

Community News

FREE!
PLEASE TAKE ONE!

The Road Trip Issue

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



Eat Local Challenge Underway

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

Enjoying your fresh salad from your favorite local farmer? Love biting into a burger that you grilled from Country Natural Beef? Anticipating the ripening of your own homegrown tomatoes? Really, eating local on the Palouse is nothing less than decadent this time of year. How fortunate we are!

You can do your part to develop and support our local food system by signing up for the Eat Local Challenge, which goes through September at the Moscow Food Co-op.

Sign up by emailing outreach@moscowfood.coop, and I'll add you to our Eat Local mailing list. Every so often I'll send out recipes, interesting links and news, and special offers. People who sign up for the Eat Local Challenge will also get first dibs on tickets to the Co-op's Oktoberfest local dinner in October.

Your challenge can be as unique as you are. It can be one meal a week, one meal a day, one ingredient each

meal... easy-going or strict, whatever works for you.

However you approach it, the Moscow Food Co-op, the Co-op's Tuesday Growers Market, the Moscow Farmers' Market, and other local markets like the Farm Fresh market in Pullman and Dale's Saturday Market in Potlatch are awesome places to find fresh and local

food. Good for you and good for the community—what's not to like?



www.moscowfood.coop

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Community News



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The Road Trip Issue



Co+op Deals

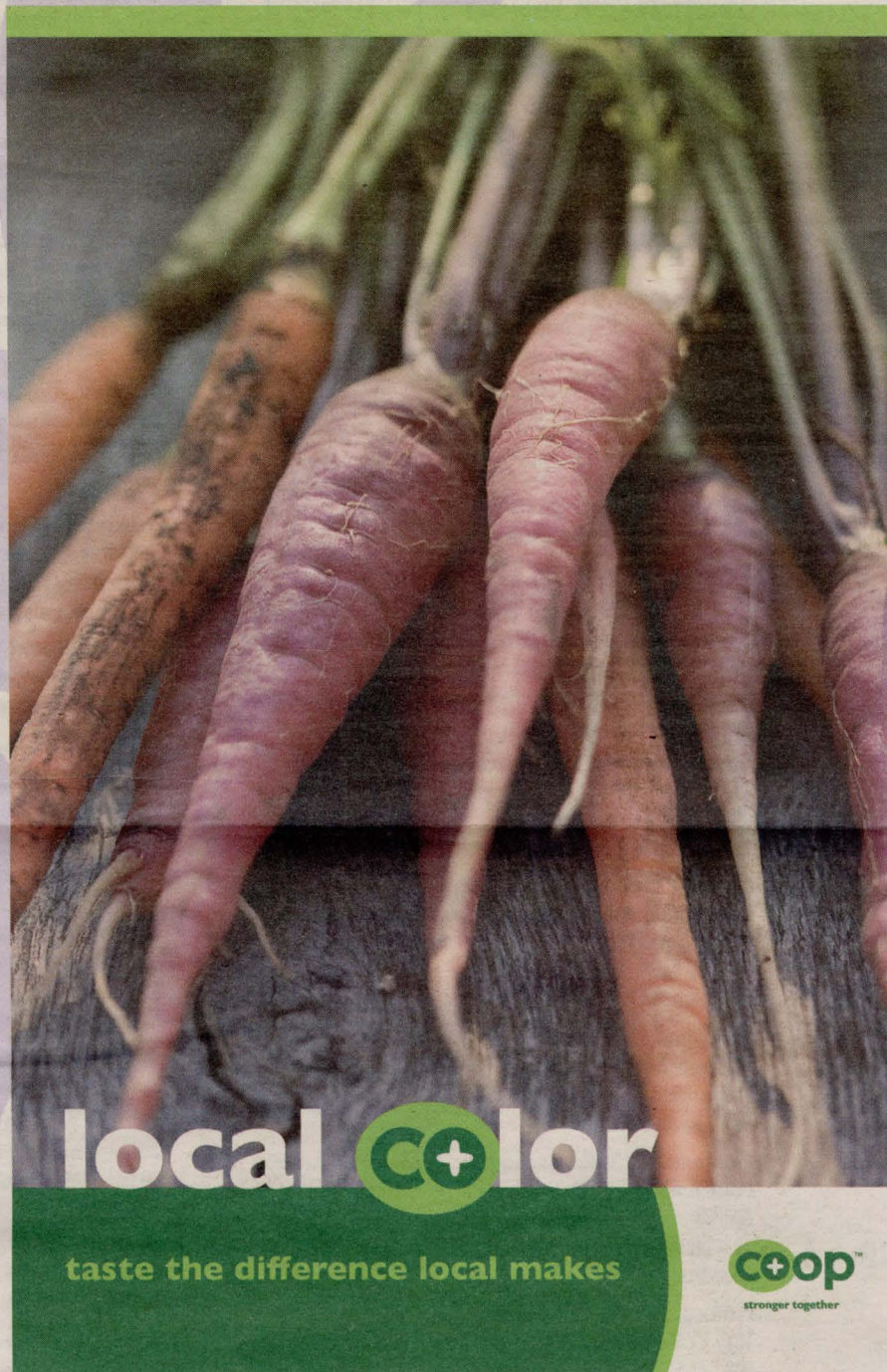
by Joan McDougall, Co-op grocery manager, grocerymgr@moscowfood.coop

coop deals

Starting in September, you'll notice some changes to our sales flyer, coupon books, and other materials. These were developed by the National Cooperative Grocers Association (NCGA), the national association of food co-ops to which we belong.

NCGA is launching a new brand campaign, "Co + op, Stronger Together." Besides the new logo and fresh new look, you'll see more deals, more often, with quarterly coupon books and twice the number of sales flyers.

We'll also be changing our system for saving you dollars on sale products. Because the sale periods will be shorter, twice a month instead of once a month, we will have cases of sale staples in the aisles for members to purchase immediately and receive a 10 percent discount. This replaces the special order request. We will gladly continue ordering cases for folks on items we don't stock or that aren't driven by the sale pricing. Not a member? Sign up! Get a case discount. It's a great deal.



local color

taste the difference local makes



Did you know? The Moscow Food Co-op is a great place to eat with the whole family. Lots of healthy and tasty choices to please even your pickiest eater...plus child seats, and friendly, helpful staff.

Co-op owners: Do you want to receive news about upcoming Essential Cookery, Wellness, and Living classes offered by the Co-op? Sign up for our Essential mailing list by emailing outreach@moscowfood.coop!

Co-op E-mail Addresses

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

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

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The Moscow Food Co-op Board of Directors meets the 2nd Tuesday of every month at 6 pm, in the Fiske Room of the 1912 Center. The public is welcome to attend. The agenda for each meeting is posted about one week in advance in the store, and official meeting minutes are placed in the store by the Board bulletin board.



CO-OPERATIONS

Moscow Food Co-op Business Partners

Welcome to the new Moscow Food Co-op business partner listings. We've organized them by category 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.

Food and Beverage

One World Café

533 S. Main, Moscow; www.owc-moscow.com; 208-883-3537
50% off One World Café 100% cotton totebags

Camas Prairie Winery

110 S. Main Street, Moscow; www.camasprairiewinery.com; 208-882-0214
Upon presentation of Moscow Food Co-op Membership Card, customer will receive an extra 5% discount. Must show card at purchase, not after.

Childcare and Family Services

Moscow Parent Toddler Cooperative

208-310-9344; mptcoop@gmail.com
35% off one semester's tuition

Professional Services

Allegra Print and Imagine

507 S. Main; allegra@moscow.com; 208-882-5449
10% to Co-op members

Copy Court

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

Krysta Ficca Photography

kficca@hotmail.com; 208-596-8101
10% off all photo shoots

Motherwise Midwifery

Nancy Draznin, CPM; www.motherwisemidwifery.com; 208-310-3252
Free pregnancy tea for Co-op members under our care

LET's Coach

Eric Torok; www.letscoach.net; 208-301-8047
20% off the first month of individual coaching

LDP Academy LLC

www.lpdacademy.com; 208-835-3737
\$10 off any firearm safety or basic firearm training class

Printer Pro Inc.

208 S. Main Street; www.printer-pro.com; 208-882-0193
10% discount on all compatible laser printer supplies

Retail

Tye Dye Everything

527 S. Main St., Moscow; www.tyedy-everything.com; 208-883-4779
10% discount on your purchase

Safari Pearl

221 E. 3rd, Moscow; www.safaripearl.com; 208-882-9499
10% off any board game or noncollectible card game

Lilliput Maternity and Children's Boutique

312 S. Main, Moscow; 208-882-6262
10% off purchase of \$50 or more

Inland Cellular

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

Marketime Drug Inc.

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

Hodgins Drug & Hobby

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

The Natural Abode

517 S. Main St., Moscow; www.thenaturalabode.com; 208-883-1040
10% off natural fertilizers

Sid's Professional Pharmacy

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

Bebe Bella

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

Dance and Theatre

Spectrum II Art and Dance Studio

525 S. Main Street; www.spectrum2studio.com; 208-882-1445
10% discount to new students

House and Garden Services

Dr. Arbor Tree Care LLC

208-883-3559
10% discount on tree work (not yardwork); trees, shrubs, and fruit tree pruning for health and beauty of trees

CLEAN GREEN Organic Cleaning Services

www.CleanGreenOCS.com; 208-835-3535
\$15 off any service

Green Side Up

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

Mindgardens, Eco-Friendly Residential Building Solutions

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

10% off hourly service rate and free estimates for Moscow Food Co-op members

Spurling House & Garden

512 N. Lincoln; walteroy@yahoo.com; 208-669-0764
10% discount on all compost bins

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

Susan Simonds, Ph.D., Licensed Psychologist

619 S. Washington Street, Moscow; www.counselingmoscow.com
208-892-0452

20% discount for initial evaluation for couples or marital counseling when no insurance coverage is available

Integrative Mindworks with April Rubino

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

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

Elements of Wellness Aquatic & Manual Therapy Inc.

Dayna K. Willbanks, OTR/L; 827 Troy Highway Suite 170; <http://web.mac.com/elementsofwellness>; 208-892-8888

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

Natural Health Techniques

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

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

Healing Point LLC Chinese Medicine Clinic

Meggan Baumgartner, LAC; Lauri McKean, LAC
info@healingpt.com; www.healingpt.com; 208-669-2287

\$10 off initial and 2nd treatments

Moscow Yoga Center

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

Dr. Linda Kingsbury

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

Moscow Felkenkrais

112 W. 4th St., Moscow; 208-883-4395; 208-892-3400
www.moveimprove.net

\$10 off first individual lesson for new clients

Life Compass Institute, LLC

Scott S. Campbell, MS, CPC, CHI; 167 NE Kamiaken street, Pullman, WA
LifeCompass@gmail.com; 509-338-3694

Free 20 minute consultation on hypnosis and life empowerment coaching services. 10% discount on hypnosis and life empowerment coaching services.

Live by Design

1422 Pine Cone Rd; <http://home.rr.com/vickibydesign>; (208)883-8195

Free 1/2 hour initial assessment plus 10% discount on all sessions: Life Coaching Services to help you define, accomplish & live your most fulfilling dreams and Home Harmony Consultations to create intentional spaces for intentional living.

Heather Alexander (LMP)

Balance...a wellness spa. 112 East 4th Street; alexanderlmp@yahoo.com
10% off all massage and spa services

Farms

RavenCroft Farm

4689 Hwy 95 N, Moscow; www.ravencroftfarm.com; 208-882-3616
10% on mini CSA for Summer 2010, 10% off any craft item (jewelry, bags, quilts, sachets, etc.)

SkyLines Farm Sheep & Wool

4551 Hwy 6, Harvard, ID, 83834; www.skylinesfarm.com; 208-875-8747
10% off organically-raised lamb, fleeces, & roving

Recreation and Lodging

Appaloosa Museum and Heritage Center

2720 W. Pullman Rd, Moscow; 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.

Little Guesthouse on Adams

www.littlegreenguesthouse.com; 208-669-1654
15% off a week stay, valid for Co-op members and their relatives. Not valid on special event nights

Peterson Barn Guesthouse

kkramer@moscow.com; 208-882-4620
10% off first time stay

Adventure Learning Camps

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

Shady Grove Farm

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

Sixth Street Retreat

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

Willows House

lodging@moscow.com; 208-882-0127
10% off daily and weekly rentals

Andriette's Bed, Book & Bicycle

115 N. Polk Street, Moscow; 208-596-9701; andriettes.blogspot.com

Join the Moscow Food Co-op and Save!



Members Save:

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

Any cashier can help you join, just ask!

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

Open Daily 7:30 am - 9:00 pm



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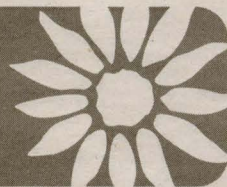


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Art at the Co-op

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

The Co-op's participation in Moscow City's ArtWalk continues with a show of Traci Haselhuhn's art, opening on Friday, August 6, and continuing through Wednesday, September 8.

Traci had a previous show

at the Co-op in 2009 and was very well received. Her "dreamscapes," rendered in watercolors, acrylic, and Sharpies, are fascinating, and a wonderful reflection of the inner world of someone, who, in her own words, is blessed with a "vivid

and incredible dream space."

Traci dedicates this show "to the memory of Wyatt Steven Lynas, a little boy who inspires every day, and lights up the hearts of many. Also to his wonderful family, who are so loving and inspire us all with

their strength."

Come and meet the artist from 5:30 - 7 p.m. on Friday, August 6, and enjoy yet another great art show at your favorite Co-op.

Tuesday Night Music at the Co-op: August 2010

by Dave Billin, Co-op Newsletter Volunteer

Throughout the hot summer nights of August, the Co-op will be featuring a host of local musical talent. Concerts are held outdoors facing the Co-op parking lot and the Growers Market. So stop by on Tuesday nights from 5 - 7 p.m. to sample wares from local growers, tuck into a grilled treat from the Deli's outdoor barbecue stand, and enjoy a few tunes from local musicians.

August 3 - Holey Jeans

A powerhouse of heartfelt contemporary country music with blues and rock tendencies. Featuring the talents of Juley Berglund on vocals and guitar, Kane Berglund on percussion, and Tim Springer on bass and

mandolin.

August 10 - Thorn Creek Express

A talented young group of brothers hailing from the Genesee area whose rousing sets of traditional bluegrass, gospel, and old-timey favorites are sure to please.



Co-op Music in August:

August 3: Holey Jeans - Contemporary country

August 10: Thorn Creek Express - Bluegrass and old-timey faves

August 17: Ian Skavdahl - Acoustic jazz, folk

August 24: Brian Gill and Katrina Mikiah - Acoustic folk

August 31: Jeremiah Akin - Acoustic indie folk rock

August 17 - Ian Skavdahl

With a large repertoire of original songs and an innovative performance style, this Pullman acoustic singer-songwriter presents an energizing set of independent folk/jazz creations.

August 24 - Brian Gill and Katrina Mikiah

Co-op favorites Brian Gill and

Katrina Mikiah perform a set of stirring original acoustic tunes from Brian's albums as well as selected folk favorites.

August 31 - Jeremiah Akin

A gifted multi-instrumentalist from Moscow, Jeremiah performs original acoustic works and musical story-telling from his upcoming solo album.

Member Appreciation Day

Sunday, August 22

Members get a discount

5% up to \$24.99

7% \$25 to \$74.99

10% \$75 or more

Thank
You

MOSCOW FOOD CO-OP



Tuesday Grower's Market—Featuring Palouse Prairie Farms

by Lovina Roselle, Co-op newsletter volunteer

There aren't many places more beautiful than the Palouse in the springtime. Looking out across the lush green of the rolling landscape against a picturesque blue sky gives me a deep sense of pleasure and appreciation for where I live. As a native plant enthusiast, I love to see all the blooms of color come on as I venture out on walks, and find myself constantly stopping to examine the delicate seed heads of native grasses, forbs, and shrubs.

Chance Chacon and Jen Elliott, owners of Palouse Prairie Farms, came to live in this region four years ago. After years of traveling the country making a living in a variety of occupations, they knew they wanted to settle down and find a place to call home. It is little wonder that following a fortuitous springtime visit to the Palouse to buy a tractor, they decided to buy land here.

The land they purchased had been in continuous wheat and barley production for the last 30 years, but they were interested in

having pasture to raise livestock, so they seeded it with a native mix. The first year came with a typical bounty of weeds, but Chance and Jen observed spotty and barren patches of ground, particularly on the crests of the hills, where the soil had been depleted and the topsoil lost. Consequently, their land management philosophy has been one of stewardship of the land, to try to put back together the qualities of a healthy prairie soil. Jen states, "Everything we are doing here is about building the soil."

They started by raising heritage sheep which grazed in a rotational system across their farm. However, they recognized that they might need to try to diversify their livestock to achieve better results, so they bought a steer from a neighbor. Coming from a ranching background, Chance knows cattle well.

"Cattle are ruminants—the best processors of cellulose nature has. The best way to recover soil is to have manure input, and

one cow can produce up to 25 pounds of manure per day that can be used to help build the soil. Daily movement allows us to manage what they eat and manage the grass." He adds, "It's all about working with the land and not against it." To further diversify their farm, they also started raising heritage turkeys and chickens. They devised a mobile chicken coop system that allows droppings to pass through and which can be easily moved around the pasture, whereby the animals have access to fresh grass daily and are continuously sheltered from predators.

After four years, they have started to see the weeds lessening and the grass getting healthier. "Everything that we do here is an experiment. We figure out what works and what doesn't work." Jen has been planting 1,500 native plants in the draws each year with a goal of not only propagating more ecological diversity within the pastures, but increasing the abundance of native pollinators and helping

the soil stay in place. "Seeing results encourages us to do more and more."

Jen says that "selling at the Tuesday Market is a way for us to get our name out and introduce ourselves to people so they can see what we do." The Palouse Prairie Farms meat C.S.A. (Community Supported Agriculture) will be selling cuts of lamb, beef, chicken, turkey, and eggs. They are also trying to partner with other small farms like Elk Meadow Farm, which supplies the eggs, and Panhandle Bakery, which supplies bread for monthly pickups. Chance and Jen want people to recognize that "all of our endeavors are geared toward quality."

For more information about their farm and C.S.A., visit their website at www.palouseprairiefarms.com.

Lovina Roselle will be writing about a grower each month and telling their story to the newsletter readers.

The Front End News

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

I would like to welcome our new cashier, Jessica DeHart, to the front-end team. She has gone through the training with excellent results, and I am sure she'll be a great addition to an already awesome team.

