 64oz	\$5.15	\$5.49	-\$0.34
Seventh Generation Natural Fabric Softner 40oz	\$5.99	\$5.29	\$0.70
Biokleen BAC-OUT Spray Stain & Odor Remover 32oz	\$8.65	\$8.99	-\$0.34
Biokleen BAC-OUT non-Spray Stain & Odor Remover 32oz	\$7.79	\$9.49	-\$1.70
Seventh Generation toilet bowl cleaner 32oz	\$4.69	\$4.39	\$0.30
Earth Friendly Floor Cleaner 22oz	\$3.99	\$3.99	\$0.00
CitraSolv Multi purpose cleaner 22oz	\$4.09	\$4.49	-\$0.40
CitraSolv Natural Cleaner - Degreaser 8oz	\$6.29	\$7.29	-\$1.00
Seventh Generation Natural Carpet Spot and Stain Remover 32oz	\$4.37	\$4.99	-\$0.62
Seventh Generation All Purpose Cleaner 32oz	\$4.69	\$4.39	\$0.30
Biokleen All purpose Cleaner 32oz	\$6.35	\$7.99	-\$1.64
Bon Ami polishing Cleaner 14oz	\$1.39	\$1.09	\$0.30
Biokleen produce wash	\$4.79	\$5.69	-\$0.90
Seventh Generation Automatic Dishwasher Gel 45oz	\$5.26	\$6.49	-\$1.23
Totals	\$123.42	\$133.89	-\$10.47

our savings at the Co-op reduced the impact on our checking

account. We saved \$10.47 on our list by shopping at the Co-op.



Salad Bar Update

by Steve Kobs, Co-op store manager, manager@moscowfood.coop

Remember the great Salad Daze fundraising feast we had back in February of 2009? We ate Co-op gourmet lasagna and raised \$3,000 for the installation of the new salad bar. And then nothing happened. Actually, the worldwide economic meltdown happened and we had to put the salad bar plan on hold.

Now with the Co-op on stronger financial footing, the

new salad bar is back on our planning list. We hope to have it installed before summer as we work out the specifications. While we wait, our pre-packaged salads have been a strong seller.

Pre-packaged salads are located just past the sandwich bar. Usually Harvest, Greek and Italian salads are available with your choice of dressing. The varieties change each day.

Ten Bucks for Your Deli Fave

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

Co-op members, want to win \$10 of your favorite Co-op deli items from the Co-op coffee bar, salad case, hot bar, grab and go, or sandwich bar? You tell us about your favorite deli food, beverage or treat--and if we print your message, you will get a \$10 coupon to spend as you wish for any Deli product.

Send your Deli Fave entry to: outreach@moscowfood.coop. Email up to 100 words about something you love from the Co-op deli. Include your name and contact info, and we'll do the rest!

Check out this example and send us your own:

Deli Fave: Pockets, Cheap and Easy

by Bill London

The Co-op deli offers both a breakfast and lunch item that is perfect for anyone who wants a quick, cheap, and easy meal. For \$2.99 (yup, not even three bucks!), you get a tasty folded sandwich item (like a mini-calzone) stuffed with your favorite stuff. At each meal, the Deli offers three options: vegan-vegetarian, tofu, and sausage. They are all good and filling. The next time someone whines that McDonalds has the only inexpensive meal around, hand them a pocket.

Paper or Plastic? Neither, of Course.

by Miriam Kent, Co-op pre-cycling czaress

Hate to admit it, but those clever words on a re-usable bag are from, yup, Wal-mart. I added the "of course" to make it more mine. Truth is...cloth bags are the ultimate, sustainable (and I think, do-able) solution. Annie Hubble, my dear friend, says that living in Britain, her family always went to market with their own cloth bags.

In Switzerland, Germany, Holland, Ireland, Italy, and Belgium, shoppers must pay a fee for plastic bags. Spain, Norway, Britain, and Australia are also considering a ban or tax on plastic bags (according to an article in *National Geographic News*).

At our Co-op we offer recycled (inspected and clean) paper bags, new paper bags, cloth ones to purchase—and, we hope, second-hand clean ones at our Pre-cycling Station at the front of store.

Remember "Hanging Chads"? Well, our Bag Tree idea has morphed into...yup... "Hanging Bags." Look for them! Need a bag? Take a bag. Got a bag? Leave a bag.

Forgot yours in the car.... again? No time to get it? Become part of our Bag Goals Solution: More cloth bags, more recycled bags, fewer new bags!

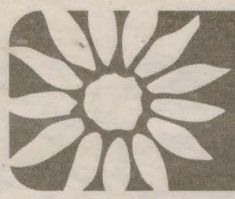
P.S. Or...avoid bags altogether—use a box!

Helping Haiti

by Sarah MacDonald, Co-op floor coordinator and project volunteer

After the devastating Haiti earthquake in January, we placed two donation boxes at the Co-op front registers for open donations. Since then, Moscow Food Co-op shoppers have given over \$800, which will be donated to the American Red Cross for Haiti relief. Whether it was pocket coins, change from your transaction, or the several \$10 and \$20 bills that were placed in these boxes, you have all shown amazing compassion

and willingness to help a worthy cause. On behalf of the citizens of Haiti, we thank you for your contributions!



A Dime in Time: Orphan Acres

by Sharon Rieser, Orphan Acres volunteer

Thank you to the Co-op for choosing Orphan Acres to receive the *A Dime in Time* award for April. The mission of Orphan Acres Equine and Wildlife Rescue, Rehabilitation and Sanctuary, Inc. is to provide care and rehabilitation for abandoned, neglected, abused, and malnourished horses, while educating the public regarding the issues surrounding rescue and rehabilitation and all aspects of horse ownership and care.

Orphan Acres has been in existence since 1975. As of 2010 over 3,000 horses and other animals have been placed in our care with over 2,500 animals being adopted into caring homes after being rehabilitated through the

work of our volunteers. We are providing the horses with a second chance at life.

Brent Glover is the founder and president of Orphan Acres, Inc., the oldest horse rescue program in the state of Idaho. Through volunteer opportunities, classes and clinics, all of which are provided at no cost to the participants, our programs benefit the community as an educational facility and help people gain an appreciation for the animals and what they require in order to flourish. We average 20,000 hours of volunteer help each year.

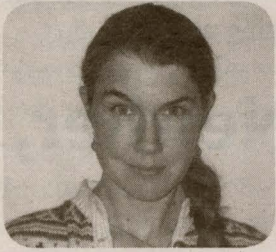
Over 600 volunteers come from the University of Idaho and Washington State University

organizations of future veterinarians, pre-vet clubs, collegiate horse clubs, animal science and wildlife majors. We also average another 75 volunteers from local groups such as FFA, 4H, churches, Upward Bound, Head Start, YMCA, Boy Scouts, community learning center and others interested in learning about the care of horses and other animals that are sent to us.

No one receives a salary at Orphan Acres and all funds received from the *A Dime in Time* program will be used to care for the horses. We welcome visitors and volunteers at our facility in Viola, where we presently are caring for 79 horses. You might find a horse that you



would like to sponsor or adopt. Please check out our Web site at <http://community.palouse.net/orphanacres>.



Strengthening Community

by K. Sequoia Ladd, Participating Member Coordinator, participate@moscowfood.coop

Community: A group of people living in a particular local area; common ownership; agreement as to goals; a residential district; (ecology) a group of interdependent organisms inhabiting the same region and interacting with each other. — WordNet online dictionary

Cooperatives generally operate

based on core values called the Seven Cooperative Principles; the seventh Cooperative Principle, entitled "Concern for Community," is my personal favorite. It reads thus: "While focusing on member needs, cooperatives work for the sustainable development of their communities."

In our strategic plan, one of the major Co-op goals is to strengthen community. One of the specific goals under this "umbrella" is to "develop and implement a long-term vision for the participating member (volunteer) program that offers meaningful opportunities for member-owner involvement." Put another way, how can the Participating Member program serve the diverse needs of our community, and provide an experience that is enriching for our participating members?

The Moscow Food Co-op has a large community to serve. It isn't operating just for a group of like-minded individuals in Moscow. We serve *all* of Moscow, *all* of Pullman, and *all* of the residents who live nearby in large and small towns and rural areas. We serve members of *all* income classes, *all* cultures, *all* religions, *all* sexual orientations and *all* political affiliations. We serve thousands and thousands of community members. Voluntary and open membership is the first Cooperative Principle; it is pretty much guaranteed that our members will have very different perspectives and ideas about how the Co-op should operate and what the policies should be.

I have ideas floating around in my head about what our Participating Member program

could do to serve our community and I want to hear about your ideas, especially if they are different than mine. For example: Home delivery of groceries to members who are not able to drive or to leave home often. A team of Participating Members who seasonally help to put in raised beds to grow food for individuals or families who would have a difficult time affording the supplies and tools. A library of books members could read on loan, that reflect Co-op values. The list goes on.

More importantly, what are your ideas? How can our Participating Member program better serve our entire community? Are there some big goals we can strive toward? If we agree on some goals, there may be many dissenting ideas about how to achieve them, but if we are willing to roll up our sleeves and work as a community, those different ideas could lead to some very creative, "out of the box" action plans that will help us achieve our goals. Dissent can be a community strength, as long as we are willing to move beyond it and work toward the greater good of the entire community. Tell me your ideas via email or a phone call, or we can sit down in the Deli and chat (my favorite). My email is participate@moscowfood.coop.

MOSCOW FOOD CO-OP

Co-op Mamas & Papas!

For new-ish parents and expecting parents

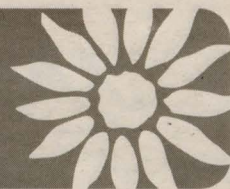
Co-op Mamas and Papas
Wednesdays, 9:00 am in the Co-op deli

Free hot drinks, support, information, samples, gifts, special guests, friends, fun!

Get regular email updates about Mamas and Papas; sign up by emailing outreach@moscowfood.coop

Co-op Mamas & Papas is meeting here at 9:00am each Wednesday in the Co-op deli area. Please join us!

121 E 5th St, downtown Moscow
208-682-8537 • www.moscowfood.coop



Outreach Report

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

Our Backyard Chickens 101 class filled up quickly in March so Sequoia will be offering it again soon. Watch for announcements about it in the store!

We're bidding a fond farewell this spring to Jennifer Whitney who has so ably coordinated our What's Cookin' classes for the past several years. She's not leaving town, just starting a brand new job! Congrats, Jen!

We'll continue offering classes similar to the What's Cookin' series in our "Essential Cookery" series. We've already got a Japanese bento box class in the works for the fall, and are looking for other enthusiastic and experienced cooks who would like to share their favorite recipes and techniques. Ethnic and international cuisine is always popular, as are classes on special diets and artisan foods.

If you are interested in teaching a class or volunteering to help with prep work and clean-up in exchange for free attendance, please contact outreach@moscowfood.coop.

The Moscow CommUNITY Walk received \$493.10 from Dime in Time donations in February. Great job, Co-op! The March recipient was the Palouse HIV Consortium, and the recipient for April is Orphan Acres. Please see their article in this newsletter for more information. Keep remembering your cloth shopping bags and non-disposable coffee cups...

Impulse Giving dipped in January and February, so in March, to encourage everyone to give it a try and maybe even start a new habit, the Co-op decided to match Impulse Giving donations up to a total of \$2000. The Impulse Giving organizations were pretty excited about this; we'll report next month on how well our matching campaign worked!

The Engagement and Outreach committee is considering ways to help low-income Co-op members have better access to the healthy and delicious food at the Co-op. One idea: a renewable discount that would be offered for a six-month period to Co-op members who have EBT cards,

WIC vouchers, or who qualify for other kinds of federal or state aid. If you have any comments or suggestions about this topic for the Committee please email engage@moscowfood.coop. And remember, the Co-op already accepts EBT cards!

The Co-op is looking for non-profit organizations that would like to have a food booth for fundraising during our Tuesday Growers Market this summer. The market runs each Tuesday from 4:30 - 6:30 p.m. from May through October (weather permitting) and we hope to schedule at least one fundraising food booth each week. Please email outreach@moscowfood.coop for more information.

Dear Moscow Food Co-op Family:

Thanks for teaching us about the community and your job! Thank you for providing a rich learning experience for the kindergarten students!

Mrs. Branen and the kindergarten of Palouse Prairie School

Dear Moscow Food Co-op:

Thank you for donating food to the breakfast for Haiti, and contributing to a great fund-raising success.

Nancy Casey

Dear Moscow Food Co-op:

Thank you very much for your support for the Central American Youth Ambassador Program! We really enjoyed visiting your store and learned various ideas from your business. This program would not have been this successful without your cooperation. We are hoping to have the same kind of program in the future and are looking forward to working with you again.

Yours truly,

The CAYA team: Rebecca Brown, Bob Neuenschwander, Jill Kellogg Serna, Lubia Cajas Cano, Koko Valgenti, Heather Ropelato, Natasha Everheart, and Willy Nussbaum

Dear Moscow Food Co-op:

On behalf of the teachers, students, and staff at St. Mary's School, we would like to express our deepest appreciation for your support of the annual auction. Your contribution of the beautiful dessert helped make our "Disco Inferno" a successful event. Providing an exceptional education is part of our mis-

sion. Fundraising is integral to achieving that mission and to the success of our school. The generosity of donors like you enables us to provide an evening of entertainment and at the same time meet our fundraising goal. We thank you for your continued support, we could not do it without you.

Respectfully,

Tanya Volk, St. Mary's School Auction Committee

Dear Moscow Food Co-op:

I want to take this opportunity to thank you for participating in the Moscow High School 2010 Career Fair. The career fair was a huge success and without you that could not have been possible. Our students came away from the career fair with lots of information about various career options... We look forward to having you participate next year.

Sincerely,

Diane Potter

Moscow High School

Dear Moscow Food Co-op:

The International Programs Office at the University of Idaho would like to thank you for your generous donation to our 2010 Spring International Student Orientation. We sincerely appreciate the warm welcome you extend to the students from many cultures that come here for higher education. Your contribution was given as a raffle prize for our incoming international students and introduced the students to the Moscow business community. The new students were very excited and thankful to receive gifts from local merchants and were impressed with your generosity.

Sincerely,

Heather Ropelato

International Student Advisor, University of Idaho

Dear Moscow Food Co-op:

On behalf of the Latah County Human Rights Task Force, I wish to express deep appreciation for your contribution to the 2010 Martin Luther King Jr. Human Rights Community Breakfast. The Breakfast was a great success. Once again we had a sell-out crowd and a wonderful program. One of the outstanding parts of this event is the participation of Moscow High School students who assist in decorating, serving, and hosting. The intergenerational aspect of this program educates and inspires

young people to carry on the work of ensuring human rights for all. Your support of our organization means a great deal to the cause of fairness and justice in our community.

Sincerely,

*Joann Muneta
Chair, Latah County Human Rights Task Force*

Dear Moscow Food Co-op:

Thank you so much for the money in the amount of \$510.50 from your January Dime in Time program. We appreciate it so much and it will go to help with the installation of a new air filtering system and new carpeting in the basement of the Alliance House.

Thanks again,

Alliance House Board of Directors

Dear Moscow Food Co-op:

We greatly appreciate the support and visibility we received from A Dime in Time. Thank you!

Steve

Sojourners Alliance

Dear Kenna and Carol:

We wanted to thank you again for coming and presenting to our club. Your time and effort was very much appreciated. The presentation went very well and we think that the students gained a lot of insight about the Co-op as well as the questions that you answered for them. We have enclosed a summary of the evaluation from the attendees. As you can see everyone really enjoyed the presentation as well as the information. We would recommend you to speak at other events like this in the future. Once again, thank you and we will be seeing you at the Co-op.

Sincerely,

Anna Roberts and Caylee Ketchum, University of Idaho Nutrition Club

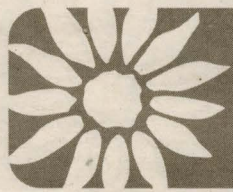
Dear Moscow Food Co-op:

I would like to extend a heartfelt thank you to everyone who participated in the blood drive held on 1/20/2010. There were 20 generous donors registered and we were able to collect 11 units of life-sustaining blood.... Thank you again for making a difference in your community.

With Gratitude,

Alicia Neely

Inland Northwest Blood Center



Natural Products Expo West Celebrates 30 Years of Promoting Better Living

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

In a span of ten minutes I sampled new Straus Farms yogurt, a gluten-free burrito, fair-trade dark chocolate with some sort of chili baked inside, and a vegetarian buffalo chicken wing... There is only one place anyone could (or would) do such a thing: Natural Products Expo West in Anaheim, California.

The warnings I received from my co-workers who had experienced this sensory overload in past years could not prepare my stomach, taste buds, or feet for what was to be endured March 11 - 14. And then there was the sun and palm trees...

Mark, Melinda, Joan, and I began our adventure walking in the mild warmth of the sun to the Organic Tent. This tent is set up annually on Thursday before the BIG show begins. A mix of old and new, this tent is a cornucopia of food, drink, and non-food products. Having a small setting for the first event of the show was a great primer for what was to come. Some highlights included Wholesome Sweeteners' agave syrups in flavors and single-serve versions of Good Belly drinks.

Robert Kenner, director of *Food, Inc.*, was on hand following an afternoon showing of this important documentary. Mr. Kenner was witty, sincere, and thoughtful while sharing his stories of the triumph, sorrow, legal wrangling, and outtakes from this controversial film.