I would also like to welcome all those returning to Moscow after summers spent elsewhere on various adventures. It is always good to see our student and faculty friends return, full of renewed energy and vigor!

The relevance of the Co-op as a community meeting place has been most evident this summer, with great Tuesday evenings

of music, barbecue, and the Growers Market. (You still have a chance of winning a Co-op gift card in the weekly drawing at the Growers Market!)

Purchasing choices have never been better, with great additions to the mercantile department (dresses and skirts and tops, oh yeah!), and, of course, the salad bar that is delighting many customers and staff. But, as always, I have to say that the best part of the Co-op is the customers. Your smiling faces make the staff's day. Thanks for coming in, and see you soon!

Price Shopper: Road Food

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

August is a great time of year for us—time for our annual road trip! This year we are going to the Oregon Coast with our two kids and two of their friends. We are going to have a vanload of travelers this year!

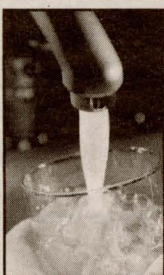
Our plan this time is to leave early in the morning and drive until we reach Portland, where we'll stay overnight with some friends and see the city sights.

Next day we'll pile back in the van and head for the ocean.

With so many kids in the car we are going to need plenty of snacks. We let the kids help make the shopping list and then compared prices between Rosauers and the Co-op. We ended up saving \$2.70 by shopping at the Co-op.

ITEM	Rosauers	Co-op	Savings
Yaya Popped Popcorn 8oz	\$1.99	\$1.99	\$0.00
Barbara's Cheese Puffs 7oz	\$2.49	\$2.39	\$0.10
Lundberg Rice Chips, Sea Salt flavor	\$2.59	\$2.69	-\$0.10
POP Chips Original 3oz	\$2.59	\$2.79	-\$0.20
Kettle Chips, Sea Salt flavor 14 oz	\$4.99	\$4.85	\$0.14
Kettle Chips, Sweet Onion flavor 9oz	\$3.59	\$3.15	\$0.44
Terra Chips, Sweets & Beets 6oz	\$3.79	\$3.39	\$0.40
Back to Nature Crispy Cheddar crackers	\$3.69	\$3.19	\$0.50
Annie's Whole Wheat Bunnies 7.5oz	\$3.39	\$3.25	\$0.14
Nature's Path Peanut Buddy granola bars	\$3.99	\$3.75	\$0.24
EnviroKids Crispy Rice Bars	\$3.79	\$3.49	\$0.30
Cliff Bar Carrot Cake flavor 2.4oz	\$1.39	\$1.39	\$0.00
Bumble Bar Original 1.6oz	\$1.89	\$1.79	\$0.10
Endangered Species Extreme Dark Chocolate	\$2.99	\$2.59	\$0.40
Sunspire Chocolate Candies 1-3/16oz	\$1.39	\$1.15	\$0.24
Total Savings			\$2.70

HOW SAFE IS YOUR DRINKING WATER?



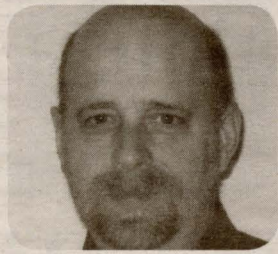
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Happily Ever After

by Steve Kobs, Co-op store manager

Everyone who gets hired to work at the Co-op eventually leaves. Now is my time to leave and move on with other important things in my life. Nearly two years ago, I moved here to be closer to my girlfriend. Now I am actually going to move to Nelson, British Columbia, to seal the deal. My last day at the Co-op will be right after Labor Day.

It seems implausible that our Co-op is an intersection for so many lives. People meet, get married, buy houses, have children, and raise their children. We have our struggles, perspectives on right and wrong, what is and what should be, to hear and be heard. Put it all together and it is an adventure.

One reason I liked working here is that the abilities of people are revealed. Julie Gardner had the resolve to make the first CheeseFest happen. Carolyn Ferguson crafted a solution that let a disruptive customer keep shopping in the store when I wanted to ban her. Aaron Ament keeps saying he is, "just a baker," but he has smart advice for me about both important and silly topics. There are remarkable customers, too.

Shortly after I started working here, I made the call no parent wants to receive, "I have your son in my office because he was shoplifting." They were angry and uncertain what to do; there was no guide for this. Over the next few weeks, the parents found out that they could address this disappointment constructively. Their son followed through on his promise to reimburse the Co-op, he got a job at a local business, figured out the kind of son and brother he wanted to be, and took the steps needed to reestablish trust with his parents. The parents did their job, too. They forgot the mistake and concentrated on the future. What they did individually and as a family was really remarkable.

I love working with participating member Laura Powers. Her part-time volunteer job is watering the outside plants. Her full-time job is being my comedic partner as we lightheartedly complain about how little the other person is doing for the store. Both Laura and my colleague Sydney Amigo are perfect people to run into when having a less than perfect day. Sydney is a perpetual positive energy

"The Moscow Food Co-op is one of the biggest grocery cooperative success stories in the past year, and that success will continue for years to come. I will miss being part of the future here."

machine.

There are many Co-op champions here, like Bill London, Gary Macfarlane, Bill Beck, Carol Spurling, and Nancy and George Bedirian. It is such a pleasure to have a friendly conversation or discuss an issue of the day. I am still grateful to Stephanie Kalasz who took the time to write about something I had done. Stephanie magnified a tiny gesture and made me eternally remember her. It is easy to think about good and charming people that have made working at the Co-op engaging and interesting.

It was gratifying to successfully address the business challenges faced by our Co-op. There was already a solid foundation here, so making small adjustments produced big changes. In two years, our retail prices are better, member benefits are better, and the operation of the store is more effective. Wages and benefits have been dramatically improved and hiring is smarter.

There is more room to sit, eat and talk in the store. We updated nearly all of our lamps and refrigeration motors to reduce energy consumption. Profitability is now robust and responsible. The Co-op is in the best position ever to thrive and fully fund its multiple efforts.

I have always set out to try to get people all the things they needed to be successful in their jobs here. Together, we have had good results. Our staff's knowledge and skills are very good, and members are loyal and interested. We have good systems in place and are better at focusing on the important things. The Moscow Food Co-op is one of the biggest grocery cooperative success stories in the past year, and that success will continue for years to come. I will miss being part of the future here.

Steve Revisited

by Kenna S. Eaton, Co-op general manager

There are apparently some rules that it's recommended you follow when writing a farewell note: be friendly, good natured, personal, appreciative, and offer your best wishes to the person leaving. Writing such a note about Steve Kobs, our store manager, is easy.

Steve called me up out of the blue a few years ago, wondering if the stars were aligned and if he was able to drop by and apply for the position that I was advertising—from Minnesota! It was serendipity and so began Steve's tenure at the Moscow Food Co-op.

Of course he's brought with him so many different skills, knowledge, charms, and abilities to tackle tough situations that he will be impossible to replace.

So we're not. We'll be hiring three people to do different parts

of his job—and I'll get the bits no one else can do. It'll be interesting to see how we get along without Steve; in fact we joke that we'll have to start wearing our "What Would Steve Say" hats whenever we get ourselves into a situation where we don't really know what to do.

I will say that during his two years here my staff has deepened their own skills, the store has matured (five years in this location in October), the market for what we do has blossomed, and we are in a much better financial and structural position than when he turned up on our doorstep. Of course I wish only the best for Steve in what he does next—but I know he'll make his mark on that company just as he did here.



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Breakfast with the Board: How Can the Co-op Better Serve Students and Seniors?

by Carol Spurling, outreach and ownership coordinator, and Christine Locker, board administrative assistant

On June 26 the board informally asked members to share their ideas to better serve seniors and students in our community. We are happy to have received some great ideas (see below), some more feasible than others, and we look forward to implementing some of them as soon as we are able. The Engagement and Outreach committee, a joint committee of the board and Co-op staff, appreciates your input!

- ✓ Advertise in student papers
- ✓ Have satellite storefronts

at Good Samaritan Village, University of Idaho, and Washington State University

- ✓ For seniors: Have a Co-op spokesperson visit area senior centers and retirement facilities with info about the Co-op; perhaps free delivery for seniors to facilities
- ✓ Make it better for students by making a study-friendly environment
- ✓ You should have a student day—bring your student ID and get five percent off
- ✓ Better presence on cam-

pus—campus dining liaison, stand at the CUB (Compton Union Building) at WSU

- ✓ Remember that cost is a big factor for both students and seniors
- ✓ “Meals on Wheels” for seniors who want/need lunches or dinners delivered to them
- ✓ Group Co-op memberships for sororities/fraternities/living groups
- ✓ Have a table on campus at the beginning of the school year during back-to-school events
- ✓ Dinners/lunches at the

Co-op or 1912 Center for students/seniors; dinners for international students

- ✓ Student events with student groups off-campus (so we don't have to eat Sodexo food!) like sustainability center and soil stewards
- ✓ How about free grocery delivery for local senior members?
- ✓ Co-op mobile cart that can travel to student/senior communities

Co-op Board Report

by Donal Wilkinson, Co-op board of directors, boardmembers@moscowfood.coop

Mid-summer in an academic community: Rendezvous in the Park, family vacations, gardening when the sun is almost set... all wonderful parts of summer. For some of us it includes planning all these wonderfully fun things around Co-op board meetings.

At the last board meeting on July 13, we had our new lawfirm do a presentation after reviewing our bylaws and articles of incorporation. (These are the two documents that govern how the board runs the Co-op and maintains membership involvement.)

The last board (Kim, Bill, Gary, Donal, Chris, Deena, and Andrika spent two days in the waning days of winter hashing these documents out. Our lawyers tell us that we did a good job... except one thing. While

we put in a provision that says our membership has to approve future bylaw changes, we missed that we have to maintain that provision in our articles of incorporation, too. While the board can make clerical corrections necessary for the state to accept our articles of incorporation, we cannot make substantive changes without your vote.

Okay, so what does all this legal gibberish mean to you, our loyal customer? It means that in order to be able to offer a patronage refund, a.k.a. a check to you at the end of the year, we need to change our articles of incorporations to reflect that.

So, at the August 10 board meeting, the board of directors will vote on the appropriate verbiage to be able to give back on your loyalty. We encourage you

to come and give us your feedback or just watch this historic vote.

(Okay, Donal, aren't you being a bit dramatic? Historic? Really? Well, I think so.) We have come a long way in the last three decades, and for those of you who have been part of this for the past 30, 20, 15, or five years—seeing us grow from squeaking by to being able to do well enough to give back to our customers, employees, and the community at large is pretty cool.

So, to make it official, we need you to vote. You'll be getting a ballot in the mail and voting will also be taking place at our annual meeting gala at the co-op in

The next board of directors meeting is Tuesday, August 10 at 6 p.m. in the Fiske Room at the 1912 Center. For public comments, the Member Forum will begin at exactly 6:05 p.m. and will end at exactly 6:15 p.m. If you have questions, please email Christine Locker, board administrative assistant, boardadmin@moscowfood.coop.

September. Please feel free to contact any board member if you have questions.

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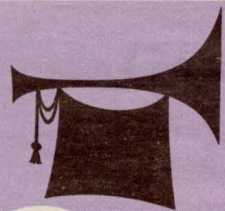
Despicable Me (PG)	August 4-8
Toy Story 3 (PG)	August 11-15
<i>Moscow Food Coop presents:</i> What's On Your Plate	August 19
<i>Back to School Bash Presents:</i> Animal House	August 20-21
<i>-and-</i> Accepted	August 22
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CO-OPERATIONS



Co-op Shoppers Speak Out:

Asked by Ashley Fiedler, Co-op newsletter volunteer, on July 6, 2010

Q What is your favorite aspect of the Tuesday Growers Market?



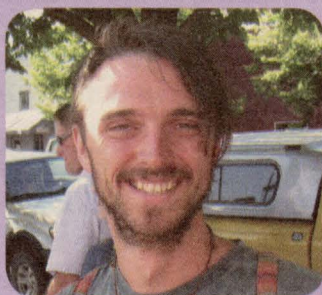
"The ice cream. The lavender honey is really good today."

—Joe Pallen, Moscow, photographer for University of Idaho



Really good local produce."

—Tim Green, Moscow, sort-of-retired attorney



"I came to check out the local farmer community."

—Elric Centers, Berkeley, CA, visiting family in Moscow



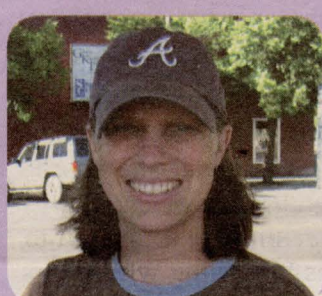
"We come for the music, and if we need something we get it from the vendors."

—Rachael Clayton, Moscow, stay-at-home mom



"I definitely come for the ice cream, but mostly for the community."

—Donna Mills, Moscow, woman-about-town



"I bring my three-year-old for the music."

—Summer Clayton, Moscow, director of Palouse Prairie School

Community Cookbook

by Laurene Sorensen, Co-op Community Cookbook project

Lately I've been helping to prepare Linda Canary's delicious menus for transformation into brochure form. Each month's set of recipes has a master ingredient list, a subpart of which is a list of things you're assumed to have on hand. This has reminded me to write about the most boring food of all: staples.

Merriam-Webster's Collegiate Dictionary, 11th edition (MW11 to its friends), defines "staples" as "(a) commodity for which the demand is constant, (b) something having widespread and constant use or appeal, (c) the sustaining or principal element ..." Bo-ring.

Nevertheless, it's handy when a cookbook tells you up front (or in the back) what key ingredients you'll want to have on hand in order to prepare the recipes in the book. One of Jamie Oliver's cookbooks (I think The Return of the Naked Chef, but don't quote me) has a list that made me salivate: arugula, fresh basil, lem-

ons, and olives are some of his staples that I've made my own. A "larder list" is a must for ethnic cookbooks that depend on an array of traditional spices, herbs, and flours. But even a really local cookbook (the Co-op's) will be more helpful if it sets forth the least common denominators (remember LCDs?) of its recipes.

And now for some fun:

1. Write down, in two minutes or less, what you think your staples are. From memory. (If you can't remember it, it's probably not important enough.)

Mine were milk, butter, olive oil, canola oil, onions, garlic, salt and pepper, cereal, tea, and salad greens.

2. Now let's play food Scrabble. See how many dishes (if any) you can get out of that list. No cheating! Your result will be a Rorschach test of the stomach. It's okay if it's as pathetic as mine, which were cereal and milk, tea and milk, salad dressing, Sherpa tea (with butter and salt), green salad, and marinated onions.

3. Then take one more min-

ute to write down the handful of additions that would let you make something you'd serve a guest.

4. If you dare, share what you came up with. It'll help us write the preface of our book. Better yet, deluge us with recipes and we'll figure out the LCDs. Send your confessions and recipes to cookbook@moscowfoodcoop.com. We'll keep the confessions secret. But we do want to print your recipes!



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Rumor Control: Consumer Privacy

by Cina Zimmerman, Co-op newsletter volunteer

Rumor: The Co-op saves consumer information from card sales to give to third parties, such as companies marketing Co-op products, and to law enforcement.

Fact: The Co-op does not give consumer data of customers to any outside agency and gathers such information only for accounting reasons.

In the age of global electronic connectivity, it seems like there's a record of everything we do. Some records are self-created, like our Facebook pages or Mint.com accounts, and others are less intentional, like the list of books we've checked out at the library, or our cell phone company's log of every call we make and text message we send.

Some Co-op members have expressed concerns about the information trail we leave with our Co-op expenditures, and there have even been rumors that our records can be sold for marketing purposes or turned over to law enforcement.

Let's first address the issue of Co-op record keeping, and the purpose it serves. The Co-op's Point-Of-Sale (POS) system is a sophisticated tool that connects and coordinates all aspects of inventory, accounting, and sales. It helps Co-op management offer sales and discounts, understand buying trends, and keep your favorite items in stock. "POS improves the quality and accuracy of information we have and reduces duplication of effort,"

says Co-op store manager Steve Kobs.

There is a record of purchases connected to your member account, but the list is used in two ways: one, in aggregate with all other Co-op purchases to monitor trends and inventory, and two, to offer members patronage dividends at the end of a profitable year. Any such dividends are based on an overall purchase total, rather than any particular items.

When it comes to distribution of member information out-of-house for corporate marketing or law enforcement, our Co-op management is clear: The Co-op does not provide consumer data to any outside agency. Never has.

Members do not need to worry about their data being sold for marketing or other purposes. However, if members wish to retain as much privacy as possible while continuing to shop at the Co-op, they may elect to avoid attaching identification to purchases by paying with cash or by simply declining to own a Co-op membership card.

As for Co-op records and law enforcement, there are only two circumstances under which the Co-op will hand over any customer purchase information: The first scenario involves the Co-op using the information as evidence in a legal complaint, like a bad check case. This would involve only a specific customer's record and should be a non-

concern for anyone not engaging in criminal activity involving the Co-op -- which, of course, is the vast majority of patrons!

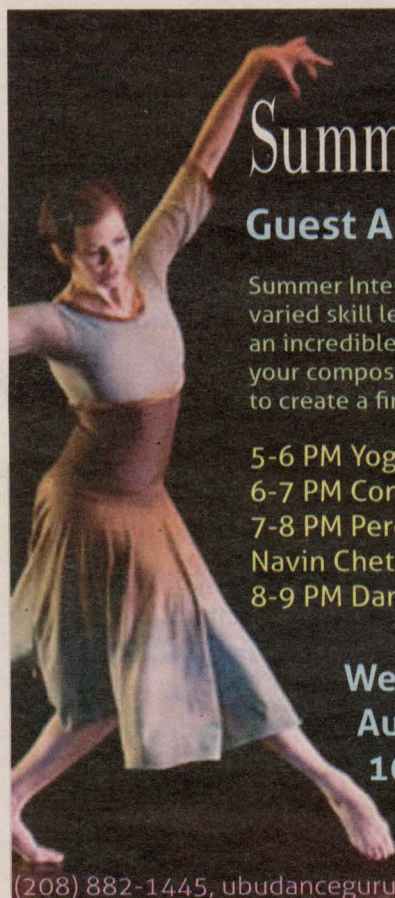
The second scenario involves the extremely unlikely event of local, state, or federal law enforcement seeking a member's records for a non-Co-op-initiated investigation. In such a situation, the Co-op would demand a subpoena before releasing any records. That has never happened, and given the likelihood of any government agency caring how much tofu anyone buys, won't happen in the future.

It's also worth noting that full member records are accessible only to the Co-op's general manager, Kenna Eaton, and I.T. manager, Joseph Erhard-Hudson. Unknown to most Moscow Food Co-op shoppers, our local and friendly cashiers can only view a scant amount of consumer data at the register: limited information such as a member's name, amount of equity invested, and availability of discounts are all that's revealed.

"Our members can trust their Co-op to safeguard their purchase privacy," Kenna summarized. "We never have, and we never will, release this information."

Co-op management takes member concerns about privacy seriously, and has debated researching ways to improve the system without sacrificing the efficacy and expediency of POS. If you have suggestions for other ways to address privacy, or would like to weigh in with your opinion, please take advantage of the Co-op's suggestion boxes near the front of the store, near the exit door. You can also visit the Co-op's website at www.moscowfood.coop, and visit the "Contact Us" section to send email feedback to Co-op management staff.

Leo and Cina have two children, Koyote and Satori. Interests include music, camping, hula hooping and food (all at once). The Zimmermans have been enjoying life in Moscow for seven years. Cheers!



Summer Intensive 2010

Guest Artist Kerry Parker

Summer Intensive 2010 offers professional training for varied skill level dancers, teen through adult. Join us for an incredible choreographic experience, building upon your compositional toolbox. Collaborate with instructors to create a final outdoor performance.

- 5-6 PM Yoga with Erika Greenwell
- 6-7 PM Contemporary Ballet with Kerry Parker
- 7-8 PM Percussion & Music Training with Navin Chettri
- 8-9 PM Dance Composition with Shelly Werner

Wednesday, August 11- Friday, August 13, & Monday, August 16 - Friday, August 20, 2010

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Learn how to live well with diabetes. Call 208-883-6341 for more information. Classes meet in the Gritman Conference Center.

Osteoporosis Exercise Group

Tuesdays and Thursdays, 9:30 a.m. to 11 a.m. **\$6/person**

One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Join our ongoing exercise group and improve your bone strength. A physician referral is required. Call 208-883-6088 to learn more.

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Outreach and Ownership Report

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

Traveling to Bloomington, Indiana, in early June for the CCMA (Consumer Co-operative Managers Association) conference was educational and fun. I was invited to present a workshop on outreach, on the strength of the Moscow Food Co-op's outreach programs. What an honor, and a nail-biter, to be a first-time attendee as well as a presenter at this conference, amongst dozens and dozens of long-time co-op managers who have been going to CCMA for decades. How could I possibly say anything that they didn't already know?

In reality, there were managers from co-ops of all sizes and ages, and it was a pleasure serving as a resource for co-ops who are just beginning to create their own outreach programs, and to share some new ideas with co-ops who have shared their own ideas with us over the years. The atmosphere was, ahem, cooperative. You can rest assured that all over the country, co-ops like ours are alive and well, staffed by wonderful people, just like ours!

I especially appreciated the keynote speakers (Bruce Philp, brandcowboy.blogspot.com, and Michael Shuman, small-mart.org) who reinforced what co-op owners already know: the cooperative emphasis on principles and ethical business practices gives co-ops an important advantage in the increasingly competi-

tive natural foods business. Our democratic structure makes it impossible to forget that we exist to serve our local owners, not some faceless stockholders.

This fall we will be conducting a customer survey both in the store and online to help us better meet your needs and also to help us compare ourselves to other co-ops to see where we are doing great and where we could use improvement. We hope you'll help us by willingly taking the survey and answering the questions as candidly as possible. Surveys will be anonymous. Watch for more news about the survey in September.

The June A Dime in Time recipient, Friends of the Moscow Library, received \$478 from your donations of your bag refunds. Thank you! The July recipient was the HOPE Center, and the August recipient is Paint the Palouse.

The Co-op is now offering wireless internet access to the public from 1 - 8:30 p.m. Outside of these times customers will be able to see the wireless connection on their computers but won't be able to connect. We hope that these limited hours will be a happy compromise between the members who wanted wireless access at all times and members who didn't want access at all or were wor-

ried about there being enough places to sit during the Deli's busy times. Please let us know how it works for you.

I'd like you to start thinking about whether or not the Co-op should charge people for each new paper or plastic bag that they use. After almost two years of the A Dime in Time incentive to encourage the use of permanent shopping bags, we've leveled off at a fairly low percentage of total transactions that use permanent bags. We appreciate the people who use cloth bags regularly. But what can we do to improve our usage of permanent bags? How can the Co-op save money AND lower our carbon footprint by reducing the number of paper and plastic bags that go out the door?

The Pool Parties in July were a big hit. Families, employees, and friends gathered at the pool to cool off, laugh, and enjoy great Co-op snacks. I hope we can do it again next year. Let me know if you enjoyed it.

July has been busy with fall planning, launching the Eat Local Challenge, hosting a field trip and smoothie-making session with a group of Pullman day-camp students, pool parties, food preservation workshops, and getting a bunch of new social media things happening, like our new Facebook pages, blog, and Twitter account. We hope you enjoy our expanded on-line presence, and "like" us often!

The Engagement and Outreach committee has been discussing the possibility of creating a register discount for our low-income members who receive public assistance. We would appreciate any member comments about

this possible new program. Email engage@moscowfood.coop. Thank you!

Dear Moscow Food Co-op:

Thank you again for selecting Moscow Junior High School Future Problem Solvers as a Dime in Time grant recipient for May 2010, and for the resulting \$569.01 gift. Thank you, too, to the patrons of the Co-op, who make the success of your grant program possible. As mentioned previously, two MJHS students were invited to the International Conference, and the Dime in Time grant has helped make their attendance possible.

Thank you.

Ryan Goodson and MJHS FPS

Dear Moscow Food Co-op:

We thank you for your generous support of the Moscow High School "Class of 2010 Safe and Sober Graduation Party" this year through your many gift cards and gluten-free pizza. We couldn't do such a party if it wasn't for the support of our local businesses.

Mary Jo Von Gerpen and Brenda Iverson

2010 Food Co-Chairs

Dear Moscow Food Co-op:

Thank you for donating a terrifically decorated cake to the 2010 Latah Trail Foundation Dinner & Auction. We are ever grateful for the support of businesses and individuals such as yourself that make this event happen. We're pleased to report the evening netted over \$42,000 for the trail. Now there is work to be done!

Thank you!

Nora Locken

Executive Director


Dear Moscow Food Co-op:

I would like to extend a heartfelt thank you to everyone who participated in the blood drive held on 6/2/2010. There were 26 generous donors registered and we were able to collect 18 units of life-sustaining blood...Thank you again for making a difference in your community.

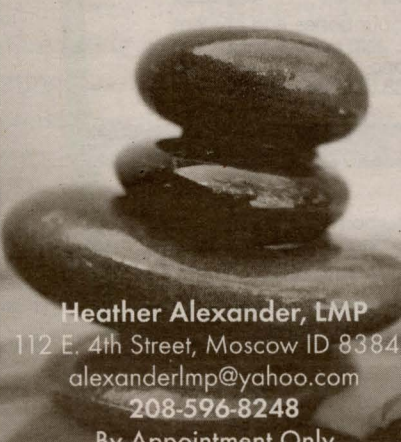
With gratitude,

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August 2010 Suggestion Box

The public phone is very hard to reach with merchandise in front of it. — Iona

It is hard to reach right now. There are times of the year when we have too much merchandise and we need to use the space there. Unfortunately, there really are not any better locations for the courtesy phone. With the popularity of cell phones, this phone is rarely used. If you are really stuck, please ask one of the cashiers if you can use their phone. —Steve Kobs, Store Manager

I have received conflicting information about the availability of waste food for animals or people. I am an unemployed single Mom and can use the help of less than perfect produce to help my family. —Kate

Thank you for including your contact information. We have shared a lot of information on this topic and I learned a lot from your experiences. Briefly, we do have waste food that is not for human consumption. A variety of pig and chicken farmers come by and take a bucket or two on a first-come-first-served basis. The rest goes into compost.

We do have other unsaleable food that comes off the sales floor. Some is used by our kitchen (they cut off the nasty parts) and some is taken by employees and volunteers. The rest is composted or may go to farmers.

We want to sell food, not give it away. We just cannot make unsaleable food available to the general public. —Steve

(Regarding the Deli seating area) How about moving the garbage back to where

it was (by the kitchen door) and put the salad bar refrigerator against the end of the salad bar? Garbage and dirty dishes near the door should not be where people come in. The garbage is not appetizing or pretty. Great and fresh selections in the salad bar. Thank you, Becky

I love comments that include solutions and compliments. Thanks. The old recycling and trash bin really is not the right design for the new location so we are replacing it. The new unit will look better and might help address your concerns. To us, putting the trash on the way out makes sense. We are also going to shorten the long tables to give a little more room going in and out. Your fridge relocation idea has merit. Unfortunately, it does not fit by the salad bar and would block it. I think we got this one right and just need to refine it a bit. —Steve

I'd love to see bulk tea along with bulk coffee. —Erika

We have over 40 varieties of bulk teas next to the dried fruit shelf in the back of the bulk department. Space constraints don't allow us to stock it directly next to the coffee, but it is close by. —Joan, Grocery Manager

The chocolate malt balls are way too big—it's mostly chocolate. Please try to lose some filling. —Persephone

We buy those candies from a candy-maker and therefore aren't able to control the proportions of ingredients. We will certainly pass your concern along to the company. —Seth, bulk buyer

I will REALLY miss the 8-grain bread from Sage Bakery. Please bring them back in the fall is possible. Thank you. —Kathy

Devastated to learn that Sage bread will no longer be sold at the Co-op!!!! I was a faithful Sage Co-op customer! PLEASE bring it back (at least in the fall). Thanks! —Chris

Continuing the sale of Sage Bakery bread is vital to the survival of the colony! —Tristan

Thank you for taking the time to give us your input about this difficult decision. I refer you to the article in last month's newsletter explaining the situation with Sage Bakery. Please let me know if you have further concerns. —Joan

You carry spinach pasta, and thanks for that. When I lived in another town I used to use tomato-flavored pasta. Any chance of getting that flavor in stock? —Alex

We have not seen tomato pasta products available, but will keep it in mind and bring them in should we find some. —Joan

Please bring into stock Natural Value yellow mustard in the jar. Several other jarred flavors available but the plain yellow mustard only found here in plastic bottle. Thank you. —Maggie

Your request is a good one. We will try the Natural Value yellow mustard in glass. Look for it on the shelf soon. —Joan



Essential Living Classes

Downsizing and Upskilling: Essential Living "What Do You Need?" 2-Part Workshop Series

August 18 and 19, 6:30-8:30pm in the 1912 Center Fiske room

A two-part workshop on downsizing your life to provide resilience during uncertain times and increase simple abundance.

Workshop 1 will cover:

- Basic overview of local, US and world economy current events and patterns
- Peak oil information update
- How not to panic, get depressed, stress out or hide in a closet
- What do you need versus what do you want?
- Where do I go from here?

Workshop 2 will continue on the foundation of Workshop 1 including:

- How do I downsize?
- Strategies for getting there (little steps and big steps)
- Valuable skills
- What is simple abundance?
- Resources, perspective, and the value of community

The size of this workshop is limited by the size of the Fiske room. RSVP by emailing outreach@moscowfood.coop so that we can save you a seat and have prepared materials for you.

K. Sequoia Ladd is the Moscow Food Co-op Participating Member Coordinator, a clinical herbalist, permaculture practitioner, and avid cook and food preserver.

What Do You Need?

2 workshops

Free

Wednesday, August 18 and
Thursday, August 19

6:30 to 8:30 pm

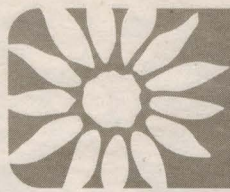
Fiske Room, 1912 Center

RSVP to: outreach@moscowfood.coop, 208.669.0763



MOSCOW FOOD CO-OP

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Volunteer Profile: Kate Jaeckel

by Todd J. Broadman, Co-op newsletter volunteer

Thankfully, I was able to catch-up with Kate Jaeckel recently. She had returned from a long road trip to northern Wisconsin with the kids, and eagerly shared impressions from her summer travels. “We had a great time and stopped in some really fun places—first in Missoula for a craft show where I sold my soaps, to South Dakota to visit the Laura Ingalls Wilder homestead, to America’s first national monument, Devils Tower in Wyoming, and of course spent some relaxing time lakeside with my mom and sister.”

I wanted to know what inspired Kate to make the move to Idaho. “Well, my inspiration was and is to live a simpler life.” Kate grew up in Oak Park, Illinois, outside of Chicago. “Our family would spend summers by the lake in northern Wisconsin and those summers served as inspiration,” she reminisced. “I miss having a lake, but we do have such an incredible landscape here—our farm in Moscow that we began eight years ago.”

There is a sense of the inevitable in Kate’s story. “The Palouse called out our name,” she said confidently. “Brad and I traveled throughout the Northwest for a place to start a farm. Our criteria was strict, our standards were high. We had both lived in really great towns but we could not afford farm land in any of those places.” She looked skyward and shared how they witnessed this “huge rainbow as the clouds parted! We were close to Julietta at the time.”

In the same breath, Kate talked of their need to live in a community which had a great Co-op and farmers market. The Moscow Co-op fit the bill. Currently, Kate volunteers in helping the Co-op’s green commerce committee. “I believe this committee is going to have a



“In the same breath, Kate talked of their need to live in a community which had a great Co-op and farmers market. The Moscow Co-op fit the bill. Currently, Kate volunteers in helping the Co-op’s green commerce committee.”

really wonderful impact on how our Co-op redefines ‘local.’ It seems there are various definitions of “local” and the group

is working on clear signage to inform Co-op’s customers of food sourced within one hundred mile area—as well as regionally

sourced food.

Kate sees the connection between food and community. “My hope is that we will better educate the customer and they will then choose to purchase items that are grown and produced here on the Palouse; this really is the key to making our community stronger.” She went on to explain how the green commerce committee is working closely with local sellers to develop professional guidelines to market and display their products.

Kate, Brad, and their children, Avery (9) and Ellis (5), found and settled their farm at the end of Orchard Avenue—and aptly named it Orchard Farm. Kate and the kids tend to the vegetables and the chickens, and make soaps and other body care items; check it out at: <http://orchard-farmssoap.com>.

Kate was so animated about her journey that it seemed redundant to ask what she was passionate about. Without hesitation she mentioned her children, “their happiness and future in this world. I want everything that I do and make and produce to go back to helping a planet that they will be living in fifty years from now!”

Todd relishes this patch of earth called the Palouse, and the occasional visit back to Hong Kong only serves to reinforce that appreciation.

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Staff Profile: Sydney Amigo

by Amy Newsome, Co-op newsletter volunteer

Instantly liked Sydney, the fact that she gave me one of the new cookie punch cards just further endearing her to me. I'd quickly learn that this gregarious cashier is well suited to her last name.

Sydney's father was born in the Basque region of Spain. I told Sydney that my maiden name, "Itzaina," is Basque. But when she went to study my face, I had to quickly acknowledge that I didn't look Basque what with my blonde hair, blue eyes, and fair skin.

At the time you are reading this article, Sydney is likely with her family in her dad's hometown of San Sebastian. This is a trip they have taken as a family just about every other year of Sydney's life. They will stay at her grandma's house, just a couple of blocks from the beach.

In addition to spending time on the beach, Sydney was also looking forward to the food. With mouth-watering anticipation, she described some of her favorite Basque and Spanish dishes. She told me about tortilla de patata, which is a potato and egg pancake; also Spanish chorizo, a spicy pork sausage; and jamon serrano, a dry cured Spanish ham.

Sydney's dad, Juan, and her mom, Teresa, met in Spain when her mom was there teaching English. They didn't date at that time but Teresa later encouraged Juan to visit the United States. Juan did come to the U.S. and eventually they were married.

Sydney was born in Portland, Oregon, and lived there until she was three years old, at which time her parents moved their family to Boise, Idaho, for jobs. Her dad teaches Spanish and her mom is a school counselor.

Her parents wanted to travel, so looked for international job



“After graduation, Sydney moved to Moscow to attend the University of Idaho. In the fall she will begin her third year studying Secondary Education.”

opportunities within schools. When Sydney was twelve and her sister, Amaya, was nine, they moved to Berlin. Sydney attended the John F. Kennedy School, a bilingual, bicultural German-American school where her parents were teaching. After two years, they moved the family to Tokyo to take jobs at the American School in Japan. Tokyo served as a nice jumping-off point for the family to also travel to Australia and New Zealand, and explore areas of Asia like Cambodia and Vietnam. Sydney was particularly impressed by the Angkor-Wat temples in Cambodia.

When Sydney was sixteen her family moved back to Boise. But after her worldly experience, a typical American high school just didn't fit her needs. She took night classes and was able to graduate after her junior year.

After graduation, Sydney moved to Moscow to attend the

University of Idaho. In the fall she will begin her third year studying Secondary Education.

“I'm studying to teach so I can do what my parents have done.”

She'd like to study abroad in Spain and Costa Rica her final year of college. She wants to spend time on the beaches and in the rainforests.

Sydney has worked at the Co-op since December, 2008. Before becoming a cashier a couple of months ago, Sydney was

a dishwasher and a deli server. Without a car, she bikes for transportation. She enjoys running either outside or at the UI Recreation Center. Sydney loves singing and recently started playing a djembe drum.

“Moscow is a great place to learn to drum. There are a lot of opportunities to practice with people.”

She enjoys meditating with friends or alone. Two years ago, her best friend and then dorm-roommate, Laura Garritano, introduced Sydney to meditation. They've been practicing together ever since, along with new friends and fellow UI students, Josh West and David Otterstrom.

“We all enjoy singing. Singing really is a form of meditation when you do it right.”

She has found inspiration for living in such books as *A New Earth* by Eckhart Tolle and the *Dao De Jing*, an ancient

Chinese text. She finished the interview with these wise words, “You can't change other people; all you can do is send out positive energy into the world.”

.....
Amy Newsome is looking forward to taking a road trip with her family to Vancouver, B.C. later this month to check out art colleges for their older daughter.



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Local Producer: Clearwater Canyon Cellars

by Johna Boulafentis, Co-op newsletter volunteer

One summer morning, while sipping on a cup of Landgrove Coffee and looking out over the Umiker Vineyard, Coco Umiker and I discussed Clearwater Canyon Cellars along with many other wine-related topics. For the last year, the business has sold wine at the Co-op. Amongst the shelves of red and white wines, you will find Clearwater Canyon's 2008 Renaissance Red, 2008 Lochsa, and 2007 Cab Merlot.