Friday was a fun-filled day of new companies, new products, visiting with old acquaintances, and making new friends.

“Our stomachs and feet of steel powered through three days of this ritual and we survived to tell the tale.”

The lower level of the gigantic Anaheim Convention Center (over 20 football fields of space for the facility!) was a mix of companies recently established or new to the natural products markets. We enjoyed Three Twins organic ice cream from northern California, Daiya dairy/soy-free cheese on pizza (it melts and it is deeeelicious!) and new flavors of the northwest treat, Sahale Snacks.

The BIG show was on the main floor and was a sea of booths. Nonetheless, it flowed well and was crowded by 56,000-plus shoppers – many on the same mission we were: to taste new products and make connections to those producing these products or representing the companies. I believe all four of us succeeded! Methodically moving from one booth to another, we made our way through a maze of products. As we tasted what caught our eyes and noses, products slowly revealed their value or lack-there-of. Our stomachs and feet of steel powered through three days of this ritual and we survived to tell the tale. Friday evening we joined our main supplier, United Natural



Julie, Joan, Melinda, and Mark at the Natural Products Expo West

Foods, for a small reception to visit with colleagues and snack on some food—seriously unnecessary, but we kept on eating. The next reception was hosted by our “mother-ship,” the National Cooperative Grocers Association. Our foursome was able to rub elbows with the folks who take care of us and others who enjoy the privileges of membership to this group. We also were treated to the unveiling of the new NCGA branding. The current branding is “Co-op Advantage”; “Co-op + Stronger Together” is the new branding and is what shoppers will see on our “everyone” sale signs in the near future.

One of the most profound elements of the Expo, in my humble opinion, was a presentation by an inspirational figure in the environmental awareness realm, Bill McKibben. One of his works, *The End of Nature*, takes a look at how philosophy and technology have led our environment to its current condition. His recent project, an organizing effort called “350.org,” has been making headlines and promoting change from large

metropolises to obscure beaches. Mr. McKibben was intelligent, humorous and incredibly inspiring. I felt like marching out of the ballroom in which he was speaking and starting a revolution! However, McKibben and his students had already started it and I had another day of product discovery to plow through.

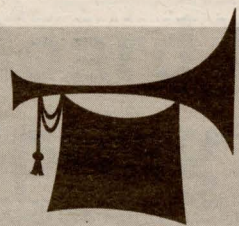
We wrapped up Sunday, the last full day, with a breakfast hosted by Presence Marketing and Pamela's Products (the Co-op carries their gluten-free cookies and baking mixes.) The women from the company are absolutely delightful and generous. In the evening, we enjoyed a “last supper” at a local eatery and cheers to another year. It was truly a celebration as there were times I thought the crowds, the vast array of foods I was gobbling up, or my throbbing feet would certainly be my end. In conclusion, the teamwork of grocery and wellness, the sun and palm trees, and our passion for the environment and providing the best products to our customers helped us complete our mission and live to write about it!

Next Board Meeting and Breakfast with the Board

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

The next Board of Directors meeting will be Tuesday, April 13, at 6 p.m. in the Fiske Room at the 1912 Center. Public comment time is at 7 p.m. The agenda will be posted in the store as soon as it is prepared, about a week before the meeting. The public is welcome at the meeting.

Breakfast with the Board will be at 11 a.m. on Saturday, April 24, in the Co-op deli area. Stop by for a free coffee and muffin and a chat with board members. The topic will be announced in April; check the bulletin boards in the store for more details!



Co-op Shoppers Speak Out:

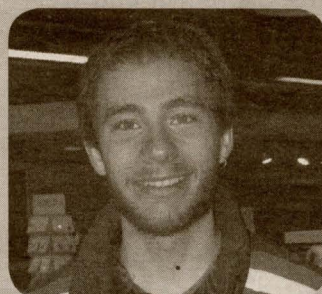
Asked by Ashley Fiedler, Co-op newsletter volunteer, at the Co-op on March 13, 2010

Have you visited the Co-op Web site (www.moscowfood.coop)? What did you find?



"I haven't been on the Web site. I feel that the information should be in the store."

—Carole Rapo, Switzerland, University of Idaho student



"I have at some point awhile ago, looking for events."

—Jamal Lyksett, Moscow, UI student



"Yes. I was looking for a recipe. I also show it to other people to expose them."

—Mary Zuber, Moscow, X-ray technician



"No. I would look for certain products and brands to see if the Co-op carries them, since I am from the Valley."

—Annie Hughes, Clarkston, RN



"No. I didn't know there was one. I'm going to go home and check it out."

—Azera Avedagic, Pullman, student



Yes. Sometimes I get on to look for who's playing and at the calendar."

—Brian Gill, Moscow, musician



Kudos for Bob's Red Mill

by Peg Kingery, Co-op chill and frozen buyer

Bob Moore, founder of Bob's Red Mill, gave his employees an amazing present on his 81st birthday—his company! On February 15, Moore announced that through the creation of an Employee Stock Ownership Plan (ESOP), Bob's Red Mill is now an employee-owned company. What that means for consumers is that we're guaranteed that the company's values and high quality standards will continue into the future.

"It's been my dream all along to turn this company over to the employees, and to make that dream a reality is very, very special to me," Moore states on the Bob's Red Mill Web site. "This is the ultimate way to keep this business moving forward."

Moore could have sold his company many times for a lot of money, but didn't. Instead he

has passed the "entrepreneurial torch" to his employees, instilling in them that hard work provides rewards.

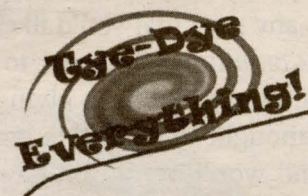
Bob's Red Mill Natural Foods, Inc. was founded in 1978 with the mission of moving people back to diets containing whole grains, high-fiber, and complex carbohydrates. It has averaged an annual growth rate of 20-30 percent over the past 10 years. The company offers a diverse line of all-natural, organic or gluten-free grains, flours, cereals, and mixes for pancakes and baked goods. It has a dedicated gluten-free manufacturing facility and adheres to strict organic protocols. In the gluten-free manufacturing facility, each product is tested for gluten content before and after packaging. These products must meet Bob's Red Mill's standard of no more than 20

parts per million. This facility is also dairy and casein-free.

The creation of the ESOP will not affect any of the company's day-to-day operations, its mission, or the quality of any of its products. It is an awesome way to reward their employees, many of whom have been with the company for years, for their contributions to the company's success and growth.

The Co-op carries many of Bob's Red Mill's products. In the baking section, you'll find 10 gluten-free flours and baking mixes; two organic flours; eight all natural flours; dairy whey; tapioca pearls; and egg replacer. Across the aisle in the cereal section, look for three gluten-free hot cereals and two all-natural cereals. From now on, whenever you purchase Bob's Red Mill products, be assured there are a

lot of very happy employees providing them for you!



Most Colorful

Little Shop Downtown!

Check out our bigger store!

Behind Mike's Gyros,

527 S. Main

Monday-Sat 11:00-5:30

*Don't forget - co-op members

get 10% off!

208-883-4779

www.tyedye-everything.com



Taste of the Palouse

by Joan McDougall, Co-op Grocery Manager, grocerymgr@moscowfood.coop; photos by David Hall, Co-op newsletter volunteer

The happy smiles and conversation around the Co-op was a sure sign that Taste of the Palouse was a good time. On February 27 and March 6, the Co-op sponsored this fun food festival, offering our customers a chance to meet the local producers who supply us with their unique products—and to sample their products as well.

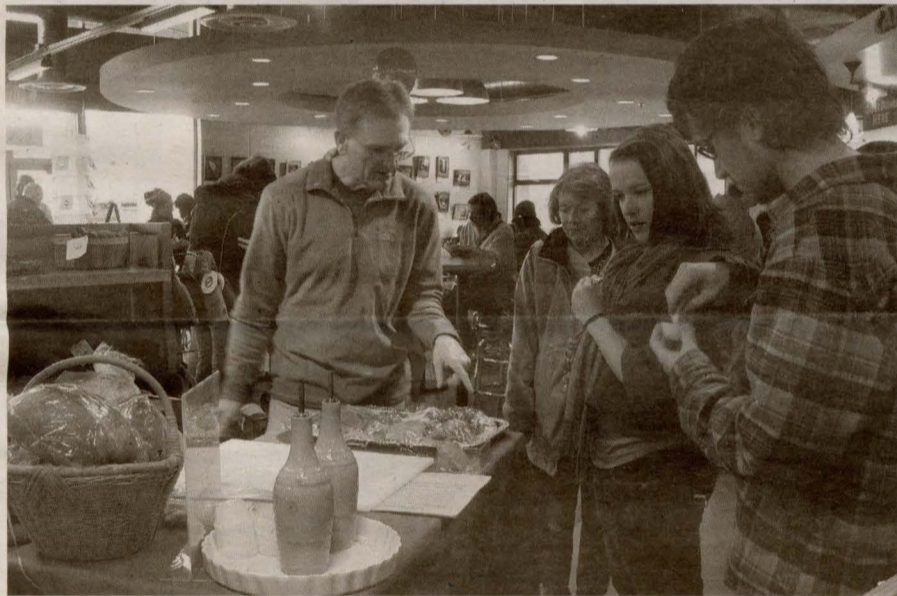
We always enjoy hosting the vendors who help make our Co-op so unique. These folks are incredible and usually have fascinating stories behind their products. Customers were able to taste local products and meet

the passionate folks who create them. Whether it was Virginia, who has been providing us with the best salsa and tortillas for years, or Trish from Spokane Family Farms, a recent and welcome addition to our dairy offerings, we trust that customers tasted at least one new product they were curious about and now can't live without.

For myself, I'm leaning toward Amy's toffee, but the Bronzestone hummus is so good too... Thanks to everyone who participated. We are delighted and grateful to be bringing good food to good people.



Simple Joys—All Natural Goat Milk Soap



Sage Bakery offered samples of a variety of its breads.



Patrick Merry, Merry Cellars (left), poured several types of wine.

Co-op Community Cookbook

by Laurene Sorensen, Co-op Community Cookbook volunteer

Did last month's article (on favorite cookbooks and why we love them so) inspire you to look at your own bookshelf? While you were looking, did you notice any gaps that you'd like the *Co-op Community Cookbook* to fill?

This month I've been giving more thought to what this book will and won't be. Will it have more in common with *Mastering the Art of French Cooking* (Child, Bertholle, and Beck), *The Moosewood Cookbook* (Katzen), or *The Silver Palate Cookbook* (Lukens and Rosso)? (Does anyone else think "silver palate" sounds like a fancy prosthesis?) Will it be a natural foods cookbook or a mainstream one?

It depends. Our primary goal is to put together a book of recipes that you can make using ingredients available at the Co-op. Our recipes will be "natural" in the sense that they involve cooking

from scratch and use minimally processed ingredients. However, Carol Spurling (my co-editor) and I aren't out to produce a natural foods cookbook in the pure, restrictive, labor-intensive, '70s sense of the word. (Check out *Wings of Life* by Julie Jordan if you like that sort of thing.) Some of our recipes will include sugar, meat, or white flour. Others will use honey, tofu, or quinoa. You probably won't see recipes for lobster, white turnips, or veal, unless the Co-op starts selling them in the next few months.

Another of our goals is outreach. We hope that you will buy the *Co-op Community Cookbook* as a gift for your friends here and elsewhere, and they will enjoy making the recipes, and their friends will say, "Wow! Where did you learn how to make that?" Toward this end, we want users to have an

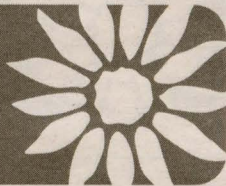
easy time finding and affording ingredients that will work in the recipes. So when you submit recipes, there's no need to specify "organic bananas" or "turbinado sugar" unless that level of detail is essential to the recipe's taste or success. We'll put in some kind words for organic and less-processed foods at the start of the book, but leave the shopping up to the cook.

A third goal is to advocate resourcefulness and deter waste. This means we're not going to tell you to put 1-percent milk into a recipe that will work equally well with whatever unflavored milk or grain beverage is in your kitchen right now. The book's preliminary table of contents includes "Resourcefulness" sections that cover substitutions, use of leftovers, and freezing extra portions. My inspiration for these

sections is the "Gather Up the Scraps" sections in the *More-With-Less Cookbook* (Longacre), which I forgot to add to my "favorites" list last month.

Now, it's time for this month's homework: What are your most resourceful kitchen tricks? Do you use flat beer as a soup stock ingredient? How do you keep what's in those recycled containers in the fridge from becoming science projects? If you had three unexpected dinner guests, what would you serve them? Brand names are okay here. Send your "food hacks" to cookbook@moscowfood.coop. See you next month!

A former Betty Crocker Family Leader of Tomorrow, Laurene started cooking for money at age 15, when she learned how to run a fryolator and when to call the bouncer. She loves whole foods, especially whole milk and whole-belly fried clams.



Board Report: Moscow Food Co-op Annual Spring Meeting

by Andrika Kuhle, Co-op board member

Please come to the Moscow Food Co-op Annual Spring Meeting, at the 1912 Center, on Sunday, April 4, from 4 - 6 p.m. At the meeting, you can visit with the people of your Co-op community, enjoy some finger food, have one last chance to cast your vote for four members of the Co-op Board of Directors, and learn about exciting things such as new bylaws, committee work, and the financial footing of your store.

New bylaws you ask...? After nearly two years of work, the board recently adopted a new set

of bylaws. This has been a process that started in 2008 when Mark Mumford, our legal counsel, suggested we update our bylaws. Since that time, three different boards have dedicated much time and energy to them. Our bylaws are essentially the rules that tell the board how to operate. In other words, they are the contract between members and the board. We'll have copies available to look at, and we'll highlight the changes (such as allowing for member dividends, and requiring a member vote for future revisions). The new

bylaws will also be posted on the Co-op Web site.

In 1998, members voted to eliminate the need for a membership vote on bylaw changes. The directors believe that members should be involved in bylaw changes, and in the future, revisions will be voted on by the Co-op membership. This change strengthens the democratic control of our store.

Our annual meeting will conclude this year's board of directors election. If you missed the candidate forum on March 25, you can meet candidates at the

annual meeting. You can also cast your ballot at the annual meeting. Election results will be announced soon after the April 4 meeting.

Andrika Kuhle is one of seven Co-op board members, and finds the Green Commerce Committee to be her favorite board activity. With the coming of spring, she is deciding which robust plants to put in her itsy-bitsy garden with the help of her not-so-itsy-anymore children (ages five and seven).

APRIL SUGGESTION BOX

Regarding the idea that Co-op Board members who put in more than 12 hours monthly on Co-op business could receive a stipend, perhaps the Board would be kind enough to put it to a membership vote before deciding they deserve to be paid just like the boards of any other \$7 million business.

—Eric

Eric thank you for weighing in on this issue. Several board members, including Chris Norden and Dena Neese, are requesting we cut down on the number of committees a

board member serves on. However, the bulk of our work is done in committees. Thus, we are investigating whether a stipend would be suitable. I am not sure why you think the Board will not include the members in this decision. Perhaps whoever is giving you this information is not informed. The Board will hold a Breakfast with the Board (BWB) meeting this spring to gather feedback, suggestions and solutions for fairly rewarding volunteers putting in many more than 12 hours a month. Also the person giving you

information does not seem to be aware that according to both our old and newly adopted By-laws, the Board cannot compensate themselves without putting this to a member vote. Thank you for your feedback and join us at BWB, to be announced at a later date, on this topic.

—Kimberly Vincent, President of Co-op Board

Member Appreciation Day Thursday, April 22

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Volunteer Profile: Blair Van Pelt

by Todd J. Broadman, Co-op newsletter volunteer

If Blair Van Pelt represents the generation of future leaders, we are in good hands. She is passionate about personal health and the health of the planet and is guided by a practical understanding of what does and does not work. I enjoyed listening to her story and her path to Moscow.

"When I was younger," she said, recalling her childhood aspirations, "I wanted to be an intelligence officer in the military." And Blair actually lived out part of that goal, serving four years in the U.S. Army, an experience sufficient to change her direction. After receiving a medical discharge, she moved to Hawaii "to focus on my health and figure out what I wanted to do next."

She recovered her health while in Hawaii and in the process came to appreciate "the complicated nature of our food system." She described the apparent contradictions of living in a tropical paradise: "Fruit is literally falling from the sky," and yet "nearly all of the food there must be imported!"

Blair looked more closely at the food system in Hawaii. "I decided to learn as much as I could about eating locally and was becoming healthier at the same time. I knew I wanted to study sustainable agriculture." And it was the University of



“On the pragmatic side, Blair sees many answers in industrial hemp. That’s right—hemp, illegal in the States.”

Idaho’s stellar reputation in this field of study that led her to Moscow. She is now pursuing a B. S. in Agricultural Industry Management/Communications and also working on the Cultivating Success Certificate in Sustainable Small Acreage Farming.

"The instant I arrived in Moscow," Blair enthusiastically shared, "I knew I would be comfortable living here. I was thrilled to see so many 'locally grown' labels." The Moscow Food Co-op was her very first stop. She soon started getting involved and volunteering. As a Co-op volunteer, Blair arranges store posters and will be helping out with the upcoming elections. The Co-op’s philosophy reflects her own values. "I see sustainable food production as crucial to our ability to have long, happy, healthy, and fruitful lives on this planet."