Clearwater Canyon Cellars is a partnership of owners, four couples to be exact: Coco and Karl Umiker, Patti and Tim Switzer, Jerome and JoAnn Hanson, and Barb Nedrow and Gary Rencehausen.

The group is a diverse bunch with a range of skill-sets, ages, and employment. In addition to owning the winery, they each have day jobs including: accountant, ammunitions manufacturing worker, soil scientist, dental hygienist, Fish and Wildlife employee, restaurant/bakery owners, and Ph.D. student/teacher.

They all first connected in 2002 through the Asotin County Master Gardeners. Their shared interest in past and present grape-growing and wine-making efforts in the Lewis-Clark Valley



“There are numerous joys and advantages of owning the winery, particularly their relationship with local growers. Coco, as the business’s winemaker, enjoys walking the vineyards and seeing all the fruit in one day.”

resulted in the creation of the business. In 2004, they completed their “first crush” (or harvest of grapes) and became an official winery.

The goal of Clearwater Canyon Cellars is to provide premium wines from locally grown grapes. Nearly 85 percent of their entire production comes from fruit grown in Lewiston, Clarkston, and up the Clearwater River. Coco explained that wonderful wine is made before the grapes are even picked! She said wine making is similar to cooking in that if you start off with quality produce you’ll end up with qual-

ity food. She elaborated by saying, “Oak barrels are like spice, they bring the wine alive.”

There are numerous joys and advantages of owning the winery, particularly their relationship with local growers. Coco, as the business’s winemaker, enjoys walking the vineyards and seeing all the fruit in one day. Typical visits include discussions of irrigation, pruning/thinning, and plant health. Clearwater Canyon Cellars spends more money on grapes than any other expense. However, Coco said she’s happy when handing over checks to growers because their excellent fruit is creating excellent wine. Furthermore, money spent locally generates a flow of dollars within the community.

Like any business, Clearwater Canyon Cellars also has its own share of challenges. As a small business, it takes time to become known in the community and turn a profit. Of particular concern for this year’s crush was the hard frost in October, 2009. Vineyards in the Lewis-

Clark Valley have young vines (around four to five years old) compared to other northwest valleys. As a result, their vines do not have as much resistance to frost and will produce less fruit. Another challenge for local vineyards is the damage vines incur from 2,4-D, a volatile herbicide used ubiquitously by residents in the Valley. Coco hopes that in the future there will be application restrictions for the herbicide.

Another goal of the business also includes making products accessible to local people. In Moscow, you can purchase their wine

at Nectar in addition to the Co-op. If you want to take a little road trip, head on down to the Valley. The winery is open for wine tasting on Saturdays through Christmas from 1 - 5 p.m. Since the business partners cover different Saturdays, let yourself be surprised with who you’ll meet at the Winery.

If your road trip does not fall on a Saturday, do not fret. There are a number of stores and restaurants in Lewiston that carry their wine: Bojacks Broiler Pit, La Boheme, Macullens, Main St. Grill, Matt’s Grill, Rowdy’s, Sage Baking Company, Smokes and Suds, and Southway Pizzeria and Deli.

Coco explained that each year since the start of the business, they learn more and improve their products. She reflected, “It’s a joy to see our goal come true and sit down with everyone that had a dream. We planted vines, grew them, and then we can actually drink the fruits of our labor.” I particularly appreciated when she noted that wine lovers and growers in the Valley “are not settling for mediocrity and strive for excellence. There is so much pride and the want to kick Napa Valley’s butt.”

Inspired by the flavor and freshness of the 2008 Lochsa, Johna may hit the road. Destination: Lochsa River.

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Alternative Transportation: Randy Foltz, Road Tripper

by John Dunn, Co-op newsletter volunteer

Randy Foltz is a local cyclist who, while completely in-sync with the road trip concept, chooses to approach the idea in a different way. Most of us probably consider road tripping to be an activity involving driving in a car for many miles to get to our choice of destinations. However, Randy and his wife Meg recently undertook a mega-road trip that took them half way across the country on the saddles of their fully loaded touring bikes.

Randy is soft-spoken with a witty and engaging manner. He hails originally from Las Cruces, New Mexico, and is now pleased to call Moscow home. A research engineer at the United States Forest Service Research Station here in town, Randy rides to work from his home in north Moscow most days on his Trek touring bike. He also frequently bikes for both fun and fitness on his favorite routes in Latah County and the surrounding region. Randy's preferred routes include heading out of Moscow past Tomer Butte toward Genesee, turning around at the Genesee Valley church and returning to Moscow. Some of his accomplishments include climbing the White Bird Grade and participating in the Tour de Lentil. A casual glance at Randy is enough to reveal that this is one 50-something guy who is a real cyclist.

Randy and Meg's recent journey took 30 days and covered 1,300 miles. They spent most of May and the first few days of June pedaling from Georgetown, Virginia, to Chester, Illinois, along the Mississippi River. They participated in an Adventure Cycling Association guided tour that was unsupported, meaning that they carried all of their gear on their bikes. The Adventure Cycling Association is a group based in Missoula that is dedicated to supporting bicycle travelers. Randy also documented their journey in an on-line journal that includes photos.

Traveling in the southeastern part of the U.S. in the late spring is not without its difficulties. Not unlike cycling the Palouse in the spring, many of these challenges centered on the weather. Randy and Meg experienced heat, wind, excessive humidity, and at least one particularly intense thunder-



“Randy and his wife Meg recently undertook a mega-road trip that took them half way across the country on the saddles of their fully loaded touring bikes.”

storm that required them to take refuge in a kind landowner's metal shed. Non-weather-related challenges they experienced included the seemingly sleeping dogs that sprang from nowhere to chase anything on wheels. One of these dogs caused their guide to crash and sustain injuries in the form of a broken rib and collarbone. Determined, the guide continued the trip by car. They were also forced to

cope with the gravelly debris left alongside the highway by the innumerable coal trucks of

Kentucky.

In the end, though, the people, landscapes, history, and personal challenges were more than inspiring for them and those sharing in their journey.


An archive of bicycle tourist's journals and source of touring ideas/info: www.crazyguyonabike.com.

Learn more and view the photos from Randy and Meg's journal on Crazy Guy on A Bike: www.crazyguyonabike.com/doc/?o=RrzKj&doc_id=6418&v=7k.


For additional bicycle travel resources, with maps, books, and special self-contained tours for the adventuresome two-wheeled traveler: www.adventure-recycling.org.

John is a Latah County resident who frequently travels by bike. Check out his journal of a January, 2009, trip through Myanmar at www.crazyguyonabike.com/doc/?o=RrzKj&doc_id=5861&v=4q.

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And the Winner is....Amy Edwards!!

by Joan McDougall, Co-op grocery manager, grocerymgr@moscowfood.coop

Judging from brisk sales at the Co-op, Moscow definitely knows how delicious Amy E's Bakery treats are. So it was no surprise when this was affirmed in New York City on June 28. Moscow's own Amy Edward's won a SOFI Award (Specialty Outstanding Food Innovation) for Outstanding Confection of 2010 for her awesome Almond Toffee.

The SOFI Awards honor the best of the best in NAFSFT, the National Association for the Specialty Food Trade. The SOFI has been given out since 1972 and is this industry's most coveted award. The judges are top professionals within the specialty foods industry. This year over 2000 products were entered in 33 categories. Amy was one of the 140 Silver Finalists, an honor in itself. She accepted the adventure to travel to New York City to attend both the 56th Summer Fancy Food Show and the 38th SOFI awards banquet at which she was awarded the gold statue as the winner in the Confections category.



“Moscow's own Amy Edward's won a SOFI Award (Specialty Outstanding Food Innovation) for Outstanding Confection of 2010 for her awesome Almond Toffee.”

The Co-op has been selling Amy's Almond Toffee and Peanut Brittle since she introduced them at Taste of the Palouse last year. She sold everything she brought with her that day, and the pace hasn't slowed down since. We have both Peanut Brittle for \$4.99 and her award-winning Almond Toffee for \$6.99 at the register. The candy is organic, crafted in the commercial kitchen Amy built on her property in 2004. She began baking desserts and wedding cakes. In 2006 her kitchen was certified organic so she could sell her organic biscotti beyond the Palouse.

Toffee is one of Amy's favorite products that she has made for years for family and friends. We are delighted that she is now making it for the rest of us. Congratulations, Amy!!

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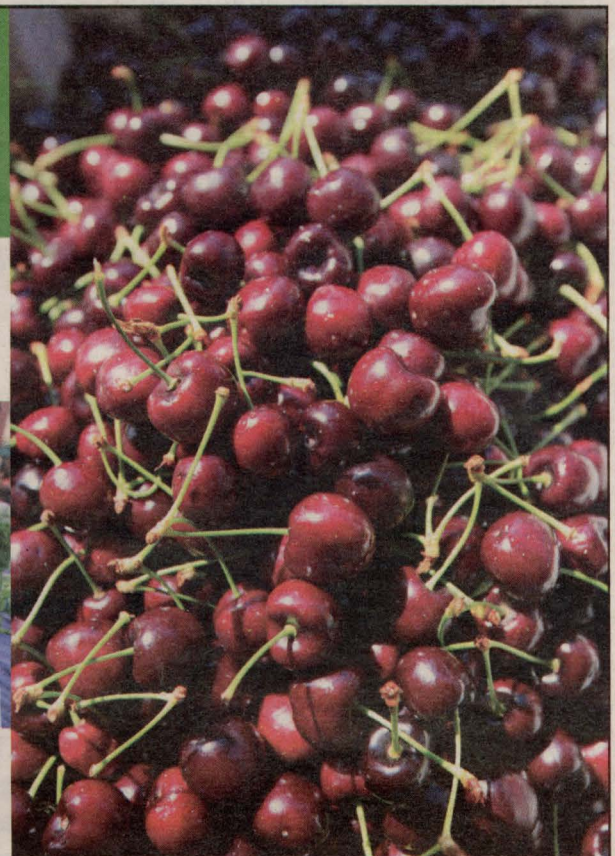
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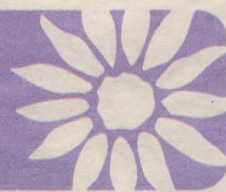
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Photography by Alison Meyer, alisonmeyerphotography.com



Veganesque: Lessons From The Road

by Caitlin Cole, Co-op newsletter volunteer

Once a year in the spring my family visits the Oregon Coast. Besides this vacation and my weekly Toastmasters meetings in Pullman, I rarely leave Moscow. Although I have enjoyed the traveling adventures I had while young, our family's simple lifestyle does not allow for us to travel more than once a year to somewhere we can drive. We were very excited when my mother called from Maine and offered to fly us out. Our kids had never been on a plane and had not seen Grammie for two years! Clearly this was going to be a family adventure with the opportunity to learn and relearn life lessons.

Right from the beginning of the planning stage I was gripped by moments of panic...what were we going to eat so far from our Co-op? When we go to Oregon we solve this problem by procuring mass amounts of Co-op goodies and then renting a hotel room with a kitchen. What would we have to eat on the plane, train, and then at my mother's country house in rural Maine for a week?

The awesome adventure began with a car ride to Seattle, plane ride to San Francisco, plane ride to Boston and then a train ride to my mother's house in Maine. I was nervous about the plane rides because I wasn't sure if the kids would be scared or bored, and I was also thinking of the purse-load of healthy, vegan gluten-free snacks I was carrying onboard. I had not flown in years and couldn't get a straight answer on what food I could carry onboard. I was convinced I was carrying contraband and was nervous going through security. It turned out to be fine, and that was my first lesson relearned: I believe in abundance. Even though I do not eat the standard American diet I can

always find the food I need.

Once we settled in at my mother's lakeside country house we decided to explore the town and scout for sustenance. My mother recommended a local place called Pat's Pizza, which did not sound promising to gluten-free veganesque people such as ourselves, but she said the salads were good and we did want to support a local business, so we tried it. The salads were fantastic and were made with local produce, and they even had gluten-free pizza! We ate there five nights in a row, and always ordered extra for breakfast. Who would have thought such a cool, local place would be in the business of serving gluten-free pizza and local organic salads in a rural town? Another lesson relearned, local, small town businesses are often funky!

The most surprising lesson of our trip adventure was discovering what fantastic travelers Connor and Cassidy are! They carried their own luggage, worked as a team, kept themselves entertained and happy on the plane and did not complain during the 40 total hours of travel we did to get there and back. We feel like we can take them anywhere now, and as a home-learning family, that is big!

In addition to Pat's Pizza, we did visit a natural foods store and a food co-op in a neighboring town. Neither was nearly as nice or offered the variety our Moscow Food Co-op does. I truly appreciate our co-op!

Wherever your road trip takes you this summer, take along some snacks from our co-op or try our favorite healthy take along snack recipe. Happy trails!

Caitlin Cole flew on a new, kid-friendly airline and if you ask her she'll tell you which one.

Monkey Bars

- ▶ 4 small firm ripe bananas
- ▶ 1/2 cup crispy brown rice cereal
- ▶ 1-1/2 tablespoons natural peanut butter
- ▶ 1 tablespoon maple syrup
- 1 ▶ teaspoon unsweetened cocoa

Cut bananas in half lengthwise and set aside. Mix the other ingredients in a bowl. Spread mixture on four banana halves and then top with remaining halves. Cut each crosswise into six pieces.



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Omnivoria: Jerky for Your Road-Trip Journey

by Jamaica Ritcher, Co-op newsletter volunteer

This is the time of year many of us drag our food dehydrators up from the basement, putting them to work on the summer fruit and veggie bounty. But we can also break out the dehydrator for all kinds of meats, making a variety of homemade jerky.

Which is perfect, since summer is also the time for packing up and hitting the road, and if gas station convenience stores across America are any indication, jerky is a favorite road-tripping snack.

But jerky-meat goes back further than Ford and freeways. People have used hot air to preserve meat since the times of the Ancient Egyptians. North American Indians combined buffalo meat with spices and dried fruit to make pemmican; in South America, strips of venison and buffalo were dipped in maize flour, dried in the sun, and then rolled up into balls for foot-travelers to carry around on their journeys. In the 1600s, Quechua Inca were found salting and drying meat for something called ch'arqe, a name that was, apparently, Anglicized to jerky.

The science behind the preservation works like this: enzymes which break down tissue cells in a piece of meat—making it go bad—require water. No water, no enzymatic activity, no rotting. An added bonus is that the minimal water content makes the meat lighter and easier to carry around—or pack into a crowded backpack.

Jerky really is, for the omnivore, anyway, an ideal food for eating on the run or the road. In addition to being lightweight, it's nutrient dense. A one-ounce serving of beef jerky has 100 calories, just 1 gram of fat, and 11 grams (20 percent of the average recommended daily value) of protein. Considering it takes about five pounds of meat to make one pound of jerky, there's a lot of meat going into a seemingly small packet of snack treats.

And while it's really easy to dash into the Co-op for a package of jerky before heading out of town, making it at home is surprisingly straightforward. In fact, you don't even need a food dehydrator. An oven set at low temperature gets you on the road to homemade jerky in no time.

The website chow.com has a selection of jerky recipes for beef, turkey, and salmon. If you try making beef jerky, the leaner, more tender cuts of beef like sirloin, flank, or chuck yield the tastiest results. Other key components are salty-sweet or spicy marinades, a source of dry heat, and time. Time to marinate can be 8 to 12 hours, and then it's another few hours to dehydrate. So planning ahead is a must.

As with all food preservation techniques, it's important to make sure you have a clean workspace and that the food reaches high enough temperatures to kill any bacteria. The USDA recommends that home jerky-makers get the meat to 160 degrees, and 165 for poultry. This is easy to do with an oven, but if you use a dehydrator, give sliced and marinated meat a turn in the oven first to get it to the proper temperature before moving it to the dehydrator.

If you have the craving but lack the time or inclination to make it, the Co-op has a selection of jerky products ranging from tuna to buffalo. A three-ounce package of organic beef jerky runs \$7.69 and is found in the meat department. You can also find one-ounce packs of Wild Alaskan Salmon jerky at \$1.79 each, and buffalo, salmon, or tuna jerky over by the snack items across from the deli.

But doing it yourself is especially economical and gratifying. The recipe below is just one to get you started.

Thai Beef Jerky

I found this recipe on the food website Chow (www.chow.com), where you can also find recipes for turkey and salmon jerky. This recipe works for an oven; if you use a dehydrator, follow the appliance settings for drying meat.

- 8 3 pounds sirloin tip
- 1/2 cup honey
- 5 tablespoons soy sauce
- 2 tablespoons fish sauce
- 2 tablespoons ground coriander

First, wrap the sirloin in plastic wrap or sealable container and freeze until the meat is just firm, about an hour and a half. Remove from freezer, trim visible fat, and slice along the grain into 1/4-inch-thick strips. (The strips should be as uniform as possible so that the pieces dry evenly.) Mix all remaining ingredients in a large baking dish, and add beef strips. Place in the refrigerator for 12 hours, turning once. Remove meat from the refrigerator, place in a colander to drain off excess marinade, and let come to room temperature, about 30 minutes. Meanwhile, remove the racks from the oven, completely line the bottom of the oven with foil, and heat to 160°F. Spray the oven racks with nonstick cooking spray, blot any excess marinade from the meat with paper towels, and arrange beef strips horizontally across the racks, leaving at least 1/2 inch of space between strips. Place the racks back in the oven and dehydrate jerky until dry, shriveled, and, when bent, it gives way before breaking but doesn't snap, about 3 hours. Blot any oil or moisture from the jerky with paper towels and cool completely on the racks before storing. This recipe will make about 1-1/2 pounds of jerky and will keep in an airtight container for a month.



Jamaica Ritcher loves taking road trips, but loves summertime in Moscow even more!