"We need a paradigm shift," she began, when I asked what is most needed, "in the way people are treated and the way we produce things. We need a broader perspective on how our choices ultimately affect this planet and future generations." At the local level, she pointed to Moscow’s Backyard Harvest as an example of "addressing hunger within the community in a way that truly benefits the community."

(Does this all sound like the path of someone who was born in Beverly Hills, California? Blair’s Dad was an air cargo executive and her Mom designed toys.)

On the pragmatic side, Blair sees many answers in industrial hemp. That’s right—hemp, illegal in the States. I learned that the plant is legally grown for commercial use throughout much of Europe, India, China, and Canada. She explained that "hemp has the potential to be a part of the solution to our global food, fiber, and plastic needs."

Blair enjoyed March’s Food on the Table conference, and shares her excitement for another Farmer’s Market season beginning in May.

Todd, wife Corinna, and son Micah enjoy it here: the gently rolling hills and the local community’s creativity. Todd is currently writing a novel.

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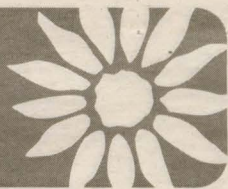
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Local Producer: Organics are for Everyone

by Johna Boulafentis, Co-op newsletter volunteer

I love treasure hunts. Therefore, I dare you, reader, to explore the Co-op's sweetener section and locate "the ancient sweetener," the phrase used by Colleen Sundlie, owner of Organics are for Everyone, to describe her product. Your quest will end when you have a jar of delicious and nutritious date syrup in your hand.

Although Organics are for Everyone is a new company that started last October, their product is not. The story of Colleen's discovery of date syrup and the resulting business is an interesting one. Living in the United Arab Emirates for three years while her husband taught at a university, Colleen explored local markets and places that Westerners typically do not. On one occasion, when she was examining a jar of date syrup, a group of women encircled her and raved about the taste and medicinal properties of the product, telling family stories of a wonder cure-all. Colleen's own family fell in love with the syrup and there began her journey into the world of "delightful dates."

Colleen educated herself about the history, the production process, and the nutritional value of the product. According to Colleen, Middle Eastern people have been enjoying date syrup for thousands of years. The Bible most likely refers to it with the words "fruit honey." Today it's widely produced and distributed throughout the Middle East. Before production, dates, which come from the date palm tree, must dry for nearly a year. Then through steam extraction, the syrup drips out of the dried date. The syrup retains the nutritional value of the fruit; it's high in iron, magnesium, and potassium. Colleen explained that it's minimally processed compared to most other sweeteners. With



“Although initially, Colleen and her family relied on their date syrup for baking and for topping pancakes and waffles, customers began sharing alternative uses such as a salad dressing, drizzled on flatbread and chevre, or added to milkshakes.”

other products she said, "You'd have to eat a bucket" to obtain the same nutritional properties.

She began thinking of starting a business when she and her family visited the United States during summer vacations and could not find date syrup. She learned that the syrup wasn't readily available for a few reasons, largely because California date companies will not invest in the same production equipment as used in the Middle East, and because many people did not know date syrup existed.

These factors motivated Colleen to consider an import business. Before moving from the U.A.E., Colleen traveled to many Middle Eastern countries to find an organic producer. Since pesticides are widely used, finding pesticide-free dates and syrup free of heavy metals proved challenging. However, through an extensive investigation of companies and contacts, her search ended when a supplier in Israel met her qualifications.

After returning to the United

States, Colleen and her family moved to the Palouse and her husband began teaching at Washington State University.

In addition to being a full-time mom of two sons, she spent a year figuring out aspects of the business such as importing, customs clearances and Food and Drug Administration approvals.

Colleen's target market includes "foodies," those who are health conscious, and folks seeking whole foods. However, she noted that the product "reaches out to many people. People may love it even if they're not food conscious." Although initially, Colleen and her family relied on their date syrup for baking and for topping pancakes and waffles, customers began sharing alternative uses such as a salad dressing, drizzled on flatbread and chevre, or added to milkshakes.

Colleen describes herself as a "foodie" and loves meeting new people. She enjoys food demonstration events such as the Co-op's "Taste of the Palouse" because they offer opportuni-

ties to educate consumers about the benefits and uses of date syrup. She explained that people commonly confuse dates with prunes or figs, so it's helpful for folks to taste the date syrup and learn some facts.

Besides the Co-op her date syrup is available in Coeur d'Alene and at Pike Place Market in Seattle, and on the website www.organicsareforeveryone.com. The Web site provides recipes and even allows customers to add their own!

In the future, Colleen plans to add more products to the company and go through a distributor. For now, she's just "trying to get her feet wet" and is focusing on marketing the product she loves, her very own date syrup.

When sharing the date syrup with her dad, Johna learned that as a child in Greece he knocked fresh dates from trees with his slingshot.

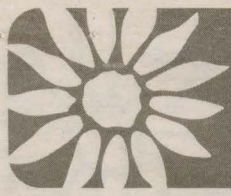
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Staff Profile: Kentaro Murai

by Amy Newsome, C-op newsletter volunteer

Kentaro Murai, who also goes by Ken, began working at the Co-op as a grocery stocker four years ago. His parents met in Japan where his dad, Seiichi Murai, was working for Hitachi Shipbuilders and his mom, Janet Wolf, was hired to teach English to the Hitachi employees. They were later married in Hawaii, a nice halfway point for family traveling from Japan and the United States.

Soon after being married, they moved to Uniontown and Ken was born a couple of years later. The Wolfs have been farming on the Palouse since the 1800s. An only child, Ken went to elementary school in Colton through eighth grade. Before he began ninth grade, his grandparents moved off the farm to Good Samaritan Village in Moscow. Ken's family then moved to the farm, which is south of Moscow on Thorn Creek Road. Ken's dad has been helping on the farm, which grows wheat, lentils and dry peas, since their move to Uniontown nearly 30 years ago. Ken admits, "There hasn't been an August in my entire life that I haven't worked on the farm."



"Some of the concert photos I took are being used as album art."

In order to live in the expensive city of Chicago, Ken also did landscaping and a short stint with the Census Bureau doing address canvassing. He enjoyed his time in Chicago, happy to catch some concerts of many of his favorite bands, but conceded that if he wanted to save any money he'd have to move back to

Moscow.

Ken is currently working at the Co-op just one day a week and works on the farm four days a week. He splits his time between staying on the farm and staying in an apartment in Moscow

that he shares with a couple of friends.

Ken is part of the non-profit organization, Friends of KUOI, which books shows at Mikey's Gyros and the 1912 Center in order to promote regional bands.

After reading my staff profile about Christine Cavanaugh a few months back, Ken learned that the University of Idaho offers a degree in Music Business. He is looking into enrolling in the program this fall. He joked, "So, your newsletter article will change my life." I'm excited to see just what the future holds for Kentaro.

Amy and her husband will be enjoying downtown Seattle about the time of this newsletter's release. Lovers of everything Japanese, their daughters and a few of their daughters' friends will be attending Sakura-Con, a three-day Japanese Anime and Manga Convention.

"After reading my staff profile about Christine Cavanaugh a few months back, Ken learned that the University of Idaho offers a degree in Music Business. He is looking into enrolling in the program this fall."

With the move, Ken began attending Moscow schools. I wondered if the transition to Moscow schools was a difficult one.

"I liked Colton schools but I knew that the larger Moscow schools could offer more. I also already had a few friends at the junior high school, so I was fine with the move."

Both his parents speak both English and Japanese, so Ken was raised speaking both languages. They've traveled to Japan a dozen or so times to celebrate the New Year with extended family in Osaka.

After graduating high school, Ken began attending University of Idaho and lived in the dorms at Old Gault Hall. "It was fun, kind of like *Animal House*, nothing like the new L.L.C.s (Living Learning Communities) they have now."

In 2007, Kentaro graduated with a degree in General Studies with a focus on photography. He was a photographer for the

University of Idaho *Argonaut* newspaper for a couple of years and served as the photo bureau manager for a time.

In 2006, he began as a disc jockey at KUOI and he continues his show, "Audiodrome," today. If you enjoy old-school country and western, garage rock, and post-punk music, you can take a listen on Tuesdays from 8:30 - 11 p.m. on 89.3 F.M. With his interest in music, Ken became a fan of Chicago's Bloodshot Records. So in 2007 when he was passing through Chicago to retrieve a vehicle his mom purchased from Vermont, Ken set up a visit to Bloodshot Records. According to their website, Bloodshot Records is an independent record label where "punk, country, soul, pop, bluegrass, blues and rock mix and mingle and mutate." After visiting, Ken set up an internship there from 2008-2009. A small company with just seven full-time employees, Ken helped with everything from the mailroom to website support to photography.

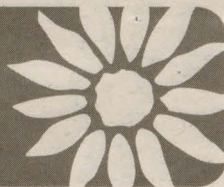


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Omnivoria: Yakety-yak!

by Jamaica Ritcher, Co-op newsletter volunteer

Up until recently, I knew very little about yak. I thought it was probably similar to water buffalo, and knew that the Co-op carries Idaho-raised yak in the freezer section. I also knew the name yak made me think less about dinner and more about garrulous speakers (yak, yak, yak) and 1950's pop chart hits ("Yakety-yak—don't talk back!"). When I told my kids we were having yak for dinner, they responded to the idea of a new, experimental dish the way they often do: "Yuck."

Now, however, my kids eat their words. Don't let the name dissuade you. Yak is delicious.

Of course, others have known this for centuries. Yak, (a wild cousin to cows) are native to the Himalayas, where they've been bred with local cattle and domesticated, providing an important source of meat, milk, and fiber for over 4,000 years. The animals were brought to North America in the 1920s and it seems they are now getting some real notice.

And for good reason. As far as grazing animals go, yaks are easier than other bovines on both the land and our hearts. Pound for pound, yaks consume roughly 30 percent of the forage that beef cattle do. When it comes to the amount of land required for a herd, they simply need less of it.

The Co-op's yak meat comes from Tamarack Ranch, based in Santa, Idaho, so in addition to being less intensive on the land, they're also pretty local.

Yak meat also has the heart-healthy distinction of being up to 97 percent fat free. Native to cold climates, yaks store fat in a thick layer around their muscle, like an extra blanket. The muscle tends to have very little fat "marbling" and the fat layer is easily removed.

If you wander over to the meat section to ask Brennus about yak meat, one piece of advice he is certain to share is, "You have to add oil." Indeed, the meat is so low in fat that if you don't add oil, you risk scorching what you really just wanted to brown.

Because yak is raised on an entirely grass/hay diet its meat is high in Omega-3's and Conjugated Linoleic Acids—up to 35 percent higher than in grass

“Yak, (a wild cousin to cows) are native to the Himalayas, where they've been bred with local cattle and domesticated, providing an important source of meat, milk, and fiber for over 4,000 years.”

fed beef. One might consider yak the salmon steak of red meat. (Yak meat is actually lower in fat than salmon.)

And of course: yak meat tastes really good. When I made it for the first time, I chose a recipe that required a ground meat texture, (the Co-op stocks Tamarack Yak ground and packaged in roughly one-pound portions), but was not at all saucy (I wanted to know what yak tastes like).

I tried a recipe that, like yak, seemed also to be bogged down by its name: Texas Tacos. Because the recipe calls for pecans and raisins, any positive reviews on Epicurious.com had been countered by others incredulous at the thought of associating Texas and tacos with pecans and raisins—even though the pecan is the Texas state tree!

The first thing I noticed about the yak meat was its deep red color. With the help of a little additional olive oil in the pan, it browned beautifully. Its texture was slightly different from ground beef in that it didn't crumble into quite so fine pieces, but this was in no way a drawback in our house. Interestingly, despite yak's low fat content, my family's consensus was that yak meat was particularly rich in flavor and notably juicy.

While the International Yak Association website has a number of tasty-looking recipes for yak (see www.iyak.org), I thought Texas Tacos was a winner. The raisins added a subtle sweetness against the cumin and ancho chile, and the pecans contributed another level of texture. Give them a try with Bearitos Taco shells, some shredded lettuce and Virginia's salsa.

Texas Taco Filling

significantly adapted from *Bon Appétit*, Nov. 1992, and *epicurious.com*

- ▶ 1 pound ground Tamarack yak meat
- ▶ 1-2 Tablespoons olive oil
- ▶ 1/2 cup finely chopped onions
- ▶ 3 cloves garlic, minced
- ▶ 1/4 cup diced carrots
- ▶ 1/4 cup diced celery
- ▶ 1/2 cup tomato sauce (I pour off juice from canned stewed tomatoes used for other recipes)
- ▶ 4 teaspoons ground cumin
- ▶ 1 teaspoon dried ancho chile
- ▶ 1-1/2 teaspoons salt
- ▶ 1/4 cup chopped raisins
- ▶ 1/4 cup chopped pecans
- ▶ 1/4 cup chopped cilantro

Heat oil in a pan over medium heat. Add onion, garlic, carrots, and celery and sauté for about five minutes until vegetables begin to soften. Add yak meat, cumin, chile, and salt, breaking up the meat with a wooden spatula as it browns, about 10 minutes. Pour the tomato sauce, raisins, and pecans and cook until heated through. Remove from heat. Stir in cilantro and serve.

Jamaica lives in Moscow with her husband and two kids. In addition to thinking and writing about food, she's working on creative writing of other sorts at UI.

4:30 to 6:30 weekly in the parking lot of the Co-op

- fresh produce
- meats
- eggs and live chickens
- flowers
- live music

Tuesday Growers Market

Accepting applications for Tuesday Growers Market!

The Co-op is planning its 2010 Tuesday Growers Market and we are looking for growers who are interested in participating either sporadically or as anchor vendors.

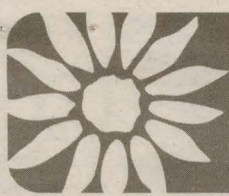
The Tuesday Growers Market runs from May 4 (weather permitting) through the end of October.

The cost for a season will be \$75 for a full stall (parking space) and \$40 for 1/2 stall. Walk-on fees will be \$5 for a full stall and \$3 for 1/2 stall.

This year we are allowing value-added food products. Products must be made locally and include at least one item grown by the seller. We are not accepting craft items.

Contact Britt Heisel, Tuesday Growers Market Coordinator, for applications or more information: growersmarket@moscowfood.coop

121 E 5th St, Downtown Moscow
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www.moscowfood.coop



Allergy and Gluten Free: Lighten Up

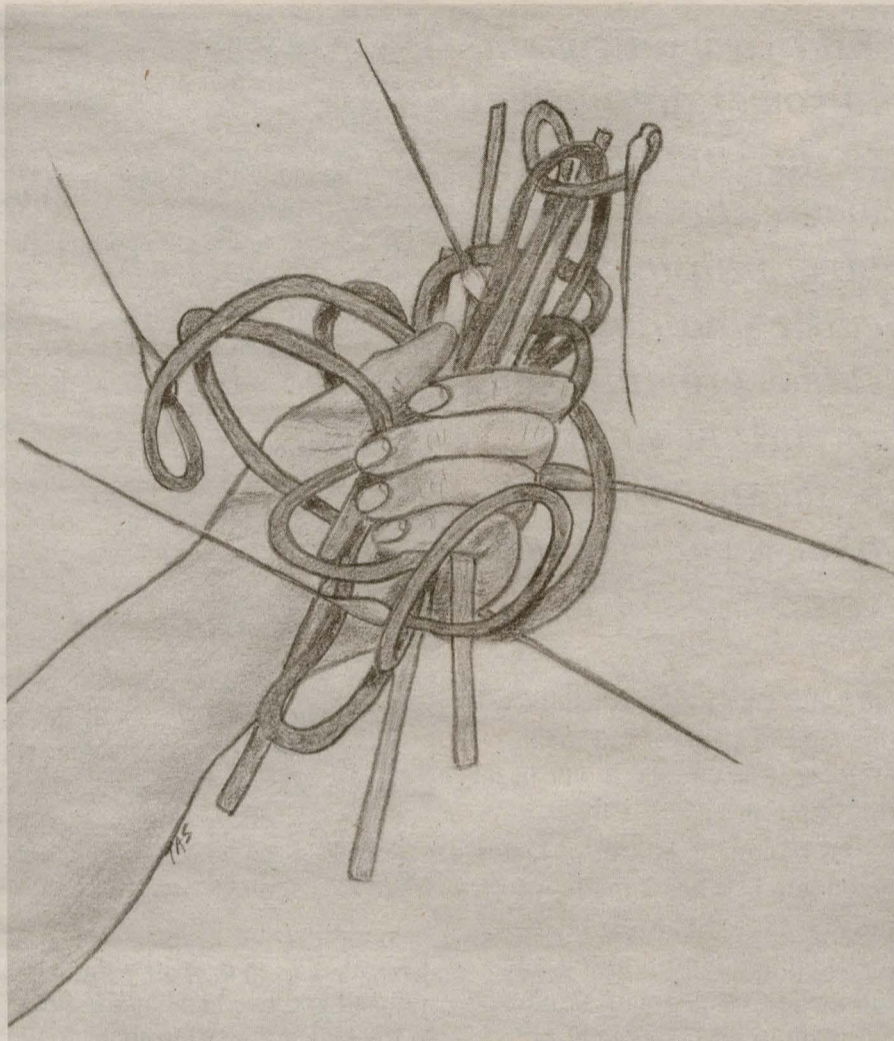
by Terri Schmidt, Co-op newsletter volunteer; illustration also by Terri

It's April; flowers are beginning to bloom, birds are chirping, spring is in the air. Heavy coats are tucked away and the closets are getting a spring cleaning. As we cast off the weight of winter, it's a good time to think about how we can lighten up in other ways.