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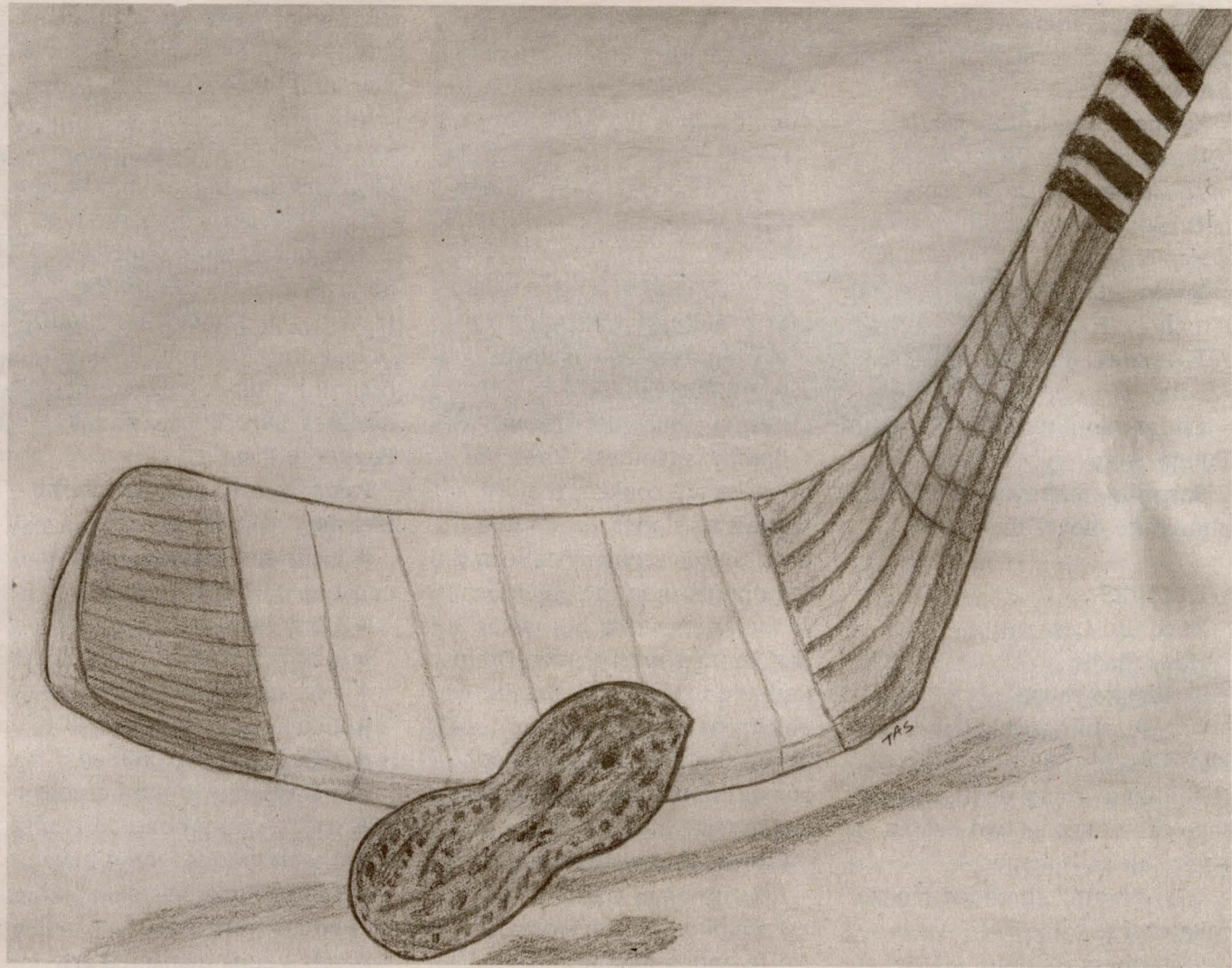
by Terri Schmidt, Co-op newsletter volunteer; illustration also by Terri

A couple of years ago I was teaching my preschool class about the human body. I had a book showing a young child's nervous, skeletal, and circulatory systems. When reading the circulatory system page, I stopped and showed them the veins on my arms – pointing out how blood is blue when it is inside our bodies. Just about that time, I looked up and saw my little guy who had peanut allergies. His eyes were rolling back and he was weaving, and suddenly he passed out.

It scared me half to death. My aide held his head in her lap while I ran for the EpiPen (epinephrine injector), wondering where the heck he had gotten exposed to peanuts. We didn't allow peanut products in school. My heart was pounding and my palms were sweating as I grabbed the implement that would save his life. As I raced across the room, I heard my aide say, "He's waking up, and seems to be okay." He was not having trouble breathing or swelling up or showing any other signs of anaphylactic shock. I immediately called his mom and after a few minutes of conversation discovered he had passed out because he had an issue with blood. Apparently, he'd done the same thing when he'd seen his aunt get blood drawn at the doctor's office.

The kind of fear I experienced that day is something parents of children allergic to peanuts experience on a regular basis. Jenny, author of the nut-free mom blog, said she was watching a particularly grueling hockey game on TV and felt like she could really identify with the goalie. She said, "As moms of kids with nut allergies or any food allergies, we are constantly blocking the shots, i.e. intercepting unsafe foods from our kids. No wonder we get tired sometimes. As tired as the goalie Niemi felt last night, I'm feeling his pain" (www.nut-freemom.blogspot.com).

Peanut allergies are among the most difficult to deal with because ingestion of peanuts can be fatal. And more and more children are testing positive for peanut allergies. "More than 3 million Americans now have some kind of nut allergy, with cases of peanut allergy in chil-



dren more than tripling between 1997 and 2008," according to a report released in May (www.livescience.com/health/peanut-allergy-increase-children-100513.html).

Jenny has some suggestions for summer day tripping when you are dealing with a peanut allergy. Take along an insulated bag with safe food. It's lighter than a cooler and can be packed along easily. Bring placemats for the public tables where you sit; the person before you may have been eating a peanut butter sandwich. Check and double-check to make sure you have your EpiPen before you go. When traveling to various places in summer, it may often get moved from one bag to another.

Enjoy Life is one brand carried by the Moscow Food Co-op that is free of tree nuts and peanuts. (They are also free of soy, dairy, gluten, eggs, and casein.) Two of my favorite products from this company are the Nutty Flax cereal and Sunbutter Crunch snack bars.

The barbecue sauce recipe on this page is tasty and will add flavor to your grilled meats this summer. Be cautious if attending barbecues at friends' houses though, as some meat marinades may contain nut ingredients, and there is a risk of cross contamination.

Hot summer days are perfect for cold treats. Make up a batch of these allergy-free frozen pops and enjoy them in the shade of a tree.

Terri is dealing with the dog days of summer by dipping into local lakes and reservoirs.

Nut-Free BBQ Sauce

from Jenny Kales, www.nut-freemom.blogspot.com

This sauce must be heated for a short while to mellow the onion and garlic—it keeps up to a week when refrigerated. Brush it onto meat or chicken at the last minute or it may scorch.

- 2 cups ketchup
- 1 tbsp Worcestershire sauce or soy sauce (or tamari for gluten-free)
- 1 tbsp chili powder or to taste
- 1/2 cup dry red wine or water
- 1/4 cup vinegar, either wine vinegar or rice vinegar
- 1/2 cup minced fresh onion
- 1 tsp minced garlic
- Salt and black pepper to taste

Combine all ingredients in a small saucepan. Cook over medium-low heat, stirring often, for 10 minutes. Taste and adjust seasoning as necessary. When not in use, keep covered in the refrigerator for up to a week.

Frozen Vanilla Pops

- 1 can coconut milk (13.5 ounces)
- 2 tablespoons sugar or xylitol
- 1 teaspoon vanilla
- small paper cups with popsicle sticks, popsicle molds or ice cube tray

Combine coconut milk, sugar, and vanilla in a bowl and stir until sugar dissolves. Pour mixture into the paper cups until they are half full. Put popsicle sticks in the cups for handles. Or pour into popsicle molds or an ice cube tray. For added variety mix in crushed fruit. Freeze in freezer for about four hours.



Essential Meals: \$50 for two people's dinners for a week!

by Linda Canary, Co-op newsletter volunteer

August is upon us, which means a cornucopia of food. Enjoy.

- Sunday:** Zucchini Lasagna
- Monday:** Potato Bean Salad with Cumin Yogurt Dressing
- Tuesday:** Tomato Bulgar Soup, Green Salad
- Wednesday:** Pasta, Lentils and Artichoke Hearts
- Thursday:** Vegetable Almond Medley
- Friday:** Southwestern Corn and Potato Soup
- Saturday:** Leftovers (and there should be plenty this week)

RECIPES

Zucchini Lasagna

Have ready:

1. Tomato sauce
 2. 1 zucchini, peeled and sliced lengthwise
 3. Filling: 1 cup ricotta (or cottage cheese), plus two beaten eggs, salt and pepper
 4. 1/2 pound shredded mozzarella cheese
 5. parmesan
 6. small pan (8"x8")
- Spread 1/3 sauce over the bottom of the pan. Cover with 1/3 zucchini. Put half the filling here and there. Spread 1/3 sauce 1/2 the mozzarella hither and zither. Another 1/3 zucchini. Layer remaining filling, followed by 1/3 sauce. Cover with remaining mozzarella. Last of

the zucchini. Last of the sauce. Sprinkling of parmesan. Bake for 45 minutes (uncover for last 10 minutes) in a 375 degree oven.

Potato Bean Salad

- ➔ 1-1/2 cups cubed potatoes
 - ➔ 1/2 cup thinly sliced red onion
 - ➔ 1-1/2 cups green beans cut into 2-inch pieces
 - ➔ 1 cup cooked chickpeas
 - ➔ 1/2 cup Cumin Yogurt Dressing (see recipe below)
- Boil the potatoes. When the potatoes are cooked, remove them with slotted spoon to a bowl and immediately stir in the red onions. Add the green beans to the saucepan of hot water and simmer until tender. Drain and add to the bowl. Stir in the chickpeas and set aside to cool. When the vegetables are cool, stir in the dressing. Salt and pepper to taste.

Cumin Yogurt Dressing

- 1/2 cup plain yogurt
- 1 small garlic clove pressed
- 1 teaspoon lemon juice
- 1/2 teaspoon ground cumin
- pinch of cinnamon

Tomato Bulgar Soup

- ➔ 3 cups vegetable stock
- ➔ 1 cup finely chopped onions
- ➔ 1 cup diced carrots
- ➔ 1 cup diced celery
- ➔ 2 garlic cloves, pressed
- ➔ 1 teaspoon salt
- ➔ 1 teaspoon dill

- 2 carrots
- 1 pound green beans
- 3 large onions
- 1 red onion
- 1 bulb garlic
- 1 lemon
- 1 lime
- 2 celery stalks
- small chile
- medium sweet potato
- 1 red pepper
- 3 cups corn
- 1 zucchini

In Your Pantry

- butter
- flour
- tabasco sauce
- dry mustard
- tamari
- salt and pepper
- cumin
- cinnamon
- vegetable stock
- bay leaf
- olive oil
- coriander
- dill
- red pepper flakes

- ➔ 2 cups tomatoes with juice
 - ➔ 1/4 cup bulgar
 - ➔ ground black pepper to taste
- In a large soup pot, combine all the ingredients except the tomatoes and bulgar, and bring to a boil. Then reduce the heat, cover, and simmer gently for about 5 minutes. Stir in the tomatoes and juice, and add the bulgar and mix well. Return to a boil and simmer covered for 15 minutes, stirring occasionally. Pepper to taste.

Pasta, Lentil, and Artichoke Hearts

- ➔ 1 cup red lentils (3 cups cooked)
- ➔ 1 bay leaf
- ➔ 3 cups water
- ➔ 1 teaspoon olive oil
- ➔ 2 cups diced onions
- ➔ 2 garlic cloves, pressed
- ➔ 2 teaspoons ground cumin
- ➔ 1 teaspoon ground coriander
- ➔ 2 tablespoons lemon juice
- ➔ 2 cups tomatoes, chopped and liquid reserved
- ➔ 1-1/2 cups quartered artichoke hearts
- ➔ 1/4 teaspoon crushed red pepper flakes
- ➔ 1 pound rotini or farfalle pasta
- ➔ salt and pepper to taste
- ➔ (crumbled feta cheese completely optional)

Bring the lentils, bay leaf, and water to a boil in a saucepan. Lower the heat, cover, and simmer for 15 to 20 minutes, until the lentils are tender.

While the lentils cook, heat the olive oil in a separate pan. Add the onions and sauté on medium heat for 5 minutes. Add the garlic, cumin, and coriander and cook for 2 minutes, stirring frequently. Add the lemon juice, tomatoes, artichoke hearts, and red pepper and simmer on low heat for 10 minutes. Drain the cooked lentils, reserving the cooking liquid, and add the lentils to the tomato and artichoke mixture.

Simmer for 10 minutes more, adding about 1/2 cup of the reserved liquid if it seems dry.

Meanwhile, bring a large pot of water to boil and cook the pasta until al dente. Drain the pasta and transfer to a serving bowl. Top it with the sauce, add salt and pepper to taste, and sprinkle with feta cheese if desired. Serve immediately.

Vegetable Almond Medley

- ➔ 2-1/2 cups your favorite veg-

gies (mine were broccoli, carrots, and green beans)

- ➔ 1/2 cup chopped onion
- ➔ 1 clove garlic minced (or pressed)
- ➔ 1/2 cup chopped almonds
- ➔ 1 cup water
- ➔ 1 teaspoon olive oil
- ➔ 2-1/2 tablespoons butter
- ➔ 1-1/2 tablespoons flour
- ➔ 1/2 teaspoon horseradish
- ➔ dash of tabasco sauce
- ➔ 1/4 teaspoon dry mustard
- ➔ 1/2 tablespoon tamari
- ➔ salt and pepper to taste

1. Sauté the onions and garlic in the oil, salting them lightly. When onions are translucent, add the vegetables. Sauté until all are cooked to your liking.

2. Toast almonds. Place in a blender with water and puree until smooth.

3. Melt the butter and whisk in the flour. Add the almond milk and seasonings, stirring constantly over low heat. Simmer for 10 minutes, until thickened. Stir occasionally.

4. Combine the vegetables with the almond sauce.

5. Pour into a buttered casserole dish.

6. Bake, uncovered, at 400 degrees for 15 minutes.

Southwestern Corn and Potato Soup

- ➔ 1 cup finely chopped onions
- ➔ 2 garlic cloves, pressed
- ➔ 1 small chile, seeded and minced
- ➔ 1/4 teaspoon salt
- ➔ 3 cups vegetable stock
- ➔ 2 teaspoons ground cumin
- ➔ 1 medium sweet potato, diced
- ➔ 1/2 red bell pepper, finely chopped
- ➔ 3 cups corn
- ➔ lime wedges

In a covered soup pot, simmer the onions, garlic, chile, and salt in 1 cup of the stock for about 10 minutes. In a small bowl, make a paste with the cumin and a tablespoonful of the stock and stir it into the pot, and simmer for another 2 minutes. Add the sweet potatoes and the remaining stock and simmer for about 10 minutes, until the sweet potatoes soften.

Purée half the soup in a blender or food processor and return it to the pot. The soup will be creamy and thick. Add salt to taste and gently reheat on low heat. Serve with lime wedges.

Shopping List (priced on Monday, July 19)

- Bulk**
- 1/2 cup almonds
 - 1/4 cup bulgar
 - 1 cup red lentils
 - 1 pound rotini or farfalle pasta
 - feta (optional, if you're feeling flush)

Canned

- horseradish
- small can chickpeas
- 2 pounds tomatoes (or fresh if available)
- 15 ounce can artichoke hearts
- 1 can tomato sauce

Dairy

- small container ricotta (the Co-op does not carry this so I priced cottage cheese, but really ricotta is better)
- 1/2 pound mozzarella
- 1/8 cup parmesan
- 2 eggs
- small plain yogurt

Veggies

- 1 head lettuce
- small head broccoli



Native Plants: Western Huckleberries

by Emily Poor, Co-op newsletter volunteer

Perhaps it's my womanly gathering instinct or strong sweet tooth, or maybe my botany background, but native huckleberries (*Vaccinium membranaceum*) never cease to take me on unnecessarily long trips up crappy roads in potentially bad late-summer weather for hours of extreme plucking enjoyment. I am someone who can gleefully crawl around, methodically plopping the tiny berries into a bag until the sun goes down because of the future rewards I'll receive in the form of huckleberry scones, pancakes, ice cream, cocktails, and even sprinkled on fish and salads. My stomach quivers at the thought.

Little white globe-shaped flowers that had bloomed earlier in the summer become berries in



Left: Huckleberries grow on a bush in the Payette National Forest. Right: A huckleberry fan celebrates the plant's bounty. (E. Poor 2004)

late July to late August, varying in color from purple to dusty blue and even magenta. Their oval-shaped leaves are distinctively light and soft, really setting off the dark berries. The shrubs themselves usually don't get very tall, typically growing as high as the average adult belly button. The story often goes that when the hunter finds one bush, many more will appear in its wake. One often gets the "eye" for hunting and spotting huckleberries in the field after spotting a few.



But there are some folks who either can't or don't want to make lengthy trips just to taste huckleberries. With the great variety of fruits already available in our grocery/Saturday market/Co-op outlets, they wonder why huckleberries haven't become a part of this daily fare. Purists might scoff at the idea of huckleberries being marketed to the masses. Visions of regularly misted cartons of huckleberries lining supermarket shelves at ridiculous prices make me a little woozy too, I admit. However,

blueberries had a similar fate in this country. Once found only wild in eastern and north-central North America and other parts of the world, the blueberry was eventually cultivated into varieties for commercial production in the early part of the twentieth century. The blueberry's commercialization however, has not kept easterners from continuing to collect or "wildcraft" the native berries for their own use.

Cultivating the wild huckleberry has been more of a challenge, making the

plant an untamable mustang in the eyes of fruit producers. These challenges have mainly been due to the very strict ecological requirements that huckleberries need to survive, such as regular burn episodes and specialized soil fungi

essential for its nutrient uptake. That has not stopped researchers for looking for loopholes they can take to grow the native shrubs in agricultural plots. The University of Idaho even has an Extension Horticulture Specialist, Daniel Barney, Ph.D., who studies, among other fruit, huckleberries' production potential. His website, www.huckleberry.org, contains information about how one might attempt to cultivate the plant and his philosophy on cultivating huckleberries.

As for me, wild huckleberry picking will be a thrilling pastime, regardless of whether or not the plants are eventually domesticated. My personal huckleberry adventures have taken me to many places in Idaho, from the Payette National Forest to Priest Lake. I consider a successful summer to be one that ends with purple-stained fingers.

Emily Poor got her Bachelors degree in Conservation Biology with an emphasis in botany from the University of Idaho. She currently works for the Stillinger Herbarium on the UI campus, teaches Systematic Botany lab in the spring, and is a member of the Idaho Native Plant Society. She really digs plants, both figuratively and literally.

August Kitchen Specials

SUNDAY: Double Punch

MONDAY: Buy \$5 Hot Bar and get a FREE Cookie (soup not included)

TUESDAY: All Smoothies only \$3.99

WEDNESDAY:
Buy any *Take and Bake Lasagna* from our *Grab & Go* and get a *FREE loaf of Salted French*

THURSDAY: Cheese Deals!
A unique sale every week!