Eating locally and seasonally is a good way to lighten our impact on the planet. The less food we truck or fly across the country the fewer emissions we'll have in the air, the less fossil fuel we'll burn, and the less damage we'll bring to our highways.

Eating food that is local and freshly picked means getting more nutrition into our bodies. When our bodies react to various foods and we have to eliminate items from our diet, it makes it harder to get all the nutrients we need. Buying fresh local organic food helps us get the highest nutritional value possible, because the sooner we eat produce after it's picked, the higher the vitamin content.

Another advantage to eating locally grown and organic food is the avoidance of GMO's (genetically modified organisms). The Organic Consumers Organization notes, "The huge jump in childhood food allergies in the U.S. is in the news often, but most reports fail to consider a link to a recent radical change in America's diet. Beginning in 1996, bacteria, virus, and other genes have been artificially inserted to the D.N.A. of soy, corn, cottonseed and canola plants. These unlabeled genetically modified foods carry a risk of triggering life-threatening allergic reactions, and evidence



collected over the past decade now suggests that they are contributing to higher allergy rates" (www.organicconsumers.org/articles/article_5296.cfm).

Our local organic farmers will soon be providing us with fresh spring produce. While farms in the spring won't be loaded with the amount of produce we get in late summer, you can soon find wonderful organic green vegetables like lettuce, spinach, watercress, asparagus, peas, garlic scapes, and fresh herbs.

Eating locally and seasonally is the best option, but I do cut people with allergies a little slack in this area. Wanting to add in a few foods from farther away is understandable when you have a

long list of foods you cannot eat. I had to eliminate local nightshade vegetables – tomatoes, peppers, eggplant, and potatoes (darn it!) To add variety to my diet I do eat some long-distance foods, like avocados, which will never be in season in Moscow.

One way we can lighten our cooking is by using water instead of oil to sauté our vegetables. "Heating an oil changes its characteristics. Oils that are healthy at room temperature become unhealthy when heated

"When we have to eliminate items from our diet, it makes it harder to get all the nutrients we need. Buying fresh local organic food helps us get the highest nutritional value possible."

above certain temperatures" (http://en.wikipedia.org/wiki/Cooking_oil). The pilaf recipe on this page is made with veggies sautéed in water. I have found water to work just as well as oil and it leaves the fresh taste of the vegetables unhampered. You can sprinkle some sesame or olive oil into the pilaf after it is cooked, giving you the flavor of the oil without the health risks.

Garlic scapes are one of the joys of spring and they will soon be showing up in the Co-op's produce aisle. This garlic scape pesto recipe is from Tovah Isaiah Gidseg's blog spot (www.glutenfreebay.com). It is a great alternative to traditional pesto and is free of all of the top eight allergens.

Terri planted her first garlic cloves last fall and is watching expectantly for the curly scapes to show up.

Spring Pilaf

- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 bunch spinach
- 2 cups gluten-free chicken or vegetable broth
- 1 cup brown rice
- 2 tablespoons fresh dill
- salt and pepper to taste
- 1 bunch asparagus, cut in pieces
- 2 cups snap peas, stringed and cut in pieces

Place onions and garlic in a large saucepan with about 1/4 cup of water and sauté until tender, adding water as needed. Add chicken broth and bring to a boil. Add rice, spinach, and seasonings and bring back to a boil. Reduce heat to low and put on lid. Cook for 45 minutes. Meanwhile sauté the asparagus and peas in water until tender-crisp. Set aside. When rice mixture is cooked, stir in peas and asparagus.

Garlic Scape and Toasted Pumpkin Seed Pesto

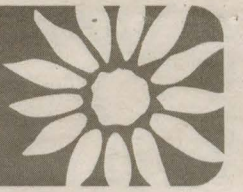
Gluten-Free/Soy-Free/Dairy-Free/Vegan/Pareve
(<http://glutenfreebay.blogspot.com/2007/08/garlic-scape-toasted-pumpkin-seed-pesto.html>)

- 3 tablespoons lemon juice
- 1/2 cup pumpkin seeds, untoasted and unsalted
- Approximately 15 garlic scapes, raw or lightly sautéed
- 1/2 cup extra-virgin olive oil
- 1/2 teaspoons sea salt
- 2 teaspoons nutritional yeast
- Optional: ground black pepper to taste

Place pumpkin seeds in a dry, preheated skillet over medium flame. Stirring frequently, allow pumpkin seeds to toast until they brown slightly. They will puff up and start popping. Remove immediately from heat and pour into a bowl. Allow them to come to room temperature.

Cut scapes into 2-inch pieces. Add all ingredients to food processor and blend until smooth. Add warm water or additional olive oil to thin, if desired.

Note: If you use pumpkin seeds that you removed from a pumpkin yourself (as opposed to pre-packaged, dry pumpkin seeds) you may want to follow directions for cooking them first.



Into the Cupboard: Make it from Scratch

by Ivy Dickinson, Co-op newsletter volunteer

I am straying from my normal format this month in that instead of focusing on a single ingredient, I want to focus on a whole category of food that contains multiple ingredients. The reason for my diversion was sparked by the “living lightly” theme for this month’s newsletter. When I think about what living lightly means to me, I try to focus on the little things I can do to reduce my ecological footprint. The first thing that comes to mind is to cook more from scratch. By cooking more items from scratch, I am able to hand-select ingredients that are sourced locally (the Co-op’s bulk department has a great selection), and because I actually enjoy cooking, I can reduce my ecological footprint without feeling like I have to make a huge sacrifice or give up something I love.

Bake your own bread! This one thing can make such a difference. I would guess that most households go through at least one loaf of pre-made bread each week that has probably been shipped to Idaho from a com-

pany in New York who got their ingredients from Oregon. When all is said and done, your slice of bread has traveled 6,000 miles to get to your plate and has a huge carbon footprint.

I will also admit that I wanted to tackle this topic because so many people I talk to are completely intimidated by making their own bread even though they have never tried. Bread is really a simple beast with a remarkably simple ingredient list; you just have to get past the idea of that multi-step, multi-hour process. Focus on the increments.

After being inspired by my friend Nick, I will admit that at this point my favorite bread recipes are often made over the course of several days. These recipes are appealing because with the exception of baking day, they require only about ten minutes per day.

Homemade bread also tastes markedly better than commercial bread; once you incorporate the making of it into your routine, you’ll never go back. I love being able to pull out a loaf of

homemade bread to share with company or to be able to enjoy it fresh out of the oven. This first recipe was selected with just that in mind. It is a family challah recipe that I have made dozens of times. It is light, fluffy, amazing right out of the oven with butter and honey, and it makes awesome French toast.

My second recipe is a three-day whole wheat country loaf that has been slightly modified from the version in *The Bread Bible* by Beth Hensperger. It is an easy recipe (just take it one step at a time) that yields great results.



Ivy thinks that all other bread geeks out there should also check out the section in Harold McGee’s book on the evolution of bread. No way justice could be done to it here. Email ivyrose7@hotmail.com with all other questions and comments.

Challah

- 2 cups milk
- 8 tablespoons butter
- 1/3 cup granulated sugar
- 4-1/2 teaspoons active dry yeast
- 4 eggs, at room temperature
- 2 teaspoons salt
- 6 cups unbleached flour
- 1/3 cup cornmeal
- 1 tablespoon cold water

Bring milk, 6 tablespoons butter, and sugar to a boil in a small saucepan. Remove from heat, pour into a large mixing bowl and let cool to lukewarm. Stir the yeast into milk mixture and let stand 10 minutes. Beat 3 of the eggs, and then stir them and the salt into the milk mixture. Stir in 5 cups of flour one at a time until you achieve sticky dough.

Turn the dough onto a floured work surface, sprinkle with additional flour and begin kneading. Add flour as necessary until you achieve a smooth elastic dough (youtube has dough kneading videos if you need guidance.) Wash bread bowl, and smear with remaining 2 tablespoons of butter. Add dough to bowl, turning to coat it with butter. Cover bowl and let stand until dough has tripled in bulk, 1-1/2 to 2 hours.

Turn dough onto a lightly floured work surface, cut into halves, then cut each half into 3 pieces. Roll the pieces into long snakes (about 18 inches long). Braid three snakes into a loaf and turn ends under, repeat. Sprinkle a large baking sheet with cornmeal; transfer the loaves to the sheet, leaving room between for them to rise. Cover and let them rise until doubled, 1 hour.

Preheat oven to 350 F. Beat the remaining egg and cold water in a small bowl. Brush wash evenly over loaves and sprinkle with poppy seeds. Bake in middle rack of oven for 30-35 minutes, or until loaves are golden brown and sound hollow when thumped. Cool and eat.

Pain de Campagne

- **Starter:** 1 tablespoon active dry yeast, 1/2 cup whole wheat flour, 1/2 cup lukewarm water
- **Sponge:** 2 cups lukewarm water, 1 1/2 cups unbleached flour, 1-1/2 cups whole wheat flour
- **Dough:** 3-1/2 to 4 cups unbleached flour, 4 teaspoons salt, 1 egg beaten with 2 teaspoons water

Day One: Combine the starter ingredients in a deep bowl, and whisk hard until a smooth batter is formed. Cover with plastic wrap and let stand at room temperature until foamy and it begins to ferment, about 24 hours. **Day Two:** To make the sponge, add the water to the starter. Whisk to combine. Add the flours alternately, 1 cup at a time, changing to a wooden spoon when necessary, until a smooth batter is formed. The sponge will be very wet. Scrape down the sides of the bowl, re-cover, and let rise again at room temperature for 24 hours. **Day Three:** To make the dough, stir the sponge with a wooden spoon. Add 1 cup of unbleached flour and the salt. Gradually add the rest of the flour 1/2 cup at a time to make a firm and resilient dough.

Turn the dough onto a lightly floured surface and knead until smooth, slightly tacky, and springy, about 5-7 minutes, dusting with flour 1 tablespoon at a time only to prevent sticking. The dough will form little blisters under the surface when it is ready to rise.

Place the dough in a deep greased container. Turn to coat the top of the dough once. Cover with plastic wrap and let rise until fully doubled in size 1 1/2 to 2 hours.

Gently deflate the dough and turn onto a lightly floured work surface. Grease or parchment-line a baking sheet. The dough can make one large loaf or be divided to make 2 medium loaves. Form each loaf into a round shape with tight surface tension and place on the baking sheet. Cover lightly with plastic wrap, let rise for 1 hour at room temperature. Twenty minutes prior to baking preheat oven to 425. Decoratively slash the surface of the bread using a serrated knife and brush the entire loaf with the glaze. Bake in the center of the oven for 40-45 minutes, or until the loaf is browned, crisp, and sounds hollow when tapped.



Lighten Up and Have a Burger

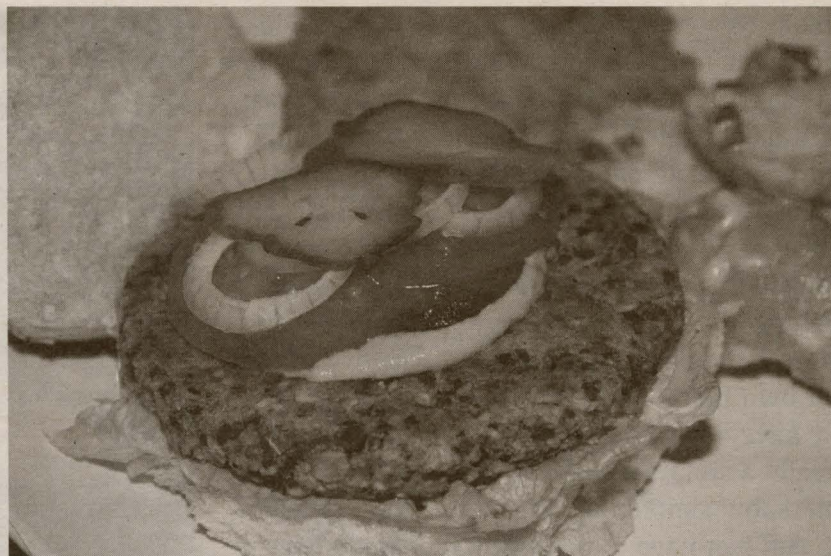
by Caitlin Cole, Co-op newsletter volunteer

What does living lightly mean to you? To me it means living with a happy heart, avoiding unnecessary drama and people who like unnecessary drama, and making lighter food choices. When we choose to eat a plant or mostly plant diet we lessen our carbon footprint which allows us to live more lightly on the earth.

According to a recent University of Chicago study, what we choose to put on our plates can have as much impact on our earth as what we drive. These scientific types used a formula based on average American calorie consumption, average American driving habits, and energy used for food production, and determined that switching to an all-plant diet (also known as vegan) would reduce as much greenhouse gas as would a person's choice to switch from a

sport utility vehicle to a sedan.

I found this surprising. I believed a plant diet was more earth-friendly because of the massive amounts of land and clean water used to raise cattle for meat and dairy. In addition to burning fossil fuel, livestock production emits large amounts of methane and nitrous oxide.



This is nasty stuff, far worse than carbon dioxide. According to the University of Chicago study, one pound of methane has the same greenhouse effect as 50 pounds of carbon dioxide (<http://www-news.uchicago.edu/releases/06/060413.diet.shtml>).

When I first became vegetarian during the mid-1980s I was wallowing in existential angst, trying to fill the void in my diet that I used to fill with meat. I tried the recipes in my new Laurel's Kitchen cookbook I bought from the little health food store down the street from my apartment. I made walnut oatmeal burgers. They came out dry and people made fun of them when I brought them to potlucks, so I gave up and usually ate buns with cheese and mustard.

The first time I discovered a decent-tasting non-meat burger was in 1989 at my favorite haunt, The Great Lost Bear restaurant, in Portland, Maine (the other Portland). I had been there many times with my friend Denise but mostly for drinks and appetizers. On this fateful night, Denise and I sat in the dark bar in our favorite red vinyl booth that had a black and white photo of two bowlers from the 1950s posing with their bowling balls. Our server Tom brought our menus, which had been newly

designed with a little symbol next to each dish to indicate its meat status. I asked Tom what was up with that, and he said it was because their vegetarian customers requested it. At that point I had not even met another vegetarian! Usually I ordered a "Cheese the One" (fancy grilled cheese with veggies) and didn't look at the other offerings. There was a little carrot next to the "Sugar Magnolia Burger" (side bar: the GLB was run by Deadheads) and after getting gently assured by Tom that the "burger" was a "Gardenburger" made by a company in Portland, Oregon (the other Portland) I had my first of many veggie burger experiences. They were not available in grocery stores so I found out about a cook in the kitchen named Blaze who was a vegetarian too, and we bought and split a case from the distributor because they were a rare and precious commodity!

Flash forward to today....there are dozens of commercial veggie burgers made with a wide variety of ingredients to suit everyone's needs and tastes. Find them in our Co-op's freezer section. There are also many resources for recipes using any kinds of ingredients you have on hand. There are countless combinations; it is fun to experiment! After getting over the dry burger syndrome, I had the confidence to try my hand at homemade veggie burgers again with much tastier success. Below are two of my family's favorite burger recipes. They can be made and put in the refrigerator for up to three days, or may be frozen. Lighten up and have a burger!

Caitlin Cole is missing autumn and winter, and is wondering what the next season will bring.

Palouse Burger

- 1 cup dry lentils, well rinsed
- 2-1/2 cups water
- 1 tablespoon olive oil
- 1/2 medium onion, diced
- 1 medium carrot, diced
- 2 teaspoons dried herb of choice
- 1 teaspoon soy sauce, optional
- 3/4 cup rolled oats, finely ground (a clean coffee grinder or food processor works wonderfully)
- 3/4 cup bread crumbs

Place the lentils, water, and salt in saucepan, bring to a boil, lower heat, cover, and simmer for about 45 minutes, until water is nearly gone and lentils are very soft, with splitting skins. Sauté the onion and carrot in oil until soft, about 5 minutes. Mix the lentils, onions, carrots, pepper, herb, and optional soy sauce in the large bowl, then mix in the ground oats and bread crumbs.

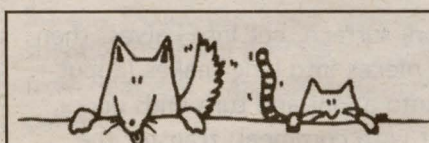
While still warm, form the lentil mixture into patties. To cook, heat a bit of oil in a frying pan, place a burger on top, and fry until brown, 1-2 minutes. Repeat on other side and serve.

Nutty Hemp Burger

- 3 cups uncooked brown rice
- 6 cups water
- 1 cup toasted cashews
- 1-3/4 cups toasted unsalted sunflower seeds
- 1 sweet onion, chopped
- 6 carrots, chopped
- 3 tablespoons hemp seed
- 1 tablespoon hemp oil or extra virgin olive oil
- salt to taste

In a large pot, bring the rice and water to a boil. Reduce heat to low, cover, and simmer 45 minutes.

Using a food processor, grind the toasted cashews and sunflower seeds to a fine meal. Transfer to a large bowl. Pulse the onion and carrots in the food processor until finely shredded, and mix with the ground nuts. Add hemp seed. Place the cooked rice and olive oil in the food processor, and pulse until smooth. Mix into the bowl. Season with salt. Form the mixture into patties. Grill or fry until brown.