FRIDAY: Challah \$3.99

SATURDAY: Classic Cheesecake, \$2.99 per slice

MOSCOW FOOD CO-OP



Letter from the Land: Two Walks on the Ridge

by Suvia Judd, Co-op newsletter volunteer

Usually I walk on Moscow Mountain, but recently I had an opportunity to walk on Paradise Ridge for the first time in many years. (Paradise Ridge is one hundred percent privately owned so you need an invitation or permission from a landowner to walk there. Moscow Mountain is eighty percent privately owned, so you really need permission there, too.)

I was walking along in the dark, with my flashlight off, with bright stars overhead and a scattering of house lights visible across the fields to the south towards Genesee. To my right was a low bank, a road cut about knee high. I suddenly thought that this was a good place for Clarkia. I turned on my light and sure enough, there were a couple of blooms right at my feet. This was a spot with mineral (open) soil, a lot like where I first saw Clarkia years ago above Pond Nine on a south-facing road bank. Our local species, *Clarkia pulchella*, or pinkfairies, is a low-growing plant with pale pink flowers.

Each of its four petals is divided into three long tongues, giving it a distinctive look and the alternate common name, elkhorn Clarkia. I really like this plant. On a trail where I commonly walk on the Mountain there has been a large patch blooming this July amongst pale blue lupines and white yarrows and the tall silver backed leaves of arrow-leaved balsam root. Very nice in the rosy light of sunset.

That night on Paradise Ridge I met a new-to-me plant; perhaps I have seen it before but have never stopped to be properly introduced. Right where the trail went from field to woods there was an eight-to-ten inch plant with a six-to-eight inch flower spike of densely packed white blossoms. The leaves were arranged in distinctive whorls and the leaves and stem had that rough grab-you-tight quality which made me sure it was a bedstraw. Interestingly, the blooms were very fragrant, sweetly perfumed. I am pretty sure it was northern bedstraw, *Galium borealis*. I like the wild

native bedstraws, but the weedy prolific ones in my pastures give me a pain. An alpaca looks very cute with a Roman wreath of of bedstraw around its ears, but getting the tiny sticky seeds out of the fleece is tedious. Prevention is the only cure.

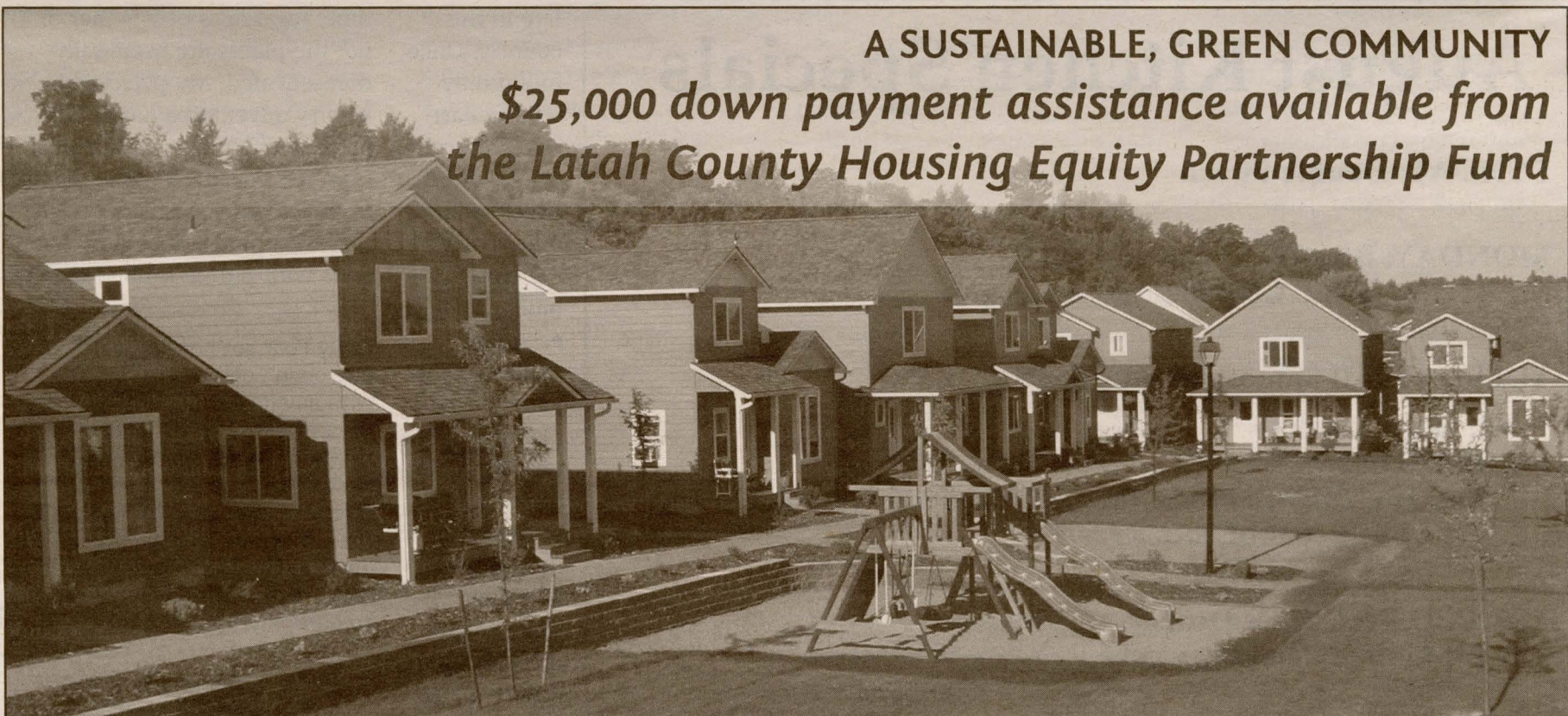
The next time we walked on the Ridge I turned on my light to look for the northern bedstraw, which was there, and so were half a dozen plants of blanketflower, *Gaillardia aristata*, in bloom. Blanketflowers have been "improved" into all sorts of brightly colored and fancy looking garden cultivars, some of which are very handsome, but I really enjoy the subtler colors of the wild plant with its warm yellow flowers and soft brick-red centers. We saw a lot of blanketflower plants along the trail that night. On Moscow Mountain the only place I have seen it is low along the side of the main Moscow Mountain Road, on one particular curve.

Another plant friend I met that night was Rocky Mountain bee plant, *Cleome serrulata*. This

species has flowers of a lovely soft apricot color. The petals open in rings on the flower head, like a monk's tonsure, and much like the flowers of a bee balm, but bee balm is in the mint family and bee plant is in the evening primrose family. You may be familiar with garden Cleome, a tall back of the border plant with big showy, spidery, bright pink and white flowers. I also learned recently that the Native American three sisters plants of beans, corn, and squash were in some regions called the four sisters, with Rocky Mountain bee plant being the fourth. It must help to attract pollinators. When I wasn't bending down to smell or stare at some plants near my ankles that night I was reaching up on tiptoes to smell the clear, sweet orange blossom scent of the flowers of the syringa (*Philadelphus lewisii*). There were many tall bushes of it along the trail, glowing white in the starlight.

Suvia Judd writes, farms, and walks from Moscow.

A SUSTAINABLE, GREEN COMMUNITY \$25,000 down payment assistance available from the Latah County Housing Equity Partnership Fund



Green Acres Community Home Development was designed with two fundamental principals in mind:

- ◆ Concentrating on an affordable neighborhood for the workforce of the City of Moscow and Latah County.
- ◆ Building a neighborhood that is both sustainable and community driven.



COMMUNITY HOME DEVELOPMENT

MOSCOWGREENACRES.NET

- ◆ Certified by the city of Moscow to the Gold level of the NAHB
- ◆ Nominated by Mayor Nancy Chaney for the 2008 Idaho Smart Growth Award

Contact Christin N. Beebe
509-330-0635



August Co-op Kids

by Rebekka Boysen Taylor, Co-op Kids Coordinator

August 3—Art in the Co-op Cafe

August 10—Play at Friendship Square

August 17—Kids Cooking in the Co-op Cafe

August 24—Bubbles at Friendship Square

August 31—Mini Zen Gardens in the Co-op Cafe

September 7—Apple Prints in the Co-op Cafe

Co-op Kids meets weekly on Tuesday mornings from 9 - 10 a.m.

Co-op Kids offers earth-friendly

activities for young children and their families. Depending on the week the kids might paint, cook, plant seeds, or play while parents and caregivers kick back and visit. We meet weekly, and all activities are free. When meeting at Friendship Square in downtown Moscow a healthy snack is provided by the Co-op.

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



We had over two dozen children join us for the Art of Origami last month! Many thanks to Lavaida Smith who was able to share her love of paper folding with us

August Mamas and Papas

by Stacy Pettitt, Co-op newsletter volunteer

Mamas and Papas continues to be a growing success. Our attendance has been amazing throughout the summer. This last month we had the opportunity to hear about speech and language development, baby sign, and early learning (reading) in children. We have heard empowering birth stories from our members as well. Getting to know one another and supporting another through parenthood is an important part of raising our children. The saying

“it takes a village to raise a child” is so true... Mamas and Papas is part of that village!

The Mamas and Papas group is not only

a source for information. We are hoping to schedule the last Wednesday of the month to be a social time, a time to connect with members, their children, etc. Next month, the Mamas and Papas are planning to discuss topics related to alternative health. We will have speakers talking about the basics of homeopathy and other non-mainstream health topics.

If you would like to join the Mamas and Papas growing

group, please come Wednesday mornings at 9:30 in the Co op deli. Each attendee receives a free delicious drink from the Deli and is entered into a drawing for a \$10 gift card from the Co op.

We are always looking for speakers and other topics to include as well. If you have

ideas or would like to be included in the email list, please email babies@moscowfood.coop. We hope to see you there!

Stacy Pettitt, mother of two, is a Bradley Method childbirth educator and birth doula.



Winnie
Moscow Village

You meet the most interesting people at Good Samaritan Society—Moscow Village.

“I’ve had many friends who lived at the Good Samaritan Society, both in the apartments and twinhomes. All of them were so happy, it wasn’t a difficult decision to move here.”

To learn more about our continuum of care campus or to schedule a tour, please call (208) 882-6560.



All faiths or beliefs are welcome. 10-G1014

Just Trade

Fairly traded crafts from around the world inside Brused Books

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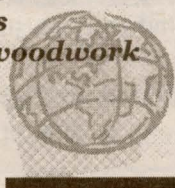
Mon-Fri 11-6, Sat 10-6
Sundays 12-5

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University of Idaho Extension Offers Resources for Home Food Preservers

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



One of the best resources for people who want to eat local year-round is UI Extension. With oodles of recipes and instructions to make canning, freezing, and drying food not only fun but safe, Extension can give even beginners the confidence to attempt pickles, salsa, jams, and other treats to stock their pantry for the winter.

Karen Richel is the Latah County Extension Educator who conducts pressure canner gauge testing clinics and distributes publications about canning and food preserving; she will be at the Farmers Market, the Latah County fair, and Tri-State in August and September. (See Pressure Canning Gauge Testing Clinic schedule.) Watch for her at the Co-op and at the Tuesday Growers Market this fall, too!

Karen is also compiling a list of people who would like to take Extension's online course "Preserve @ Home." This is an excellent class that can be completed online over the course of about six weeks (the pace is quite relaxed), and costs only \$35. I have taken the course and highly recommend it even to experienced home food preservers. To get on the list of potential students for Preserve@Home, email Karen at krichel@uidaho.edu, or call her at (208) 883-7153.

Many Extension and United States Department of Agriculture publications for home food preservers are available for free online. See <http://info.ag.uidaho.edu/catalog/catalog.html> OR <http://pubs.wsu.edu>.

Karen Richel of Extension will conduct a free pressure canner gauge testing clinic at the Moscow Food Co-op during the Tuesday Growers Market on Tuesday, August 17th. Even if you don't have a canner, stop by to pick up excellent and FREE information about how to can and preserve summer's bounty for winter eating. Inside the store, watch for a display on food safety provided by Extension. You'd be surprised what you don't know about food safety!

Pressure Canner Gauge Testing Clinics

Have you had your pressure canner gauge tested recently? For safe canning and to avoid under-processing, gauges should be tested once a year before you begin canning. *University of Idaho Extension can help.* Come to one of these **FREE** clinics to have your gauge tested:

Saturday, July 31 st 9:00 a.m. - 12:00 p.m. Tri-State Store in Moscow
Saturday, August 7, 14, 21 or 28 th 8:00 a.m. - 12:00 p.m. Moscow Farmers' Market Tent
Friday, September 17 th 10:00 a.m. - 2:00 p.m. Latah County Fair - 4H/Extension Office
Friday, September 25 th 9:00 a.m. - 12:00 p.m. Tri-State Store in Moscow

If you can't make it to one of our FREE Clinics, gauges can be tested at the Latah County Extension office at 220 E. 5th Street, Room 336 in Moscow.

There is a \$2 charge per gauge and **BY APPOINTMENT ONLY** in the office. Exact change is appreciated.

If you would like a FREE clinic in your community or for your group, please contact Karen to set up a time.

Questions? Call (208) 883-7153 or krichel@uidaho.edu

Persons with disabilities who require alternative means for communication of program information or reasonable accommodations need to contact Karen Richel one week before the event at krichel@uidaho.edu or 208-883-7153.

Santa Barter Faire

by Milissa Rainbowlove, Santa Barter Faire volunteer

Each fall for the past 30 years people have gathered outside of Santa, Idaho, to trade/sell their goods and meet old friends.

The 31st annual Santa Barter Faire will be on Sept, 11 and 12 in the little meadow up Tyson Creek, near Santa. The site is located 60 miles north of Moscow, between Fernwood and St. Maries. Look for our signs.

Saturday evening brings a potluck dinner followed by a drum circle/jam session. Sunday there is a children's parade. The Santa Barter Faire is a small gathering with a family-friendly atmosphere.

There is no water (bring your own food and water) and no electricity. There are privies. No generators are permitted, and all dogs must be on a leash. Pack it in/pack it out is the trash policy. Bring food, crafts, tools, yard sale items for trade or sale. Camping is permitted. There are



Santa Barter Faire community potluck, 2006. Photo by Megan Prusynski.

no entrance or camping fees, but donations are encouraged and appreciated.

For more info email Milissa,

rainbowlove25@aol.com or call Gisella at 208-245-5303.



Recycling at Home...Still a Piece of Cake: Phase II

by Miriam Kent, Co-op pre-cycling czaress

Do you have curbside recycling at your home? If you do, skip to the "Don't Do It!" box nearby this article, because this part is about storing your recyclables and taking them to the Moscow Recycling Center.

You can go weekly or as needed to the Recycling Center, or gather larger containers to hold your family's recyclables, until you're in the mood for a fun trip to the Recycling Center. Their outside bins are accessible 24/7.

Old garbage cans work well. Check thrift shops for tall kitchen trashcans, too. Andy Boyd suggests waxed food boxes.

Official, stackable, recycle containers are available in Moscow at Tri-State (Rubbermaid—\$26.00). They can order Tucker brand, sturdy, with

flap, (about \$15.00).

Other places to try: Staples has bins without lids, but with drain slots (Eco-Sence \$10.00). Spence Hardware has "Stacking bins", 18 gallons (Suncast - \$17.00). Home Depot in Lewiston has same bins (\$30.00 for three, plus your gas!). Office Depot, Moscow Building Supply, & J.J.'s Building Supply did not have any in stock. Natural Abode folk said it's on their list to stock, but there haven't been requests for them.

Some places to keep them are in garages along wall, outside under the eaves of your house, or just plain old outside. Your stackable ones work in laundry rooms, porches, foyers, closets, etc.

Aside from the he important

Don't Do It!

- ▶ Stop crunching up that aluminum foil (satisfying as it is). Clean it in hot water, hang to dry and fold gently for re-use.
- ▶ About to stomp on that egg carton? Don't do it. Instead, bring clean ones to the Co-op recycling bin inside the store for farmers and crafters.
- ▶ Strawberries...yum! Clear plastic clamshells, not! Use them as mini greenhouses.
- ▶ Big, clear plastic tops from pre-made potluck platters? Radishes grow faster with them placed over the top.
- ▶ Too many yogurt and cottage cheese containers? Clean them and bring to potlucks to share leftovers. Folks love it!
- ▶ All those un-used, pre-addressed envelopes from solicitors and bill companies? Give them to your kids/grandkids or pre-schools so that they can play post office.

thing is to just do it. And ya might have fun while you're at it. Besides, recycling makes a great chore for kids; they can learn and make money, too.

Happy recycling!

What's On Your Plate?



The Moscow Food Co-op Good Food Film Series presents **WHAT'S ON YOUR PLATE?**, Thursday, August 19, at the Kenworthy Theatre in downtown Moscow. 1 pm FREE matinee, 7 pm regular showing, \$4 Co-op members/\$6 general public.

WHAT'S ON YOUR PLATE? is a witty and provocative documentary produced and directed by award-winning Catherine Gund about kids and food politics. A film by Catherine Gund with Sadie Hope-Gund and Safiyah Riddle.

Filmed over the course of one year, the film follows two eleven-year-old multi-racial city kids as they explore their place in the food chain. Sadie and Safiyah take a close look at food systems in New York City and its surrounding areas. With the camera as their companion, the girl guides talk to each other, food activists, farmers, new friends, storekeepers, their families, and the viewer, in their quest to understand what's on all of our plates.



The girls address questions regarding the origin of the food they eat, how it's cultivated, how many miles it travels from the harvest to their plate, how it's prepared, who prepares it, and what is done afterwards with the packaging and leftovers. They visit the usual supermarkets, fast food chains, and school lunchrooms. But they also check into innovative sustainable food system practices by going to farms, greenmarkets, and community supported

agriculture programs. They discover that these programs both help struggling farmers to survive on the one hand and provide affordable, locally-grown food to communities on the consumer end, especially to lower-income urban families. In **WHAT'S ON YOUR PLATE?**, the two friends formulate sophisticated and compassionate opinions on the state of their society, and by doing so inspire hope and active engagement in others.



New at the Library

by Chris Sokol, Co-op newsletter volunteer

“...when I told [my friend Gilbert] my idea of building a windmill that would produce power—and then showed him what I’d built so far—he saw things differently.

‘Cool! Where did you get such an idea?’

‘The library.’”

—William Kamkwamba, *The Boy Who Harnessed the Wind: Creating Currents of Electricity & Hope* (2009)

FICTION:

The Frozen Rabbi by Steve Stern. When a 19th-century rabbi is transported from his town in Poland to a basement freezer in modern Memphis, then thawed and revitalized, the boy who discovers him ends up on an unexpected odyssey to understand his heritage.

Gunshot Road by Adrian Hyland. Emily Tempest, an aboriginal community police officer, investigates the suspected murder of a geologist in the harsh land of northern Australia.

In the Shadow of the Cypress by Thomas Steinbeck. The son of novelist John Steinbeck blends history and suspense in this tale of Chinese immigrants in early 20th-century California.

NONFICTION:

Be Thrifty: How to Live Better With Less edited by Pia Catton and Califia Suntime. Being thrifty means more than just saving money.

Birdology by Sy Montgomery. Adventures with seven kinds of birds—hens, pigeons, crows, falcons, parrots, hummingbirds, and a cassowary—reveal scientific insights about the wonders of this species.

Botany for Gardeners by Brian

Capon. The science of plants, from anatomy to basic genetics, explained in depth, in plain language.

Christianity: the First Three Thousand Years by Diarmaid MacCulloch. From the origins of the Hebrew Bible to the present, a detailed history of this complex faith.

Girls on the Edge: the Four Factors Driving the New Crisis for Girls by Leonard Sax. Helping girls thrive amid today’s problems.

Death on the Barrens by George James Grinnell. In 1955 six young men and an experienced wilderness canoeist, Art Moffatt, set off for an expedition in the Arctic region of Canada, but when they are swept over a waterfall and Moffatt is killed, the rest must struggle to survive.

Duel at Dawn: Heroes, Martyrs, and the Rise of Modern Mathematics by Amir Alexander. How 18th- and 19th-century mathematicians were romanticized and the effect this had on the development of mathematics.

Halfway to Heaven by Mark Obmascik. A forty-four year-old father’s quest to scale all fifty-four of Colorado’s Fourteeners.

Hand Dyeing: Yarn and Fleece by Gail Callahan. A variety of creative techniques to create beautiful fibers.

How the Economy Works: Confidence, Crashes, and Self-Fulfilling Prophecies by Roger E.A. Farmer. A jargon-free exploration of the current economic crisis by a leading economist.

In the Empire of Ice: Encounters in a Changing Landscape by Gretel Ehrlich. A journey by dogsled, air, and reindeer sled to document the lives of indigenous Arctic peoples in Alaska, Canada, Greenland, and northern Russia.

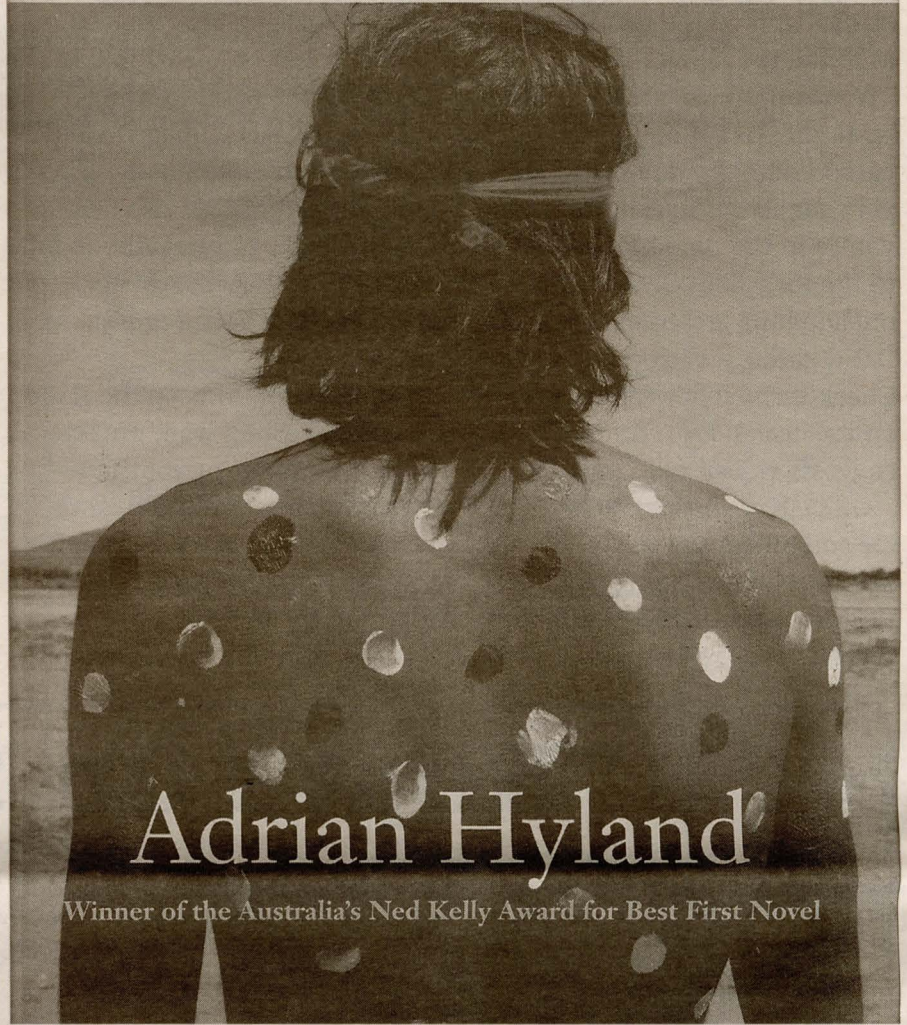
Lucid Food: Cooking for an Eco-conscious Life by Louisa Shafia. Advice and recipes for using ethically-sourced animal products, locally-grown food, and low-carbon-footprint practices.

Play Ukulele Today by Barrett Tagliarino. Teach yourself the basics of this unfairly maligned instrument with this book/CD combo.

Rockhounding Idaho: a Guide to 99 of the State’s Best Rockhounding Sites by Garret

An Emily Tempest Investigation

Gunshot Road



Adrian Hyland

Winner of the Australia’s Ned Kelly Award for Best First Novel

Romaine. Complete with GPS coordinates, this guide digs the entire Gem State, from agates to fossils to zeolites.

War by Sebastian Junger. Junger stayed fifteen months with a single platoon based at a remote outpost in Afghanistan and illuminates here the lives of those who fight for us.

DVD:

Beeswax (U.S., 2009) The personal and professional entanglements of twin sisters Jeannie, co-owner of a vintage clothing store, and Lauren, who leads a less tethered life.

Between the Folds: a Film About Finding Inspiration in Unexpected Places (U.S., 2009) Ten artists and theoretical scientists abandoned their careers to pursue lives as skilled paperfolders.

The Botany of Desire (U.S., 2009) A documentary that brings Michael Pollan’s best-selling book to the screen, showing how human desires are inextricably linked with the natural history of plants.

I Sell the Dead (U.S., 2008) A

horror-comedy in which a 19th-century grave robber confesses a gruesome tale of zombies, vampires, and grave-robbing.

Imaginarium of Dr. Parnassus (U.K., 2009) Dr. Parnassus made a bet with the Devil to achieve immortality, and when the bet comes due his beloved daughter, assistant in his traveling side-show, is in danger of losing her own soul.

Invictus (U.S., 2009) Clint Eastwood directs this based-on-a-book movie that portrays how Nelson Mandela rallied racially-divided South Africa’s underdog rugby team to compete in the 1995 World Cup and unify the nation.

As the Adult Services Librarian for the Latah County Library District, Chris Sokol coordinates the Moscow Library Third Tuesday Book Club, which in July discussed the nonfiction book *The Boy Who Harnessed the Wind*, a success story of modern Malawi (www.latahlibrary.org).



Lightening Up: Storeroom Swimming... Drowning... and Coming up for Air

by Jeanne Leffingwell, Co-op newsletter volunteer

After weeks of stagnation, I am reporting Major Progress in the Saga of My Stuff and how I'm getting rid of it. Perhaps you remember that a while ago I was pondering the Great Storeroom Purge. Here's what actually happened:

I thought if I set aside a **WHOLE DAY** to sort, clean, carry off, or otherwise edit things, my goal of being able to #1 enter the room, #2 get stuff off the floor and purge the shelves, and #3 maybe even clear some shelf space for a 'launching pad' was doable.

So... on a recent weekend, I took a 'before' picture, made a list of various parts of the job (to check off... so satisfying!) and set the timer for two hours till my first break.

In that first stretch, I proceeded to spread stuff all over the place, and then clean out and organize the entry closet(!?) Yeah... the one outside the storeroom.

Nine hours later, the storeroom, entry, and half of the kitchen looked like a tornado had blown through, but at least my flailing had inspired the husband to vacuum the rest of the house and deliver a carload to the recycling center. I went to bed exhausted but with another list started, this time for latah-freecycle.com.

Waking up fresh, I got on the computer and listed my offer-



ings on the free exchange. Then I spent another 8-9 hours hoeing, sorting, and prodding myself that if I didn't finish this project I'd have no story.

But something miraculous happened. When I checked my email in the afternoon, there were several responses! So... after TWO long days I went to bed the second night with: one cleaned-out storeroom, several labeled boxes and sacks at the front door for people who promised to come by and pick stuff up (which they did), a cleaned-out entry closet (bonus!) and best of all, I actually created five linear feet of shelf space dedicated to "next rummage sale or Salvation Army." At current report, more boxes have come and gone. Yeah!

While I was performing this onerous task I asked myself if I was learning anything to pass on. Well, maybe. Two tricks helped me a lot:

The timer on my wristwatch (which I can set for any increment) was one. Being heavily "vata" in the Ayurvedic sense (i.e., "associated with the attribute of motion" but needing stabilizing, according to *The Ayurvedic Cookbook*), I'd set it



for 55 minutes, then take a short break after one (more often two) cycles. Breaks for me are the key to maintaining any stamina. I'm also gaining a better understanding of how long things really take.

Another trick that's finally releasing me from the everlasting storage of wedding gifts rarely used, items foolishly acquired, things signifying a special period or beloved friend, or appliances from days gone by (did we ever really use that Fry Daddy?) is using my camera to take group photos of these things. Yes, I actually print them out and put them in a special little album. It may seem silly, but that little book takes up a lot less space than the objects themselves, and visiting it can now remind me of my deceased relatives, sweet friends, etc.

Most importantly, I have learned that no matter how well I think and plan, a project will take two to four times my best prediction. It isn't because I'm an optimist, or that I can't recall because I lose myself in a karmic flow.

No, things take double or quadruple my best estimate because I binge. Or, like a geyser, one could say I function in mammoth bursts of steam.

And in between... zip... nada... for days, months, or years. My intervals are not predictable. And since this really hasn't changed in several decades I think my lesson is probably: Make

"Most importantly, I have learned that no matter how well I think and plan, a project will take two to four times my best prediction."

the best of it.

So... the next really bad job—like the studio shed?—likely will take not two weekends, but five. Or

better yet, one weekend plus several "mental health" days off work. Ah... unscheduled Release Time... another fine benefit for the under-earning, self-employed artist.

But that job is going to take not just one piece of Co-op carrot cake for a reward, but the whole cake. Should I place my order yet?

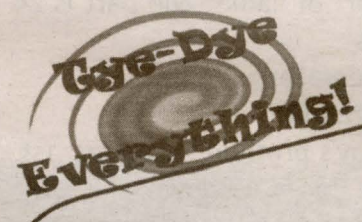
Jeanne Leffingwell, a local artist and teacher, regrets that she forgot to take a picture of the hellacious "midpoint" of this project.



Letter to the Editor

Hooray for the Dime in Time program! Members of Moscow's Friends of the Library were thrilled to receive \$478 as recipient of the grant in June, 2010. With it we'll buy many books to reward the hundreds of children who participate in the library's summer reading program. We are so grateful to the members and shoppers who use their own bags and donate all those dimes to community programs. Good going! Thank you, thank you, for your support.

—Lynne McCreight
Friends of the Library secretary



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Ink and Toner Cartridge Recycling

by Andy Boyd, Co-op Newsletter Volunteer.

In 1990, according to cartridge-world.com, only 15 percent of United States households owned a computer. As of 2009, up to 80 percent of US households own a notebook or P.C.! Most of these households also have a printer. Then there's the business side of the equation, with many businesses owning several printers. This huge increase in printer ownership has led to a huge increase in waste. In North America alone, over 350 million cartridges per year are discarded in our landfills, and world-wide, 70 percent of used printer cartridges are currently being thrown away!

However, this need not be the case. Most ink and toner cartridges can be refilled or remanufactured. Every single cartridge saved from a landfill makes a difference. Did you know that it takes about a gallon of oil to make a new laser cartridge? Further, every remanufactured laser cartridge saves nearly 2.5 pounds of metal and plastic waste from being deposited in landfills (<http://www.cartridge-world.com/environment/think-green>). And better yet, this not only protects our environment but can save you some money.

The good news is that there

are many local outlets that accept ink and toner cartridges for reuse and recycling:

Moscow Recycling: Drop off your cartridges at the cashier's window, Tuesday – Saturday, 9:30 am – 5:30 pm.

Cartridge World: By bringing your used cartridges to Cartridge World, you can save substantially compared to the cost of a new cartridge. If you don't have an empty cartridge, they have many inkjet and laser cartridges in stock. They also refill some fax and copier cartridges. Cartridge World has a Business Direct Program where cartridges can be picked up at your place of business. They also have a school program where you can earn money for your school by recycling cartridges. For more information, contact Cartridge World in Pullman (509) 332-6465.

Staples: Receive \$2 back in Staples Rewards for up to 10 recycled cartridges per month. Use your school's proof of tax-exemption and apply for their Staples Tax-Exempt Customer card for tax-free purchases. Staples also sells refurbished cartridges (on-line only). For more information, call (208) 882-2811.

Office Depot: Join Worklife Rewards and bring in your

empty cartridges (any brand). As a member, you'll get \$3 back in Recycling Rewards for each cartridge recycled, up to 20 cartridges per month. (You can recycle additional cartridges but Recycling Rewards will only be issued up to 20 per month.) For more information, call (208) 892-3883.

Schools: Many of our local schools have collection programs for cartridges and use them to raise funds for various school requirements. If you have a child in school, check with his or her school to find out if they have a program. If not, try to have them set one up!

Drug Disposal Update: After last month's article came out, I found out that the Pullman Police Department, located at 260 Southeast Kamiaken Street, just recently installed a drug col-

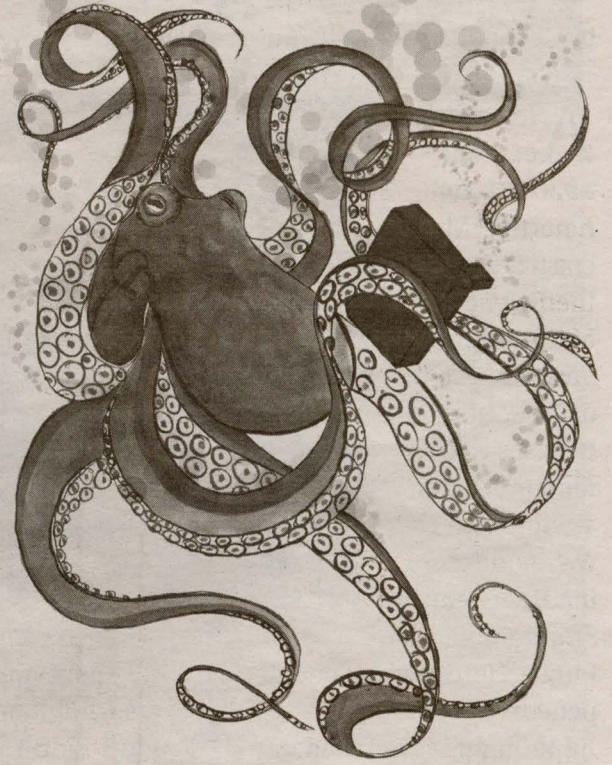


Illustration by Lucas Rate

lection box in their office that is available 24/7. The Whitman County Sheriff's office located at 411 N. Mill Street in Colfax is also planning on installing a similar program in the near future.

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.

Co-op Crossword Puzzle

by Craig Joyner, Co-op newsletter volunteer

ACROSS

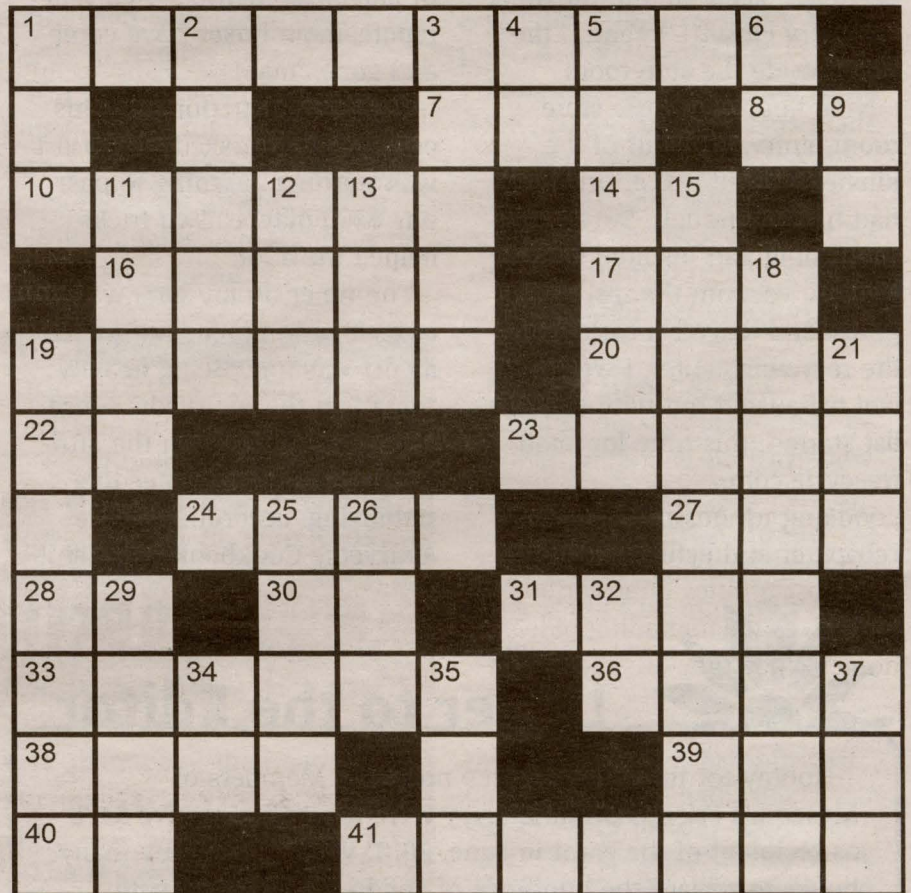
1. Growers Market producer, 1st part of name; 2nd part is 24 across
7. integrate
8. astraddle
10. May's profiled customer, 1st name; 2nd is 19 down
14. masculine the in Spanish
16. Kalamata or Sicilian herb
17. special forces of the British Army
19. buy 20 get 1 free
20. peas or leopard
22. LP Jr.
23. cabal
24. see 1 across
27. acquire
28. au contraire
30. the Obamas' dog
31. one of the ingredients at the salad bar
33. Gala, Pink Lady, and Granny Smith
36. civil rights hero ____ Parks
38. rant
39. annoy

40. comedian and CNN host, ____ Hughley

41. May's profiled volunteer, 1st name, 2nd name is 18 down

DOWN

1. malignancy
2. of Idaho or the violin family
3. sheaths
4. street, abbreviated
5. administrative center of the Ukraine
6. en route
9. "Liberty and union, now and forever, one and inseparable," is this state's motto
11. they make dancing fun
12. 1004 in Roman numerals
13. they're numbered in Moscow
15. May's profiled producer ____ Coffee
18. see 41 across
19. see 10 down
21. soggy
25. competent
26. caviar
29. female name or Australia's



- national gem
32. either
34. movie rating
35. sauna
37. slater or climbing

The past, present, and future all happen simultaneously. Ride the holographic whirlwind!