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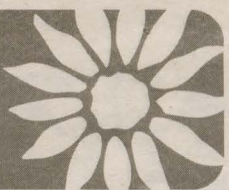
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Letter from the Land: Wild Turkeys

by Suvia Judd, Co-op newsletter volunteer

When I first noticed wild turkeys on Moscow Mountain several years ago I thought they were dogs. On the homeward lap of a pre-dawn spring dog walk I came around a corner into a ponderosa pine stand and heard a sound like barking beagles. Except it came from the treetops.

When I puzzled it out I could hear the noise as the gobbling of roosting toms. Before this I had seen turkey tracks, but after that day I began to see birds, in ones and twos and groups, including hens with poults (babies) and single toms with several hens and many youngsters.

I often see signs that turkeys have been in the woods foraging. They scratch like chickens, but proportional to their size (up to 12 pounds for hens, up to 20 for toms). This open, snowless winter the turkeys have been digging

everywhere; it looks as if someone has been dragging a harrow under the pines.

I have been wondering what the turkeys, being non-native, might be doing to the ecology. Having seen them stalking through late summer brush hunting grasshoppers, like 20-pound dinosaurs on a search and destroy mission, I pictured them turning over the pine needles to suck up colonies of hibernating ladybugs. But Dave Koehler of Idaho Fish and Game tells me they are mainly hunting for pine seeds. Our Moscow Mountain turkeys are probably mainly derived from the Merriam subspecies, which is highly adapted to the ponderosa forest. (Turkeys are opportunistic, so they probably eat whatever they find.)

Turkeys have not been native in Idaho since before the last ice age. They were introduced in

Latah County in the early '70s by the government (probably Idaho Fish and Game) along the Potlatch River, and in 1986 along tributaries of Dworshak Reservoir. These birds were of the Merriam subspecies, *Meleagris gallopavo merriami*, originally from the mountains of Colorado, Arizona, and New Mexico. They have probably since mixed some with birds of the eastern and Rio Grande subspecies, which have been introduced in the broader region.

Our Moscow Mountain turkeys walk down to the Clearwater River breaks in a snowy winter, and come back in the early spring. The males and females congregate in separate groups in the trees overnight, and then the toms begin calling in the trees at dawn, preparatory to courtship displays on the ground. By early afternoon the females will all

have bred and gone off to lay a single egg each. Over the course of a couple of weeks a hen lays 10-12 eggs, which she then begins incubating. The poults hatch out in 28 days, and for the first few weeks eat nothing but insects, then gradually add in plant foods as they grow. Adults eat leafy greens, seeds, berries, insects, and even small reptiles and amphibians.

Turkeys have been wildly successful since being introduced in the region, as shown by the numbers bagged by hunters. In the 1983 season hunters took two birds; in 2005, they took 2,500. If you walk on the mountain, you are sure to see them.

To see pictures, Google "wild turkey subspecies," and to hear the variety of calls, try "turkey sounds."

Suvia Judd lives in Moscow.

Celebrate 40 Years of Earth Day

by Aly Lamar, PCEI membership coordinator

Did you know that Earth Day (April 22) has become the largest sectarian "holiday" in the world? Last year there were more than one billion participants in Earth Day activities. At the Palouse-Clearwater Environmental Institute we enjoy celebrating Earth Day by finding ways to engage citizens in decisions and activities that affect their region's environment. As many of you know, for the past 20 years PCEI has hosted a clean-up of our local waterway, Paradise Creek. Over 150 volunteers come out to take on sections of the creek and return with bags of trash, recyclables and stories of a fun day with their friends and family. Join us this year on Saturday, April 24 at 9 a.m. at PCEI on Rodeo Drive in Moscow.

PCEI has an extensive membership of nearly 1,000. Membership support allows us to continue our valuable work in the region by leveraging other support. In celebration of Earth Day 2010 we have a limited edition, eco-friendly shopping bag featuring PCEI's Earth Day logo. You can receive one of these special bags (made of 99%

recycled content) celebrating the 40th anniversary of Earth Day by donating \$40 or more between now and April 30. For those of you who have previously been members of PCEI, this can also renew your membership! Visit us at any of our events or at our booth at your favorite local co-op throughout the month. For more information please visit our website, www.pcei.org, or call (208) 882-1444.


Aly Lamar is a lifetime member of, and volunteer for, the Moscow Food Co-op. She has been with PCEI for seven years and loves bicycles, coffee, the Co-op and the environment.




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Lightening Up: Raising Tidy Kids In Spite of Yourself

by Jeanne Leffingwell, Co-op newsletter volunteer

Not too long ago I visited an out-of-state friend who'd been keeping up with the saga of my stuff via this newsletter. She wanted to relay a story she thought I might enjoy.

It seems a dear friend of hers had lost her own father, and my pal had offered to help—if there was anything she could do from a distance. It turns out the friend was overwhelmed with her dad's "papers and stuff" so it was agreed that my friend would help by sorting through several boxes, which arrived via UPS on her doorstep shortly after. Everything came with the clear directive:

"Don't throw anything out—just sort!"

My friend brought the boxes inside, opened them up, and was immediately overwhelmed by feelings of helplessness, negative energy, and bad chi. It was as if her home was suddenly haunted. She couldn't think of anything to do but reseal the boxes and send them back, which, needless to say, was the end of that friendship.

But it made me think... There are several lessons here: 1) It gets harder and harder to deal with stuff the older we get. 2) Some plan is better than no plan, or else what you're really asking for is... The Ultimate Shredder/Trashcan/Landfill (which we can't afford any more). And finally 3) Be careful what you offer to help with!

Not to make light of a sad



Bag of kid purgings... ready for 'Miriam's Make-It Place'?

situation, but it reminded me of when our then 8-year-old son lived in a tiny loft in our home for more than a year while we pondered adding another bedroom. The reality of a two-bedroom home with both a son and a daughter was becoming... well, less workable.

Meanwhile the hideaway loft, unbeknownst to me, had become a veritable garbage dump, albeit a fiercely protected one. As in, "Don't you dare go up there, Mom—NO WAY!!"

But finally some kind of parental angst got the better of me. I was also a little scared about hygiene issues. So one school day in early spring, I finally snuck all the way up his ladder, taking along a large clear plastic garbage bag and several laundry baskets.

The first thing I discovered,

upon surveying a multitude of candy wrappers (Ye Gods - from last Halloween?!) was that the guy didn't have a trash can and hadn't thought to ask for one. Geez!

In the next couple hours, I stuffed everything I thought was trash into the clear trash bag and put things I thought were treasures into one basket. The remaining things I wasn't sure of went into two or three other laundry baskets. I removed absolutely nothing from the loft, but I did leave the Mighty Might vacuum up there. When my son arrived home, I told him I'd entered his domain, and then held my breath. Extremely alarmed, he scurried up to check what damage I had done... then handed the big trash bag down to me with hardly a glance at its contents. He proceeded to

vacuum, amazed at the amount of crud he was sucking up. Next he spent a couple of happy hours playing with a freshly disinterred favorite toy or two. Following that, I was surprised at how many of the things in my "unsure" category he was now ready to part with (though it was totally up to me to deal with them). I know he enjoyed the new "spaciousness" because soon after he shingled his ceiling with recycled CDs. Quite the digs!

I believe two keys to future success were at least placed in his possession: 1) While retaining ultimate control of his own "stuff" he both witnessed and participated in successfully "lightening up" from under it. And 2) A seed or two of orderliness may have imprinted on his young brain.

I'm not going to lie and tell you that from then on my son was a model of tidiness. Not! But the guy recently graduated from college, and I was lucky enough to visit the apartment he shared, while he was doing the dishes and cleaning the kitchen... *AND COMPLAINING* that his roommates were slob. Yes!!

Jeanne Leffingwell, a local artist, reports that (according to local police) a "do not enter" policy for kids' bedrooms is UNWISE... deeper legal trouble if there's ever something in there that ain't exactly copacetic.

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Bike Month Activities in Moscow

by Carol Spurling, outreach and membership coordinator, outreach@moscowfood.coop, and Margaret Dibble, Moscow Bike 4 Life committee

The Moscow Bike 4 Life committee is planning these great biking events to celebrate National Bike Month. Save the dates now for:

➔ April 24 - Coffee & Cruisers University of Idaho Bike Event

➔ May 8 - Co-op BikeFest

➔ May 13 - Spoken Word-Bicycle Poetry 7 - 9 p.m.

Location TBA (Kelly O'Neill, oneilk@gritman.org for more info)

➔ May 14 - National Bike to Work Day. Stop by the corner of Sixth and Main 7 - 8:30 a.m. for coffee, treats and FREE bike stuff. Contact Margaret Dibble, m-dibble@hotmail.com for more info.

➔ May 15 - Bicycle the Latah Trail to Troy. Meet at NRS East parking lot (corner of Blaine

St. and Troy Hwy) at 9 a.m. Bring money for coffee at the Filling Station Cafe in Troy. 24 miles round trip, about three hours. Contact Nora Locken at latahtrail@gmail.com or 208-874-3860 for more information.

➔ May 22 - Waffle Ride to Pullman on the Chipman Trail. Meet at the trailhead, corner of Perimeter Dr. and the Pullman Hwy. across from the Palouse Mall. Ride to the Old European Restaurant for breakfast (bring your wallet) with your fellow cyclists. About 17 miles round trip. Contact Nancy Nelson at nancy.nelson.moscow@gmail.com for more info.

May 22 - Trail to Discovery Fundraiser for the Latah Trail. Dinner, Silent and Live Auctions and Entertainment. Contact Nora

Locken at latahtrail@gmail.com or 208-874-3860 for more information.

➔ May 29 - Juliaetta-to-Kendrick Ride & Locust Blossom Festival Parade (in Kendrick) Details TBA. Contact Kelly O'Neill oneilk@gritman.org for more info.

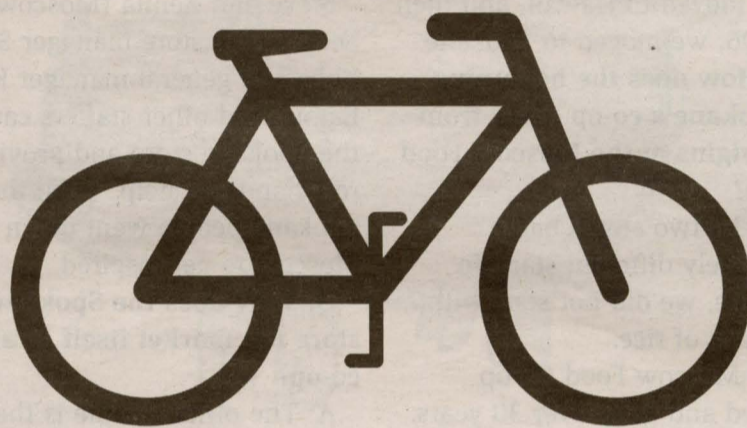
Other events to be announced:

➔ "Tow your Tot" - Bike ride

from East City Park to Patty's on a two-for-one Wednesday.

➔ Nearly Naked Bike Ride - Watch for this some warm evening about 5:30 p.m. Meet at Friendship Square.

➔ Spontaneous Mass Rides around Moscow could happen any time. Feel free to join in.



Celebrate Spring at the Moscow Renaissance Fair

by Marc Fleisher, Renaissance Fair publicity director

The 37th annual Moscow Renaissance Fair will be held Saturday, May 1 and Sunday, May 2 at East City Park in Moscow with an exciting range of activities, food, music, and crafts. As always, there is no admission charge for Moscow's "Celebration of Spring." The fair is open from 10 a.m. - 7 p.m. both days.

Festivities get underway with the Introduction of the Queen and King at 10 a.m., Saturday. Other activities on the Peter Basoa Main Stage include a Maypole Dance, dancers, and an array of music to suit the fancy of all. (Please see the complete music schedule to the right.) And throughout the weekend there are many opportunities to listen to and dance to music, eat and drink, and experience a wide variety of crafts from vendors who come from all over the Northwest.

The Moscow Renaissance Fair is a family affair, offering many opportunities for fun for children. Past fairs have included face painting, a bungee and climbing wall, crafts for kids, raptors, a juggler, as well as music on their very own stage. All are welcome to enjoy the presentations on the Enchanted Forest stage and the activities in the Enchanted Forest.

Expect to find many of your favorite food vendors at the Fair.

You can choose from a variety of food provided by local non-profit groups. The Fair takes pride in its green efforts; all plates and utensils are made of recycled content—even your straw is made from corn, not plastic.

More than 110 artisans from all over the region will be selling crafts at the Fair. Many of your favorites are returning but there are always surprises as you wander the lanes. From tie-dye to batiks, pottery to photography, and more—you are sure to find something for that favorite someone.

So mark your calendar for fun on the first weekend in May. The 2010 Moscow Renaissance Fair is the place to celebrate spring.

For more information, contact Marc Fleisher, mrf_publicity@moscowrenfair.org, (509) 432-6318.

Music Schedule for the 2010 Moscow Renaissance Fair

on the Peter Basoa Stage at East City Park

Saturday, May 1:

- 10:00 Welcome Ceremony
- 10:15 Justin Lantrip
- 11:15 Dan Maher
- 12:15 Sesitshaya Marimba Band
- 1:15 Maypole Dance
- 1:45 Zingara
- 3:15 Mystic Rhythms
- 3:30 Ren Fair Parade
- 4:00 Farko Collective
- 6:00 Jon Warren & The Billygoats
- 8:00 Corn Mash

Sunday, May 2:

- 10:00 John Treasure
- 11:00 Forgotten Freight
- 12:00 Audra Connolly
- 1:00 Farko Collective
- 2:30 Maypole Dance
- 3:00 Lewi Longmire Band
- 5:00 Sugarcane String Band

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Dorothy MacEachern: There's a Co-op in Spokane?

by Bill London, Co-op newsletter editor

Dorothy MacEachern was involved in the creation of Spokane's new food cooperative, the Main Market Co-op. She and her husband, Terry Lawhead, are former Moscow residents.

Q: How were you involved in the Moscow Food Co-op?

A: From 1976 to 1986, I was a Co-op volunteer, board member, and paid employee. Then Terry and I moved to Hawaii, and then in 1996, we moved to Spokane.

Q: How does the beginning of Spokane's co-op differ from the origins of the Moscow Food Co-op?

A: The two stores had a completely different start. In Spokane, we did not start with a few bags of rice.

The Moscow Food Co-op evolved and grew over 30 years. Spokane opened fully stocked.

The co-op in Spokane began with a vision by a few local people. They had an angel investor who supplied both the building and the capital necessary to open the store. The initial group created a board and began fundraising and building a member

base. They got 700 members (including Terry and me) who joined for \$195.

Q: What role did the Moscow Co-op staff play in the preparations for the Spokane store?

A: The assistance provided by the staff of the Moscow Food Co-op was invaluable, and inspirational, for everyone involved in opening the Main Market.

Steve and Kenna (Moscow Food Co-op store manager Steve Kobs and general manager Kenna Eaton) and other staffers came to the Spokane store and provided real hands-on help. Then the Spokane people went down to Moscow to get inspired.

Q: Why does the Spokane store not market itself as a co-op?

A: The official name is the Main Market Co-op. They are afraid that, in Spokane, the word "cooperative" will scare people away. So the sign outside says "Main Market." Also the store is marketed as the downtown alternative.

Q: Do you shop at the Main Market?



Terry Lawhead and Dorothy MacEachern

A: Yes, I like it. It is very pretty. There is one big table in the deli where people who do not know each other can eat together. That clearly builds community.

There is a wide selection of

products. The rooftop garden is great. I am pleased with it. This store suits Spokane and fits the needs of the Spokane people.

Main Market is at 44 West Main Avenue, 509-458-2667, www.mainmarket.coop.

Nutritional Presentation

by Dr. Bailey Smith, D.C., class presenter

Please join us on April 6 at 7 p.m. at the 1912 Center to learn how to "re-educate" your digestive system and contribute more effectively to your own health.

There are numerous nutritional conditions which play a role in our healing and our ability to limit and even eliminate disease processes. Part of participating in a wellness program involves taking an active and educated role in dietary choices. Much of what makes it out into the mainstream media is inaccurate and lacking in emphasis and outcome measurements obtained during the research process.

Many, many disease processes have been found to be associated with the body's inflammatory process, and that should make sense for us. As the body is trying hard to heal and fix itself, it utilizes our ability to create inflammation. As it is fighting a foreign condition, our body fights back with numerous chemical messengers intent on helping us fix the problem. It is when this state of chronic

inflammation cannot be limited that the symptoms of a disease process begin to manifest.

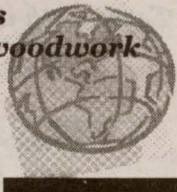
The presentation will focus on how to achieve what so far research has shown to be the most effective and least inflammatory dietary lifestyle while attaining the highest degree of digestive absorption. Please join us on April 6 at 7 p.m. at the 1912 Center. Call (208) 874-3551 or email moscowhealthandwellness@gmail.com with any questions and to reserve your space for this event.

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Vicki Reich's Latest Adventure

by Bill London, Co-op newsletter volunteer

Vicki Reich worked at the Co-op for a dozen years, beginning in 1995. She was the Co-op's grocery manager, and more. In 2007, she left Moscow, and her job at the Co-op, to follow her heart to Sandpoint. And now?

She's living happily ever after.

And she has an incredible job. She's the manager of the new Six Rivers Market, which is an innovative web-based local food cooperative based in Sandpoint. The market's on-line store front (www.sixriversmarket.org) is open for members every week-end from Saturday at 8 a.m.

until Monday at 5 p.m. Local producers list all available local products (locally-grown produce and other food) on the Web site and members order electronically. Then member orders are picked up on Wednesdays at the Sandpoint Events Center.

And how is this new co-op doing since opening in April of 2009?

"The market surpassed our wildest dreams for the first year," Reich said.

In the first year of operations, Six Rivers has posted over \$33,000 in sales of local foods and goods, and brought in 32 active producers and over 160 members.

Six Rivers Market began with adapted computer software originally developed for the Oklahoma Food Cooperative, a similar on-line co-op venture.

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Metal Recycling: Doing the Right Thing Pays Well Too!

by Andy Boyd, Co-op newsletter volunteer

We are generally told that we should recycle because it's good for the environment. I won't argue this point. But I would like to add that sometimes recycling can be good for your pocketbook. This is particularly true when talking about metal recycling.

The Environmental Protection Agency reports that metals make up about 8 percent of our solid waste stream. Of this, approximately 7 million tons of ferrous (iron-based) and non-ferrous metals (aluminum, brass, copper) are recycled, a 35 percent recovery rate. At this rate, landfills in the United States receive over \$1 billion worth of just aluminum every year!

You can pad your retirement accounts by recycling all types of metals. Nonferrous metals usually pay the best. The easiest way to determine if you have a nonferrous metal is by using a magnet. Magnets will not stick to metals such as aluminum, copper, and brass, the most common household nonferrous metals. Ferrous metals such as steel, stainless steel, and iron can also make you a little money. To make sure you get the most money for your metals, be sure they are clean (i.e., no nails, screws, solder, or other debris on the metal). If these are not removed, the value is reduced as these items must be detached by the recycling company.

You can find many of these metals when remodeling or tearing down homes. Aluminum (including window and door frames, siding, etc.) is very lightweight, making it easy to move and collect. Copper is used in piping and wire while brass may be used in fixtures.

Metals may be brought to several businesses in our region:

Latah County: Latah Sanitation (208-882-5724) offers scrap metal recycling at their transfer station for no payment or charge (includes appliances). Moscow Recycling (208-882-0590) offers a competitive price for aluminum cans and a reduced rate for nonferrous metals including clean copper, sheet and cast aluminum, brass, and clean radiators. There is a size restriction: all scrap metal must be no bigger than three feet long or three feet wide.

Whitman County: Pullman Disposal (509-334-1914) offers payment on aluminum cans. The Whitman County Transfer Station (509-334-2400) offers scrap metal recycling for no payment or charge (includes appliances). Board Farm & Metal Recycling in Belmont (208-553-3741) has recently started taking all types of scrap metal and will pay a near-market rate for them. The price you receive for these items will vary depending on how clean your metals are.

Lewiston is where you will get

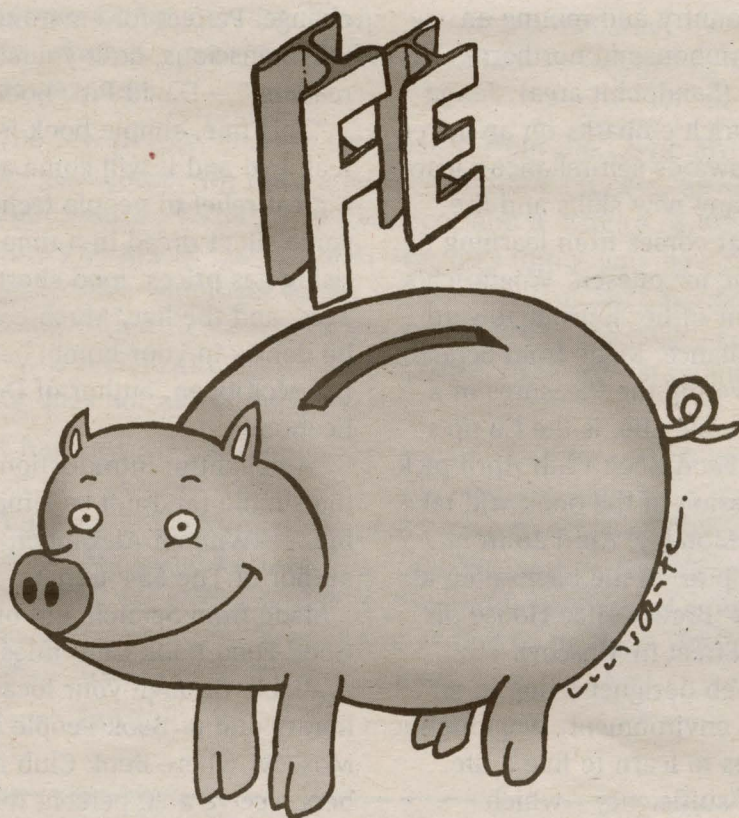
the biggest bang for your metal recycling buck. Pacific Steel and Recycling (888-455-3598) and Sutton Salvage (208-746-0211) will take the widest array of materials and pay the best prices. Both of these facilities pay for aluminum cans, sheet and cast aluminum, high-grade aluminum, stainless steel, appliances, metal fencing, copper tubing, copper wire that is insulated or clean, brass and iron. The price you receive for these items will vary depending on how clean your metals are.

If you only have small amounts of these items you should bring

them to the closest facility. If you have enough to cover your costs and then some, it's likely worth the trip.

Please remember it is a good idea to call ahead to check on prices and hours of operation. Metals are a market-based commodity and prices can change on a daily basis.

Andy Boyd is the manager at Moscow Recycling. He has a Master's in Wilderness Management from the University of Idaho and a Bachelor's in Communications from Ohio University.



Moscow Hemp Fest is Free Fun

by Arlene Falcon, Hemp Fest volunteer

It's spring now, so it must be time for the festival season to begin...and it begins in style, with the 14th annual Moscow Hemp Fest, on Saturday, April 17, from 10 a.m. to dusk in East City Park in Moscow; free and open to the public.

The Hemp Fest has grown over the years to include more speakers, great local and regional music and 30 to 40 food and craft vendors from all over the northwest.

We welcome back many of our great speakers this year. Steve Phun, a Seattle HempFest coordinator, will be back to keep us on track and informed. Adam Assenberg, a medical marijuana patient and activist, will share his insights. We hope to

hear from Tom Trail, (R), our local House Representative. He was unable to attend last year because the House was still in session, but we're hoping he can attend this year and update us on the progress of the Medical Marijuana Legislation he plans to introduce next year in the Idaho Legislature.

We also hope to welcome Serra from Boise who has started the Southern Idaho Cannabis Coalition (www.sicc420.webs.com) She also is involved with Moms for Marijuana in Idaho and Students for Sensible Drug Policy organization (www.myspace.com/idahossdp). It will be great to network with our southern brothers and sisters working towards a better and

more progressive Idaho.

To help celebrate spring and hemp, we have some great music lined up. You'll hear Bill LeVoie and his band, Corn Mash; John Treasure, a newer local singer/songwriter fave; the Simon Tucker Band, rocking us out from Lewiston; Red Coyote, local folkies; and Grateful Live, a local Dead tribute trio. To end the evening, we might have a fire troupe from Sandpoint to fire us up with drumming and dancing. So don't miss out on this year's Hemp Fest, April 17, all day. A great way to celebrate spring in Moscow!

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Good Food Book Club's April Pick: *Made from Scratch*

by Colette DePhelps, Good Food Book Club volunteer

After moving across the country and renting an old farmhouse in northern Idaho (Sandpoint area), Jenna Woginrich embarks on an adventure towards self-reliance—learning many new skills and the joy that comes from learning to provide for oneself. Woginrich's memoir of her journey toward self-reliance, *Made from Scratch: Discovering the Pleasures of a Handmade Life*, is the Co-op's Good Food Book Club April pick. Discussion of the book will take place Monday, April 26 from 7 - 8:30 p.m. in the back room at Sisters' Brew Coffee House on Main Street in Moscow.

A Web designer living in an urban environment, Woginrich decides to learn to live a life of self-sufficiency—which requires she learns to produce her own food, sew, raise chickens and bees and find mentors and guides along the way. Woginrich's story is not only about the joys, sorrows, and triumphs of creating an intentional life, it is also about the importance of community and sharing one's skills, talents, and knowledge with others.

What others are saying about *Made from Scratch*...

"The book ... is simultaneously a lighthearted fish-out-of-water, city-girl-turns-homesteader memoir and a more serious

primer on making a lifestyle change. Perfect for environmentally conscious, do-it-yourself readers." —David Pitt, Booklist

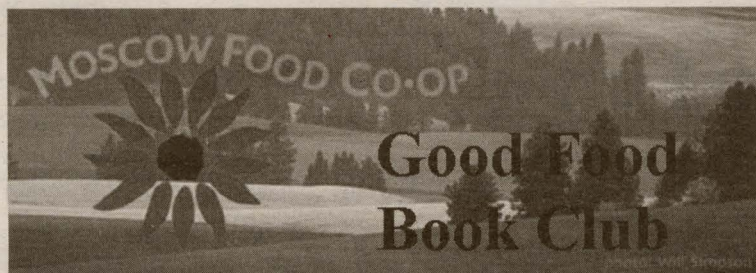
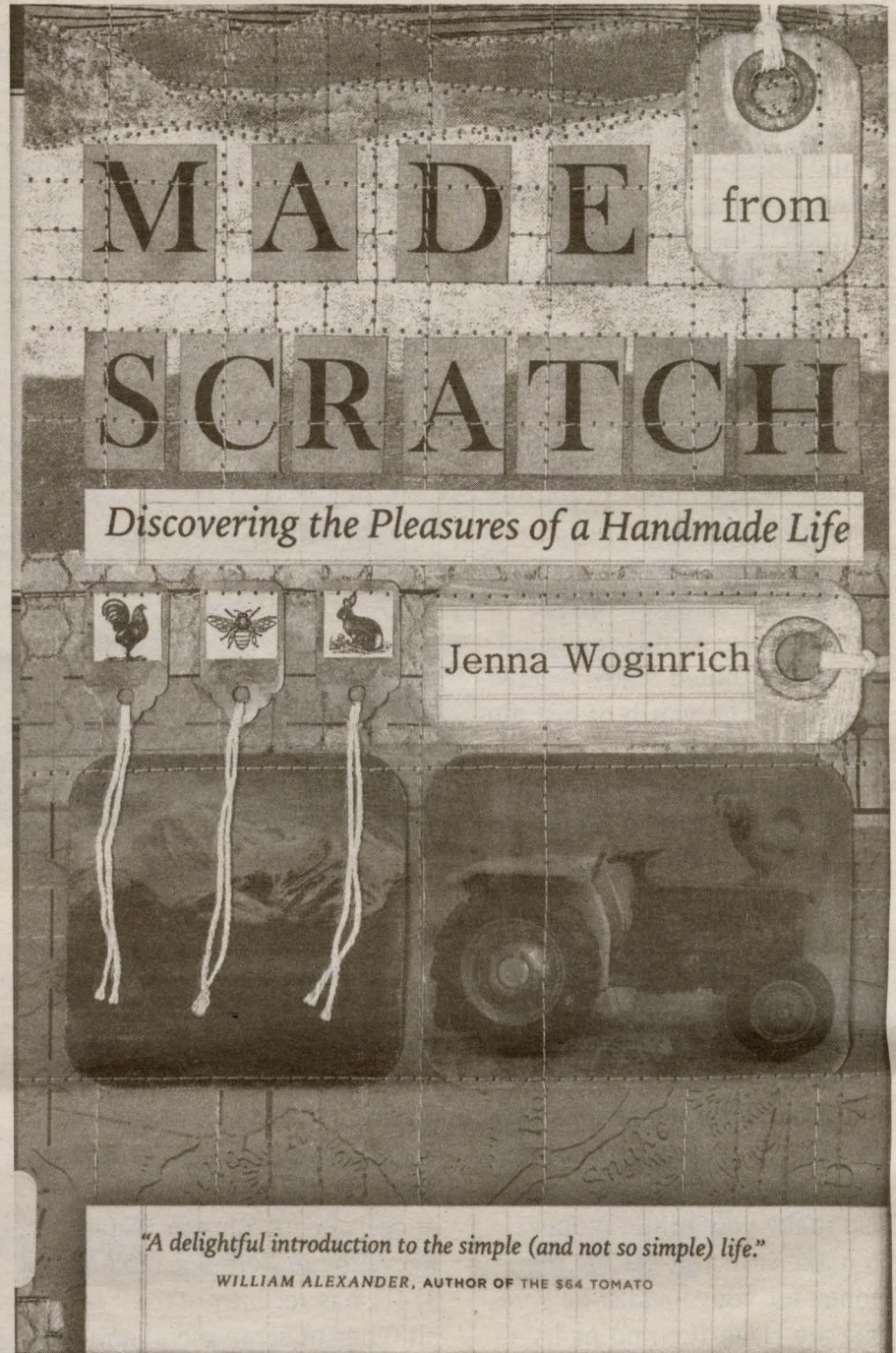
"This fine, simple book is the real deal and it will come as a great relief to people feeling some silent dread in a time of rising gas prices, food shortages, and the like. Much can be done—in your home!" —Bill McKibben, author of *Deep Economy*

"A delightful introduction to the simple (and not so simple) life." —William Alexander, author of *The \$64 Tomato*

Made from Scratch and other Good Food Book Club titles are available through your local library and at Book People of Moscow where Book Club members receive a 20 percent discount.

Please join us for this book discussion Monday evening, April 26, from 7 - 8:30 p.m. at Sisters' Brew on the corner of Third and Main in downtown Moscow.

Also, check out the April and May book club calendar for other Monday evening club meetings. We will be having second discussions of the February and March Book Club titles (*Farm City* and *Hit by a Farm*) and reading another intentional living memoir, *See you in a Hundred Years*.



Come join us in lively discussions about local, seasonal eating and intentional living.

April 12, *Farm City (second discussion)* by Novella Carpenter

April 26, *Made from Scratch: Discovering the Pleasures of a Handmade Life* by Jenna Woginrich

May 10, *Hit by a Farm (second discussion)* by Catherine Friend

May 24, *See You in a Hundred Years: Four Seasons in Forgotten America* by Logan Ward

When: 7-8:30 pm Monday evenings.
Where: Sisters' Brew Coffee House.

Cost: Free.

Look for the books at your local library or purchase them from BookPeople of Moscow and receive a 20% book club discount!

More info? Check out the Co-op newsletter or email bookclub@moscow.coop

At the time of writing this article, Colette is thankful that spring has sprung and color is returning to the Palouse!

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Letter to the Editor

I have been living away from this great small rural yet progressive town for five years now. And I know that towns like these are hard to find. I now live outside of Chico, California, also a college town. Chico might have been more quaint like Moscow twenty years ago.

Many people from Chico are saddened and disillusioned at how their town has become a sprawly city. It lost family owned businesses to heavy carbon-foot-printed chain box stores and restaurants. I think about moving back to Moscow all of the time and really hope that this town never allows such disheartening and "soul-selling-out" growth/development.

I found it sad when I lived in Moscow in the late 1980's when Ken's Stationary had to close down after Wal-Mart moved in and got it's own street and stop-light. Luckily we had the Co-op in Moscow to offer a business of social and environmental sustainable ethics.

But, now I am hearing that the Co-op is practicing it's management and business very much like Wal-Mart or other chain conglomerates like Whole Foods. I understand, based on talking to former employees of the Co-op that the Co-op adheres to "At Will" practices. The "At Will" law gives these corporations free will to violate the civil liberties of their employees. For example, if an employee voices an opinion that the management doesn't agree with or does not want to deal with they can fire that individual without any other justifiable reason. Or diminish their hours until they have no work. I understand that people at the Co-op have been fired for practicing their freedom of speech. What?! What happened to my great business example out there representing the way that I would like to see the rest of the U.S. adhere to-fair and just employment and environmentally sustainable? I expect way more out of our Moscow Food Co-op. Please deliver what your constituents hope you are.

Hopefully and Sincerely, Eva Hallvik



Eva-

Thanks for writing to us. It is nice to hear from a friend and former Co-op member. If what you heard was true, I would be concerned too. Thankfully, we do not "practice" at-will employment.

The few people who are terminated from the Co-op are fired for just-cause. We have a written warning process, all sorts of published work rules and guidance, and a dispute resolution policy to assure due process. The very things you expect a responsible employer to do, we do. It is true that the Co-op, along with at least 80% of the employers in the entire country, is technically an at-will employer. That long standing reality does not affect our behavior.

It has never crossed my mind to suppress free speech or to not be available to staff and members who have ideas or concerns. It occasionally happens that an employee will say something inappropriate to a customer, but no one has ever lost their job because of it. People occasionally make mistakes and are both capable and willing to fix them. We have never fired anyone for their speech.

Kenna Eaton, Co-op general manager

Sending Letters to the Editor

by Bill London, Co-op newsletter editor

We welcome letters to the editor for publication in the Co-op newsletter.

Letters will be printed unedited (assuming the letter is not libelous or profane) if they are emailed and signed.

We require that letters are sent by email to editors@moscow-food.coop

We also require that the author of the letter includes his/her name at the end of the message.

If you have something to say, send us a letter.



Letter to the Editor

On my way walking downtown to volunteer at the Moscow Food Co-op, during a snowy freezing early morning last winter, a car slowed down beside me and a person with a kind smile asked "Would you like a ride?" I smiled back and said "No but thank you very much. Would you like to park your car and walk the rest of the way downtown with me?" I received no reply and I will never forget the look on the person's face. It was probably the only experience in 21 years of full-time pedestrianism that I can find healthy humor in. But now I can see room for much more.

Being poisoned isn't exactly funny, especially when you are just trying to use your common sense. Carbon monoxide in your brain is not fun and Sulfur oxides in your nose will cause problems and Nitrogen oxides do not taste nice.

I wanted to take the opportunity to encourage the people of Moscow to become full-time pedestrians, but I don't want to contribute to mass poisonings. And there are other certain disadvantages: I'm inclined to believe that full-time pedestrians do not have friends, unless you are like me and have hundreds of friends, all of them four- or five-year-olds. It is often difficult for a full-time pedestrian not to feel like an outcast (especially after discovering from a thorough scientific study conducted in 2007-2009 that the ratio of motor-vehicles to pedestrians is 70 to 1 in Moscow) but there are still more trees and birds and wild animals than there are automobiles. It is also difficult sometimes not to be discouraged or saddened with such a reality, but it is also usually not difficult to strategically find pathways that are away from or upwind of traffic-bulged roads and their poisons. In spite of the many predicaments I'm sure you will find that walking ends up being the antidote.

Now I have to take the opportunity to give a big thank-you to the Co-op for having the "Leave Your Car @ Home" discount-cards! I always feel that wonderful satisfaction with each "punch" of my card as I take another step closer to truth with each experience of pedestrianism.

—James Donley, Moscow

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Fun Flix

by Bill London, Co-op newsletter volunteer

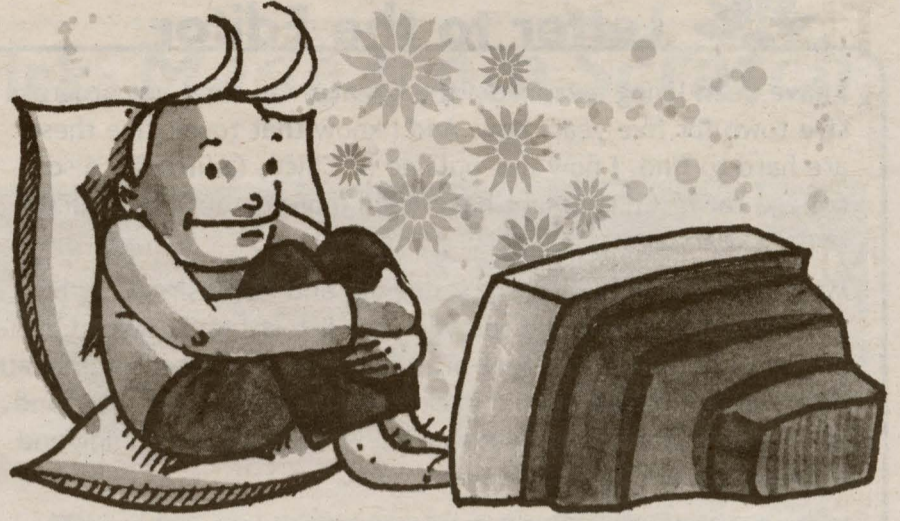
Here's the best videos we've watched lately. What are your favorites?

In Her Shoes....This 2005 film offers no surprises in its storyline. It is a well-written tale of two sisters, the tramp and the attorney, and the way they clashed, changed, and grew together. It is rated PG-13 for no good reason. Be sure to watch the special features on the DVD for a fuller understanding of the film and the motivation of those involved.

Taking Woodstock.... This 2009 film about the iconic 1969 rock festival is not about the music. Instead, the focus is the business of show business, the

process and costs of staging Woodstock. The film revolves around a young dweebish man who lives with his parents at their motel and is trying desperately to build tourism in his backward town in the Catskills of New York. He has a permit for a festival, and the organizers of Woodstock need a permit to stage their event. The film is really about how he and his family awakened during that liberating moment. Very realistic portrayal of the times, and as such, includes pervasive drug use and nudity—but of course, no violence. Rated R.

Up....This 2009 animated film is cute and colorful enough for



kids, but also clever and complex enough for adults. This combination of a well-written script and beautiful animation delivers both message and entertainment. Great movie for all but the youngest children. Rated PG

These are all available at Howard Hughes Video in down-

town Moscow.

Bill London edits this newsletter and is comforted by Gina's safe return from Florida and her grandchild fix.

Co-op Crossword Puzzle

by Craig Joyner, Co-op newsletter volunteer

ACROSS

- 1. board candidate, _____ Wilkinson
- 3. board candidate, _____ Mumford
- 6. ten four
- 8. March's profiled volunteer, last name, 1st is 1 down
- 14. board candidate, _____ Kuhle
- 16. best bonds
- 18. domain
- 20. March's profiled employee, 1st name, last is 35 across
- 21. rabble rouser's veggie
- 23. the other half of gyn
- 24. 12 in Roman numerals
- 25. shocked

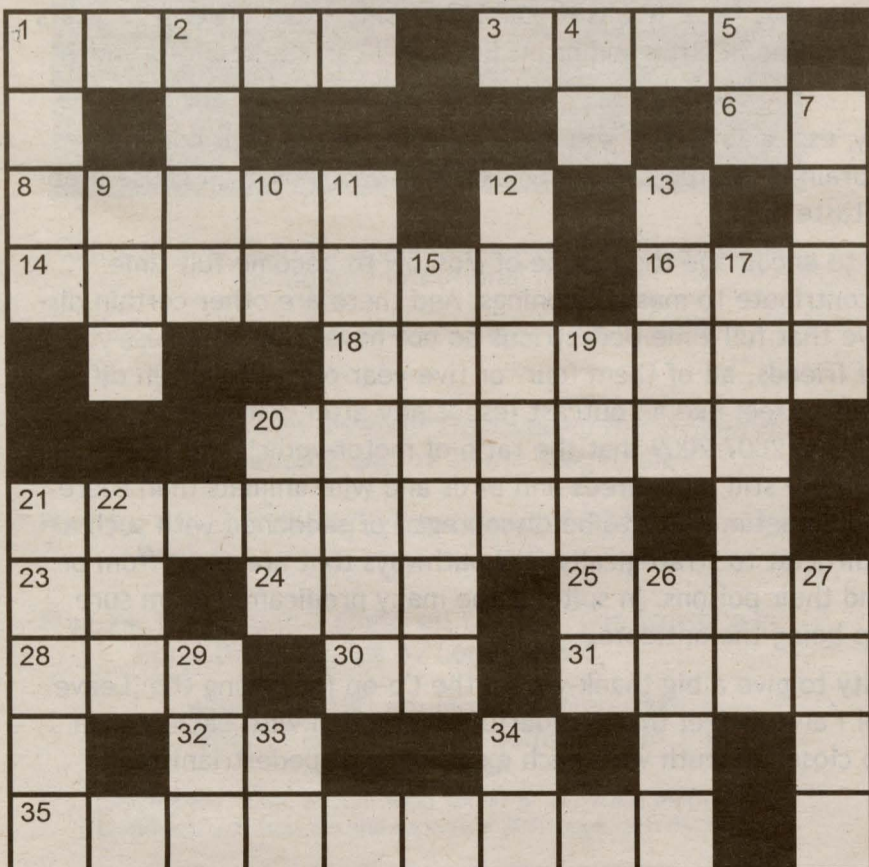
- 28. board candidate, _____ Vincent
- 30. data storage or money making instrument
- 31. Hatha or Iyengar
- 32. chant
- 35. see 20 across

DOWN

- 1. see 1 across
- 2. necessity
- 4. fire
- 5. ___ & The Sunshine Band
- 7. hillside
- 9. completion
- 10. before Jr.
- 11. photographic
- 12. board candidate, _____

- Bentley
- 13. board candidate, _____ Davis
- 15. scar
- 17. human sensory perception
- 19. article
- 20. top
- 21. Japan's largest city
- 22. kimono sash and bow
- 26. wedding or graduation
- 27. board candidate, _____ MacFarlane
- 29. cartoon bartender or a stooge
- 33. Senator Franken's state, abbreviated
- 34. laugh

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The Sustainability Review: Revisiting the Masonry Heater

by Mike Forbes, Co-op newsletter volunteer

More than three years ago I wrote about our masonry heater. We had just punched the chimney through and were gearing up for finishing the house during the winter. Three winters later I thought it appropriate to give you the scoop on how it's been operating and some suggestions about installing one.

Of all the technologies in our house the masonry heater is my favorite from an aesthetic and performance standpoint, and I would recommend it to anyone who has a desire to use wood heat.

What is this big thing? The concept is to burn wood cleanly and capture its heat in a mass of masonry that will radiate it for an extended period of time. Most woodstoves and fireplaces lose a large percentage of their heat out of the chimney, whereas masonry heaters capture this heat energy in the large mass.

The typical masonry heater is fired once or twice a day with about an armload of wood. The heat radiates from the heater until the next charge of wood reheats it. There is no stoking of a fire, only lighting new fires each day.

On only the coldest days (less than 10 degrees Fahrenheit) do we fire our heater more than once a day. Our routine is to fire an armload of wood in the evening and watch the fire, as it's quite a display of combustion. (Unlike most woodstoves it can be very aggressive; I would never consider opening the doors of the stove while it's burning.) The heater radiates heat for 24 hours with the surface temperature usually between 110-140 degrees. The heat is very even and our house temperature fluctuates very little.

Our heater has two additional features, a bake oven and a plumbing loop for heating our domestic hot water. The bake oven takes about two hours to reach temperature so we don't use it that often. If we wanted to bake in it we'd have to modify our firing schedule to the morning. As is, our oven stays between 150 and 200 degrees, making it a good location to thaw things and re-heat some foods. If we did fire in the morning our oven would be 350-plus

degrees for about two hours.

The hot water loop heats the majority of our water. A couple of sensors located on the heater turn on a small pump that circulates the water from the tank. This works very well and we've had no issues with it. Our hot water heater has a backup electric element for those days when we don't fire the heater so we still have hot water.

We had issues initially with a toxic-smelling odor that would occur when we first lit the stove. The smell wasn't always replicable; after a year we were able to identify two sources of it.

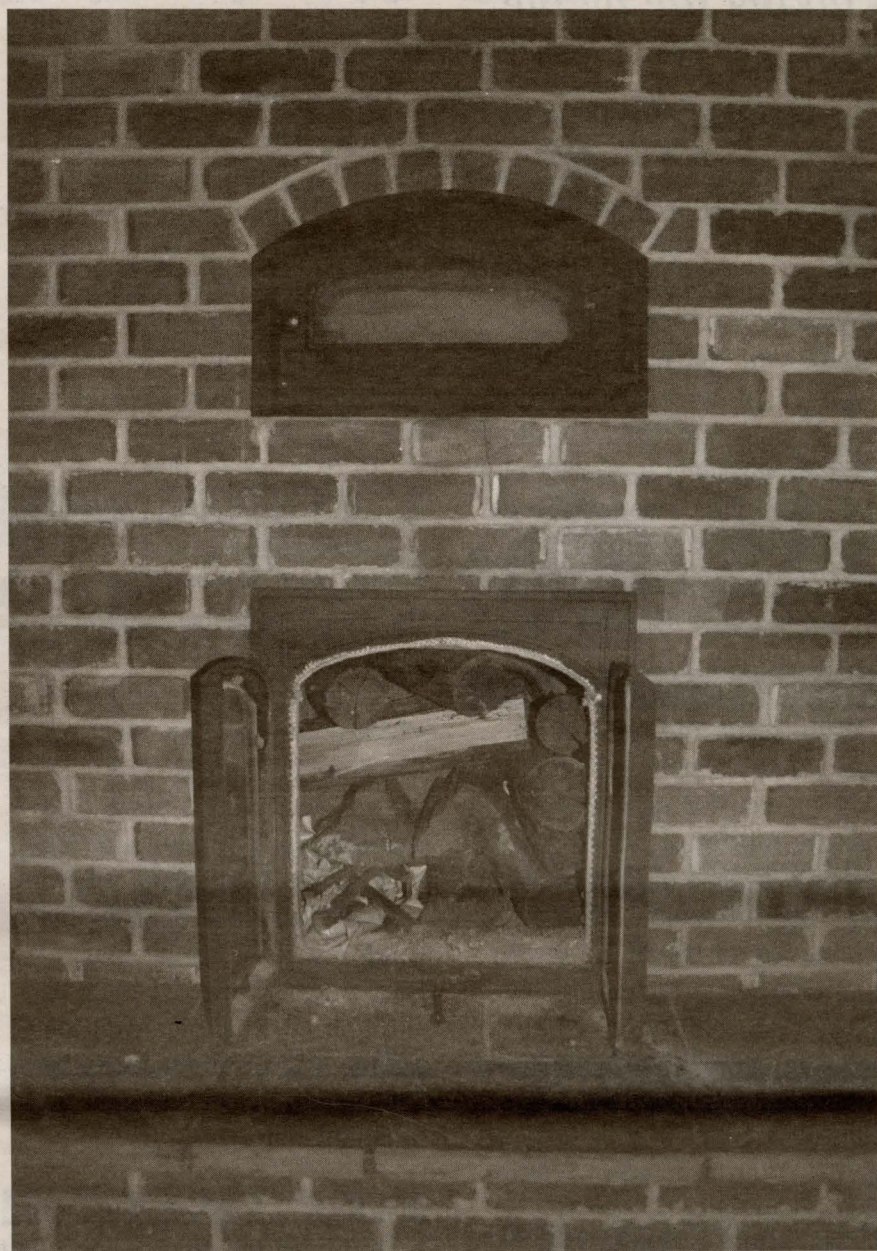
Our house is about as tight as you get without living in a plastic bag. We are at the ideal air-change-per-hour rate for a house to optimize its energy efficiency and still have good indoor air quality. If we had a fan on in the house, the negative pressure created by the fan would draw the smell out of the heater until the draw of the chimney would overcome the fan. Turning the fan off solved this.

The other source was from lack of cleaning. The ashes drop from the firebox into a large cinder block foundation where the intake air comes from. After about a year the foundation fills above the intake air line. I didn't clean it, and during our second year we experienced more bad smells from the heater. Now that I've cleaned out the ashes, the smell has almost never re-occurred.

For three years now we've used approximately 1-1/2 cords of wood to heat a 1,350 square foot house comfortably plus heat its water. One beauty of the heater is that you fire it once or twice per day. This fits well with most people's schedules and allows for you to come home and wake up to a warm house.

There are various companies that install or sell kits to build masonry heaters. Visit www.mha-net.org for contact information and to see photos of masonry heaters.

Mike is not looking forward to climbing under the house and vacuuming all the ashes out again this spring.



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New at the Library

by Chris Sokol, Latah County Library District

“Poetry is a way of taking life by the throat.”

—Robert Frost

April is National Poetry Month!

Congratulations to Moscow High School junior Dizzy Henderson, who won the Idaho “Poetry Out Loud” competition in February. She will compete at the national level in Washington, D.C. One of her recited poems, “Alabanza: In Praise of Local 100,” is contained in the book of the same name listed below.

FICTION

Aunt Resia and the Spirits, and Other Stories by Yanick Lahens; translated by Betty Wilson. Stories of day-to-day life in Haiti, by one of that country’s most revered female writers.

Boneshaker by Cherie Priest. A “steampunk” adventure set in the 19th century, when an inventor creates the Boneshaker machine to mine gold through Alaskan ice, but it goes awry on its test run, devastating Seattle.

NONFICTION

1001 Children’s Books You Must Read Before You Grow Up. Illustrated synopses of global selections, for parents, educators, and voracious young readers.

Alabanza: New and Selected Poems 1982-2003 by Martin Espada. Poems that celebrate the American political imagination and the resilience of human dignity.

Animal Factory by David Kirby. The threat of industrial pig, dairy, and poultry farms to humans and the environment.

Flawless: Inside the Largest Diamond Heist in History by Scott Andrew Selby and Greg Campbell. How a band of skilled Italian thieves subverted the defenses of the Antwerp Diamond Center, one of the most secure buildings in the world.

Grow Great Grub by Gayla Trail. The creator of yougrowgirl.com advises on producing organic food in small spaces.

The Man Who Ate His Boots by Anthony Brandt. An account of the tragic history of the search for the Northwest Passage.

Small-Scale Grain Raising by Gene Logsdon. The second edi-

tion of the classic text on growing, processing, and using whole grains for home gardeners and local farmers.

The Story of Stuff by Annie Leonard. How to change our obsession with material things, which is trashing the planet and our health.

Teaming With Microbes by Jeff Lowenfels and Wayne Lewis. A revised edition of the organic gardener’s guide to the soil food web.

REGIONAL INTEREST

Horse Camping by George B. Hatley. A new revised edition of this common-sense manual by a local authority.

The Poker Bride: the First Chinese in the Wild West by Christopher Corbett. The history of the 19th century Chinese immigration into Idaho, woven around the story of Polly Bemis.

Then Came the Evening by Brian Hart. McCall resident Hart’s novel tells of a Vietnam vet who returns to central Idaho only to end up in trouble with the law and be abandoned by his pregnant wife.

CD BOOKS

The Big Burn: Teddy Roosevelt and the Fire That Saved America by Timothy Egan. The story—and legacy—of the great fire of 1910 that ravaged forests in Washington, Idaho, and Montana.

Louisa May Alcott: The Woman Behind Little Women by Harriet Reisen. An exploration of Alcott’s life in the context of her works, which are all partly autobiographical.

Unlikely Allies: How a Merchant, a Playwright, and a Spy Saved the American Revolution by Joel Richard Paul. The true story of three of the most colorful characters of the Revolution.

DVD

The Brothers Bloom (U.S., 2008) Stephen and his younger brother, Bloom, are accomplished con artists ready for one last spectacular score—luring an eccentric heiress into an elaborate scheme that takes them around the world.

The Hurt Locker (U.S., 2008) A three-man American bomb disposal unit in Baghdad must deal with their respective internal

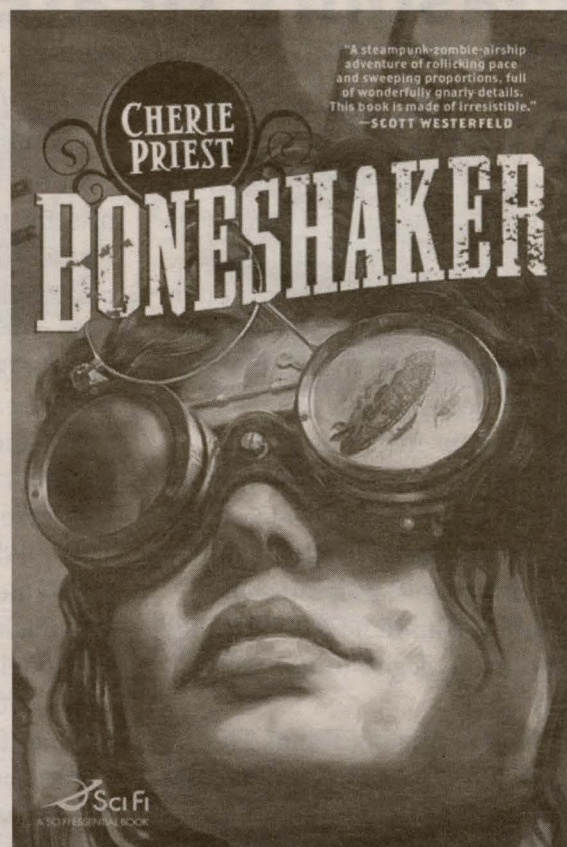
issues as well as the safety of those around them.

Love + Hate (U.K., 2005) A love story illuminating issues of race and religious relations in modern Britain.

Outrage (U.S., 2009) Revealing the hidden lives of some of the country’s most powerful anti-gay lobbyists, this film looks at the double standard the media sets for these politicians and the harm they’ve inflicted on millions of Americans.

Zombieland (U.S., 2009) In a world overrun by zombies, four survivors go to an amusement park reputed to be zombie-free, only to discover that relying on each other may be worse than succumbing to zombies.

Chris Sokol selects poetry and more as Adult Services Librarian for the



Latah County Library District, www.latahlibrary.org.

Top 4 reasons to buy a Gift card from the Co-op:

1. It's a great way to budget the money you spend at the Co-op
2. You can give the card to your kid so they can eat healthy
3. It helps the Co-op save \$\$ on credit card fees
4. Its re-usable, re-fill-able and easy

Ask a cashier for details or to purchase a card!

MOSCOW FOOD CO-OP
www.moscowfood.coop





PALOUSE REPORT: Sharpen the Saw



THANKS TO BOB TRIPEPI, U OF I EXTENSION SPECIALIST. WWW.FROGBLOG-ACARTOONDIARY.BLOGSPOT.COM © ANNA BREWER APRIL 2010

Score a bottle of those hard to get brews... Twitter moscowcoopbeer for the latest arrivals and updates!



Kenworthy Performing Arts Centre

Your Downtown, Community Theater

Oscar Nominated short films	March 28 & April 2
Rendezvous Benefit Showcase	April 3
Martin Institute presents: Burma VJ Borah Film	April 5
Historical Society: Evening in Black and White	April 6
Moscow Food Coop presents: All in this Tea	April 8
NASA Idaho Space Grant presents: Blast!	April 9
Selway Bitterroot: Telluride Mountain Film Fest	April 10
Katrina Mikiah, Brian Gill, and Dan Maher Live	April 11
MCT presents: Our Town	April 16-18, 23-25
Moscow Classics	April 28
KRFP Radio presents: Dahr Jamail speaker	April 29
A Single Man (R)	April 30 - May 2

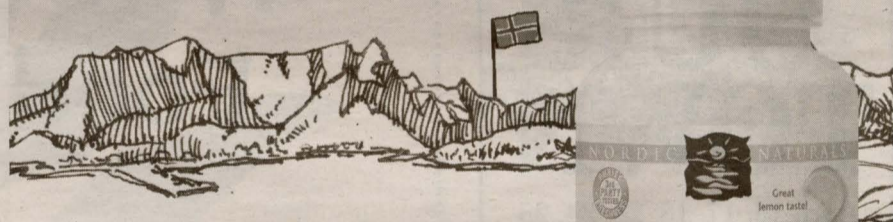
Call or visit our website for up-to-date times and ticket info
Titles and dates subject to change

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

LOVE YOUR CELLS.

Take your fish oil!

Purified fish oil is the best source of the omega-3s EPA and DHA. Omega-3s reside in the cell membrane and promote the body's natural anti-inflammatory response, which is crucial to the health of the heart, brain, metabolism, tissues, and joints.*



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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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121 East 5th Street | Moscow, ID 83843
208.882.8537

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Pure and Great Tasting Omega Oils

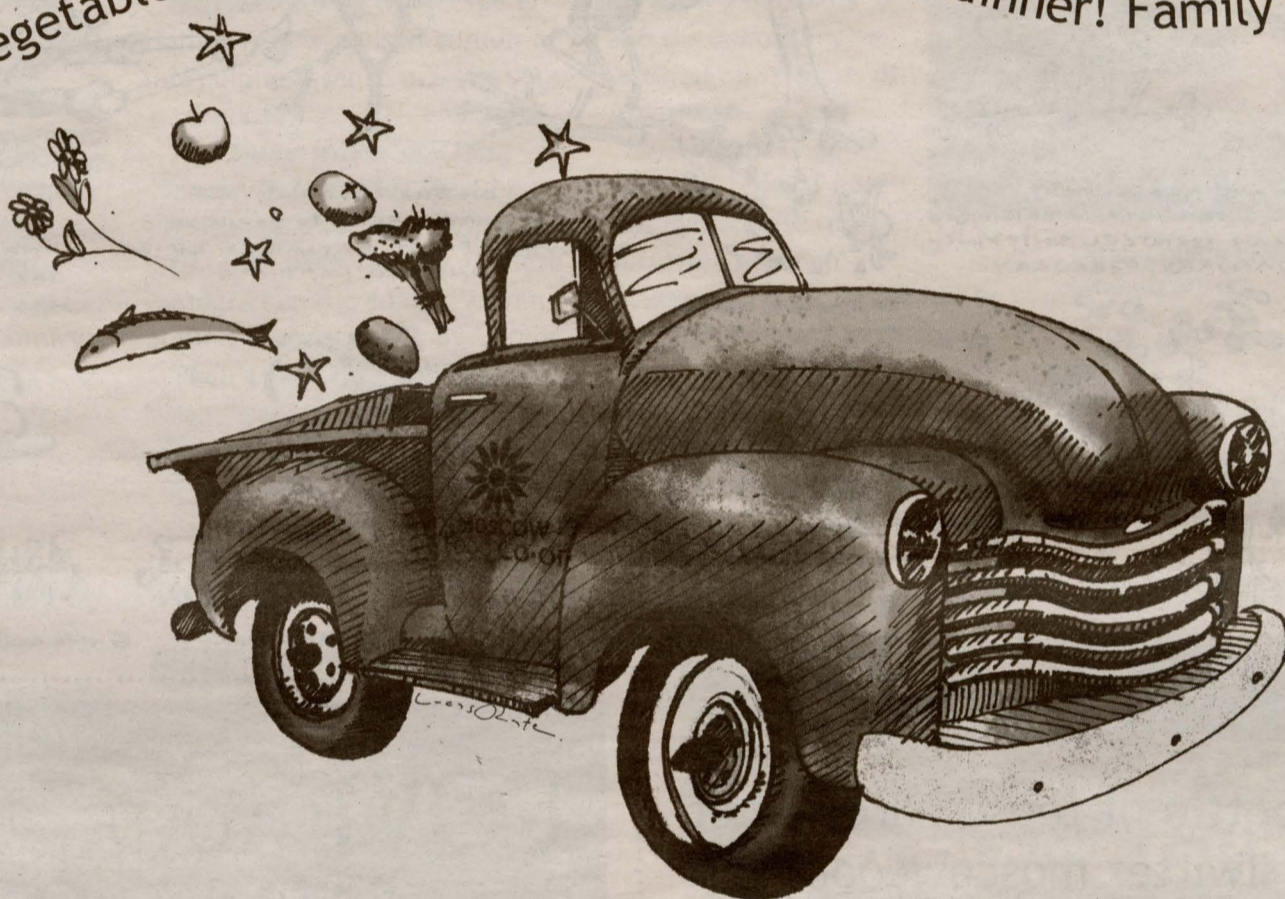


The Tuesday Growers' Market begins May 4!

4:30pm every Tuesday

at the Co-op parking lot

Fresh vegetables! Local food products! Music and dinner! Family fun!



Moscow Community Theatre
presents

Thornton Wilder's
OUR TOWN

April 16, 17, 18, 23, 24, 25
Kenworthy Performing Arts Center

See www.moscowcommunitytheatre.com

SPURLING HOUSE & GARDEN

Landscaping
Pruning ~ Gardening
Handyman Services

Walter Spurling
(208) 669-0764

Wanna Volunteer at the Moscow Food Co-op?

I ♥
MY
CO-OP

If you want to be a volunteer, what would you like to do?

What project would you suggest that would serve the Co-op and serve the community?

Sequoia Ladd is the Co-op coordinator for the participating member (volunteer) program. She wants your input and your ideas for useful projects for Co-op volunteers.

Email Sequoia at participate@moscowfood.coop



Brused Books



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

Hours:

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

509-334-7898

235 E. Main
 Pullman, WA 99163

Unclassified Ads

Rural home for sale. ~2 acres. 13 miles south of Moscow. 10 year organic garden, fruit and native trees. Attached greenhouse. 3+ bedroom 2 bath \$275,000. 310-0892.

Place an Unclassified Ad using the form below.

MOSCOW FOOD CO-OP

Moscow Food Co-op Community News "Unclassifieds" Ad Form

Ads cost **25 cents per word** and can be placed by anyone. To place an ad, fill out this ad form, give it to a Co-op cashier, and pay at the register. The running total is below each word; use one word per line. No discounts apply. The deadline for unclassified ad submissions for the following month's newsletter is the 15th of the month. The newsletter is published the first week of each month; circulation is 3000 copies.

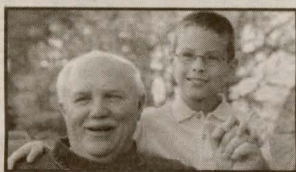
There is a limit of 80 words per ad, and the Co-op newsletter editors reserve the right to refuse inappropriate or illegal ads. If an ad is refused, the payment for it will be refunded. Ads will not be renewed automatically; if you want to continue to run an ad, you must submit it again.

.25	.50	.75	1.00	1.25
1.50	1.75	2.00	2.25	2.50
2.75	3.00	3.25	3.50	3.75
4.00	4.25	4.50	4.75	5.00
5.25	5.50	5.75	6.00	6.25
6.50	6.75	7.00	7.25	7.50
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16.50	16.75	17.00	17.25	17.50
17.75	18.00	18.25	18.50	18.75
19.00	19.25	19.50	19.75	20.00

Name: _____

Email or phone#: _____

Please pay for your ad at the cash register, thanks!



Monday-Friday 9-6
 Saturday 9-4
 Sunday 12-4 (Pharmacy open)



- Hobbies • Gifts • Hearing Aids (30 day free trial)
- Free Local RX Delivery • Drive in Window
- 24 Hour Emergency Prescription Service
- Most Insurance & Medicare Plans Honored

Architectural Model Building Supplies
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 ...and much more!

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307 South Main, Downtown Moscow • 882-5536

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Bulletin Board



MOSCOW FOOD CO-OP

Co-op Events

Annual Membership Meeting

Sunday April 4, 4-6 pm
Great Room, 1912 Center. Co-op Board candidates will also be present to take questions.

Breakfast with the Board

Saturday April 24, 11am
In the Co-op deli area. Stop by for a free coffee and muffin and a chat with board members.

Member Appreciation Day

Thursday April 22, All day, save up to 10%.

Co-op Kids - Meet Tuesdays at 9am

April 13: Meet in the Co-op Cafe to try your hand at modeling with beautiful beeswax.
April 27: Meet in the Co-op Cafe + get ready for Ren Fair. Drawing + making Spring Crowns.

Art at the Co-op

Saturday April 10, 5pm
Opening of the historical collection of Renaissance Fair posters and unveiling of the winning entry for the 2010 Fair Poster.

Co-op Essential Classes

Register for these classes through Moscow Parks and Recreation ☎ 883-7085
Thursday, April 8
Headaches - A new approach to an old problem.

Tuesday Night Music Series

5-7pm in the Deli area
April 6 - Samuel Dickison acoustic folk
April 13 - Alana Leonhardy folk, country
April 20 - Dan Maher celtic, folk
April 27 - Brian Gill acoustic singer-songwriter

Good Food Book Club

Monday April 12, Farm City (second discussion) by Novella Carpenter
Monday April 26, Made from Scratch: Discovering the Pleasures of a Handmade Life by Jenna Woginrich
Come join us for a lively discussion about local, seasonal eating and creating sustainable a food system. Sisters' Brew Coffee House.
7-8:30pm. Free. bookclub@moscowfood.coop

Community Events

Diabetes Support Group

Tuesday April 6, 4-5pm
Gritman Conference Center. Free.



Co-op Events at a Glance

- Annual Membership Meeting
- Music—Samuel Dickison
- Co-op Wellness Class
- Art at the Co-op—Ren Fair posters
- Good Food Book Club
- Coop Kids—meet in the Co-op
- Music—Aiana Leonhardy
- Music—Dan Maher
- Breakfast with the Board
- Good Food Book Club
- Coop Kids—meet in the Co-op
- Music—Brian Gill

Digestive System Presentation

Tuesday April 6, 7pm
Learn how to "re-educate" your digestive system. 1912 Center. email: moscowhealth@moscowfood.coop

Art Combine

Friday, April 9, 4pm
Opening reception for Brewer, depicting Palouse farm machinery on display at 1906 S Main St, Moscow. www.frogblog.com

Arts & Crafts

April 9 and 10
Beasley Performing Arts Center. www.beasleyarts.com

Spring Anniversary ART SNOW

Friday April 9, 5-7pm
Opening reception at Greymalkin Gallery to celebrate its one year anniversary.

'Our Town' Moscow Community Theatre

April 10-12, 7-9pm
Kathleen Arts Centre, Moscow

Hemp Fest

April 10, 11am-dusk
East City Park

Sisters' Arts Festival

April 12, 10am-3pm
Sisters' Brew Coffee House School. Lots of courses. www.ci.moscow.id.us or 883-7036.

Good Food Book Club

Monday April 12, 7-8:30pm
by Geraldine Brooks. All are welcome. chris@latahlibrary.org

Pacific Rims Ensemble

Tuesday April 20, 7:30pm
Auditorium Chamber Music Series
University of Idaho Auditorium, Moscow ID
www.auditoriumchambermusic.org

Palouse Folklore Society

April 17, 7:30pm: Contra dance with Bridgewater Boys and caller Karen Wilson-Bell at the 1912 Center.
April 23, 8pm: Acoustic House Concert with Ken Waldman in the Attic.
April 30, 7:30pm: Contra dance with Out of the Wood - caller Mitchell Frey at 1912 Center
www.palousefolk.org

20th Paradise Creek Stream Clean-Up

Saturday April 24, 9am-Noon
Contact: PCEI ☎ 882-1444 or laura@pcei.org

Dahmen Barn events

Saturday April 10, 10am-4pm: Back to Basics: Drawing Techniques, a class for ages 16+ with visiting artist Carrie Vielle
Sunday, April 11, 1-4pm: Opening reception "Timber Grain Elevators + Silos of the Palouse"
Saturday April 17, 11am-4pm: 4th annual demonstration day - creating with glass.
www.ArtisanBarn.org or ☎ 509-229-3414

Idaho Native Plant Society

Saturday, April 10, 8am: Field trip to Wenaha Canyon
Thursday, April 15, 7pm: Which native seedlings are easiest to obtain & cultivate.
Saturday, April 24, 1pm: Tour of Cricket's Garden backyard nursery in Moscow.
www.whitepineinps.org. Contact: helen_yost@hotmail.com, ☎ 882-2877

37th Moscow Renaissance Fair

Saturday May 1/ Sunday May 2
East City Park in Moscow with lots of activities, food, music and crafts to help celebrate Spring.

Vigil for Peace

Moscow: Fridays 5.30-6.30pm
Ongoing since November 2001. Meet in Friendship Square. Resources, encouragement, and opportunities for action.
Dean or Gretchen Stewart
☎ 882-7067, sperrine@potlatch.com

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

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

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

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

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