The Sustainability Review: Old Bungalow Upgrade

by Mike Forbes, Co-op newsletter volunteer

My parents purchased a small bungalow in Moscow several years ago that was built in the 1920s. As with most houses of this age it started as a rather inefficient home and over the years various systems were added and updated to include a forced-air furnace, gas hot water, air conditioning, and limited insulation. I've been talking with my parents about increasing the efficiency of the home for some time now, and I think it would be appropriate to devote a series of articles towards making this classic and common house into an efficient home. Over the next several months I'll take you through our thought processes of what we are going to do and how we came to those decisions. As work progresses I'll discuss what we've done and keep you abreast of real-world lessons. If you've been following my articles on our home, it'll be similar but applied to an existing older home.



First, a little background on the house:

1. My parents don't live in it year round so a house that operates efficiently without much user input is key to the design and any changes we make.
2. The largest bill is natural gas because of hot water and space heating.
3. They are located near downtown Moscow, making Avista their utility company. This is good since there are several rebates that they'll be eligible for. Most utilities offer various incentives for upgrading older homes since they are such good candidates for saving energy, thereby keeping the utility from having to build new power plants to support the demand.

Where do we start? An energy audit is a must if you are serious about saving energy. You can perform online energy audits at various websites, but honestly these are very generic and tend to focus on comparing your home to others and give broad recommendations that aren't

specific to your home. My recommendation is to spend the money and hire a professional energy analyst to conduct a full in-home energy audit. The analyst will perform various tests and make specific recommendations of what you should do and how to go about accomplishing the improvements. A quality auditor will then perform a follow-up audit of your house and see what improvement there has been. Locally, Mike Carlton of Palouse Synergy Systems conducts professional and very thorough audits. He can be contacted at www.palousesynergy.com. Audits vary in price based on square footage, but expect to pay \$200-400. There is a good chance you'll recoup most if not all of the cost in savings (obviously this is dependent on how

well or poorly your house does.) I have an audit scheduled for this month at my parents' house. Standby for results.

Looking at my folks' place I can make up a priority list of things based on my experience.

1. Replace the water heater. The natural gas bill is their highest year-round bill, and most of this is due to standby losses when they are not there. They are a prime candidate for an on-demand water heater since these have no standby loss and are an excellent choice for homes that aren't continuously occupied. There is a federal tax-credit for certain on-demand water heaters as well.
2. Upgrade the insulation in the ceiling and seal air leaks throughout the house. Avista offers a generous rebate on this.

3. Clean and seal the ducts properly. It is very eye-opening to see test results and realize that a large percentage (up to 50 percent in some homes I've seen, including new construction) of the air you heated is lost to spaces you don't want to heat (i.e., outside).

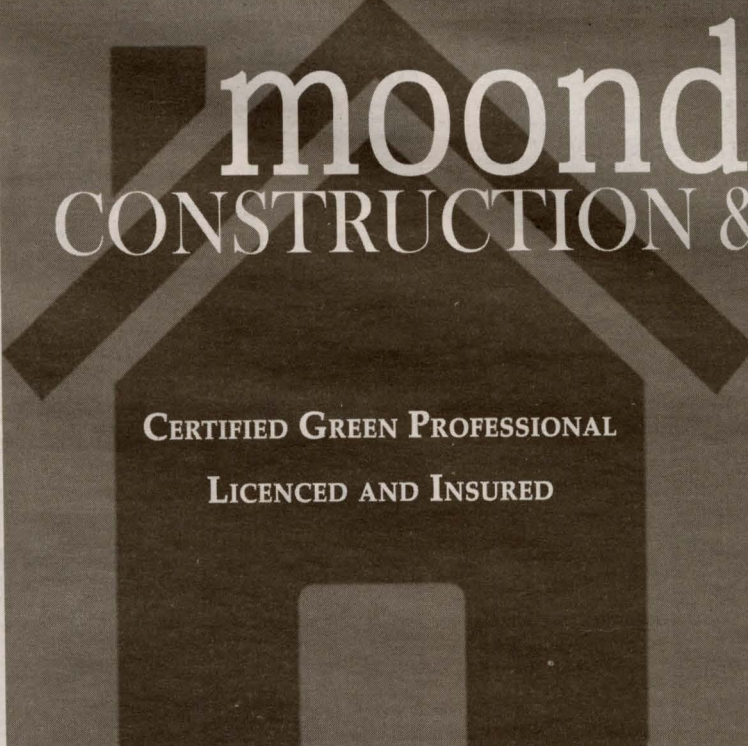
4. Switch faucets and toilets to quality low-flow and dual-flush designs. There are several rebates here as well.

5. Upgrade appliances to the most efficient possible. The

American Council for an Energy Efficient Economy (www.aceee.org) has different criteria and excellent recommendations on what to purchase.

This list is a great start in the case of my parents' home and for many others. I'll hope to share the results of the energy audit in next month's article, and we'll talk about where we are going to go from there.

Mike really does welcome comments and questions, he enjoys talking about this stuff even if it is to himself. He can be reached at biodieselmike@gmail.com.



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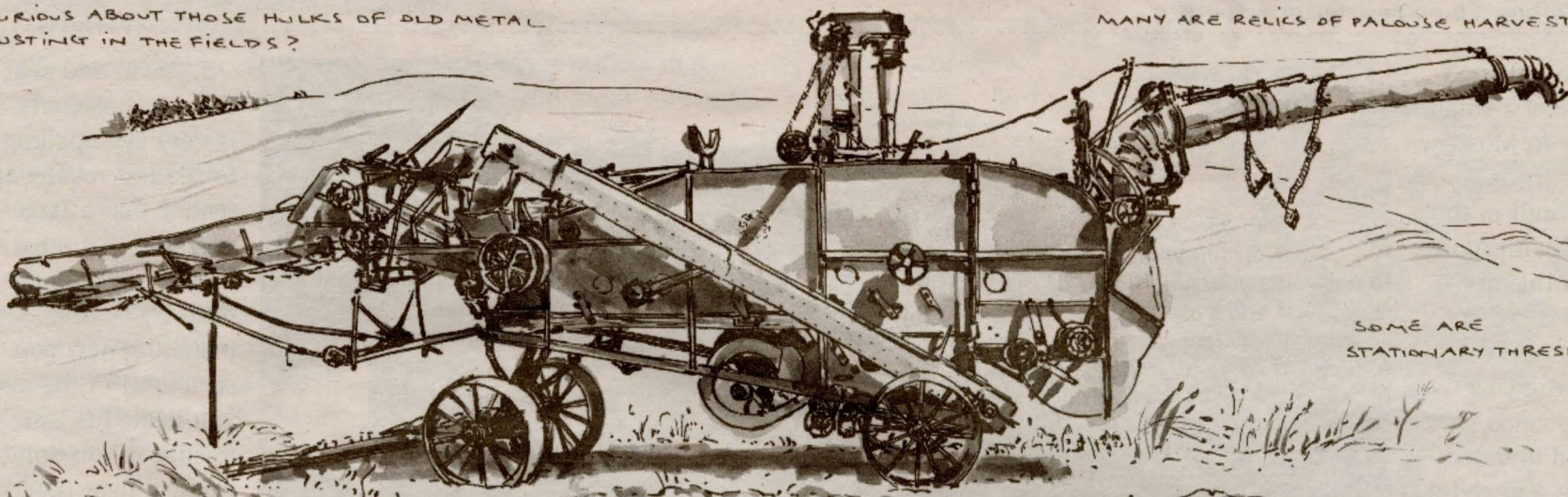


COMMENTARY

PALOUSE REPORT: Harvest Heritage

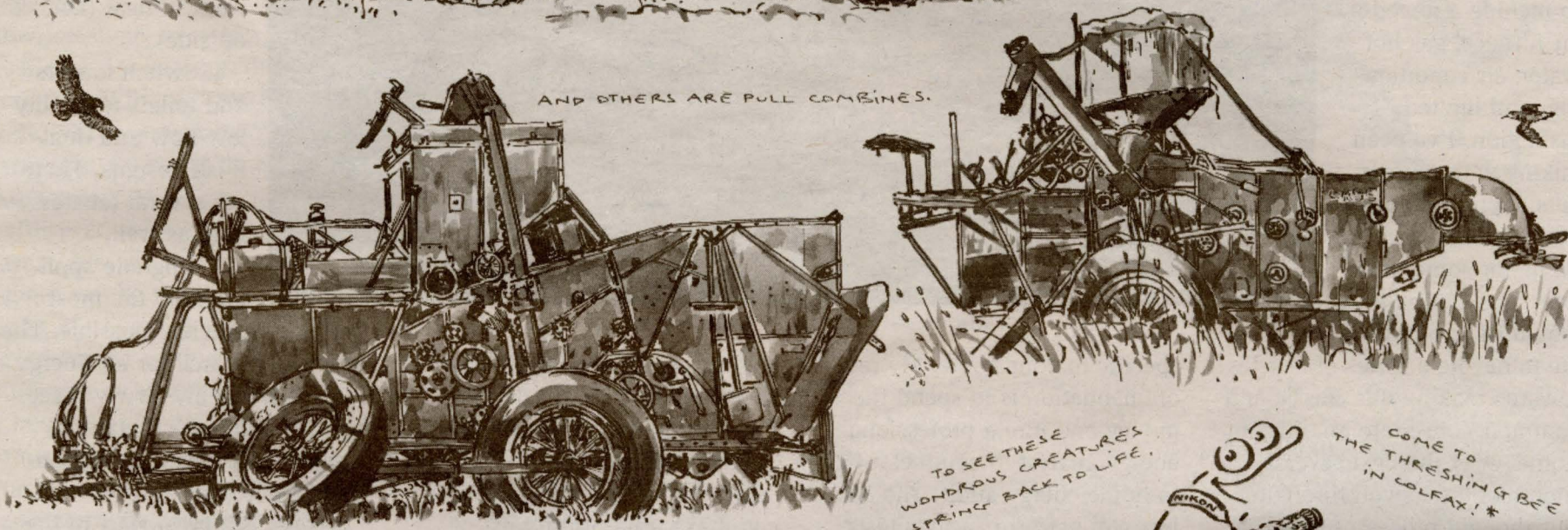
CURIOUS ABOUT THOSE HULKS OF OLD METAL RUSTING IN THE FIELDS?

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Unclassified Ads

Wanted: Red worms for worm compost bin. Got some to spare? Contact Carol at (208) 669-0763.

Give yourself a precious gift by participating in the Threshold to Excellence Course offered on October 21-24 at Mukogawa Institute, Spokane. The most important relationship you need to work on is yourself because if you do not value yourself, if you do not trust yourself, then who will? Uplift yourself and everyone around you. Contact Robert: (509) 979-0511 website: <http://www.institute-for-the-study-of-man.com/schedule.php?id=4>.

C.L.U.C.K. (the Co-op Local Urban Chicken Keepers) presents the

Moscow Food Co-op's 2nd annual Chicken Coop Cruise on Sunday, October 3, 2010. Save the date and watch for more info in September.

Wanted: Canning jars and canning equipment. Contact Carol at (208) 669-0763.

YOU: at the salad bar, putting bacon bits and bleu cheese on your mixed leafy greens. Me: ladling poppy seed dressing onto my romaine. Bacon and bleu cheese is my favorite topping combo; it must be destiny. See you next time?



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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.

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10.25	10.50	10.75	11.00	11.25
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Name: _____

Email or phone#: _____

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

Co-op Events

Board of Directors Meeting

Tuesday, Aug 10, 6pm

In the Fiske Room at the 1912 Center. The Member Forum will begin at exactly 6:05 pm and will end at exactly 6:15 pm.

Membership Appreciation Day

Sunday, Aug 22, All day

MAD Day is one of our favorite member benefits. Members will save on every single purchase.

Co-op Kids - Meet Tuesdays at 9am

Aug 3: Meet at Co-op Café to make art projects.

Aug 10: Meet at Friendship Square in to play.

Aug 17: Meet at Co-op Café for kids cooking.

Aug 24: Friendship Square for bubble fun.

Aug 31: Co-op Café to make mini Zen gardens.

Contact Rebekka Boysen-Taylor at amamaswork@yahoo.com.

Art at the Co-op

Friday August 6, 5:30—7pm

Opening reception for Traci Haselhuhn and her dreamscapes in a mixture of sharpies, watercolors and acrylic.

Music and Grower's Market

Tuesdays from 5—6:30pm

(Market runs from 4:30 - 6:30pm)

Aug 3: Holey Jeans of Lewiston, Idaho, contemporary country

Aug 10: Thorn Creek Express of Genesee, Idaho, bluegrass and old-timey music

Aug 17: Ian Skavdahl of Pullman, Wash., acoustic jazz, folk

Aug 24: Brian Gill and Katrina Mikiah of Moscow, Idaho, acoustic folk

Aug 31: Jeremiah Akin of Moscow, Idaho, acoustic indie folk rock

Canning Clinic

Tuesday Aug 17

Karen Richel of Extension will conduct a free pressure canner gauge testing clinic during the Tuesday Growers Market.

Essential Living Workshop Series

Wed/Thu, Aug 18/19, 6:30—8:30pm

Downsizing and Upskilling: Essential Living "What Do You Need?"

Info: Carol Spurling: ☎ 208-669-0763 or outreach@moscowfood.coop

Tue Aug 3	Co-op Café
Tue Aug 3	Co-op Café
Wed Aug 4	Co-op Café
Fri Aug 6	Art at the Co-op
Tue Aug 10	Music and Grower's Market
Tue Aug 10	Music and Grower's Market
Wed Aug 11	Co-op Café
Tue Aug 17	Co-op Café
Tue Aug 17	Co-op Café
Tue Aug 17	Co-op Café
Wed Aug 18	Co-op Mamas and Papas Group
Wed Aug 18	Essential Living Workshop Series
Thu Aug 19	Essential Living Workshop Series
Thu Aug 19	Good Film Series—Kenworthy
Sun Aug 22	MAD Day—Member Appreciation
Tue Aug 24	Co-op Kids—meet Friendship Square
Tue Aug 24	Music—Brian Gill/ Katrina Mikiah
Wed Aug 25	Co-op Mamas and Papas Group
Tue Aug 31	Co-op Kids—meet in the Co-op
Tue Aug 31	Music—Jeremiah Akin

Co-op Mamas and Papas Group

Wednesdays 9:30—11am

Meet in the Co-op Deli.

The Co-op Mamas and Papas group for expecting parents and parents of newborns. In August, meet for conversation and informal talks by experienced parents and experts about alternative health including homeopathy.

Info at: babies@moscowfood.coop

Co-op's Good Film Series

Thursday, Aug 19

"What's on Your Plate" - a witty and provocative documentary about kids and food politics. Come at **1pm** for a FREE matinee!

The regular showing is at **7pm** at the Kenworthy. Tickets are \$4 for Co-op members and \$6 for non-members.

Community Events

Farm Field Day

Thursday, Aug 19, 10am—12pm

At the 1912 Center, Pullman.

Plaza Concerts!

Monday, Aug 22, 7pm

At the 1912 Center. FREE

Donation purchase at 6 P.M.

Aug 29, 7pm, by the Idaho Symphony Brass plus

Aug 31, 7pm, by LC State College

Aug 31, 7pm, by the Pullman Concert Band

at the 1912 Center, Pullman, lpall@moscow.com,

☎ 208-882-7255

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

MOSCOW FOOD CO-OP

Red Barn Farms Summer Concerts

Thursday Aug 12

Coltrain (Country): Swing dance in the barn with free dance lessons

Thursday Aug 26

CornMash (Alt Country/Rock): Dancing in the barn or on the lawn

6—10 pm Tickets \$4, 10 and under free

Onsite BBQ, Beer Garden, and Flea Market

1 mile North of Colton, WA off highway 195

Dahmen Barn Events

Wednesday, Aug 18, 7pm

Three Women about Women
Work of Idaho artists Linda

Siebe-Brown, both from
Scott from Lewiston.

Thursday, Aug 19, 7pm

Wylie and the Wild West
concert at the Dahmen Barn

held on the hillside behind
tickets are discounted to \$30

for children 12 and under and
honoring ☎ 509-229-3414.

Friday, Aug 20, 10am—1pm

Flint knapping
will teach students aged 16

to make stone tools like our
by working down a piece of

material item such as a knife,
point using modern copper

original techniques.
Friday, Aug 20, 3:30pm

5-day bowl
turning workshop scheduled for August 16-20.

Master woodworker and resident artisan Len
Zeoli holds a 5-day bowl turning workshop for

beginners. The cost is \$450 and includes a lathe
for each student and materials.

Sat/Sun, Aug 21/22

Mosaics class for adults—Resident artisan
Christie Zeoli will hold a workshop for adults in

making one-of-a-kind mosaics quickly,
inexpensively and beautifully. The cost is \$70,

which includes some materials.
Saturday Aug 21, 10am—4pm

Visiting artist Carrie Vielle to hold travel
sketching workshop. The cost is \$55.

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@pottlatch.com

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

Under the clock by the Public Library.

☎ 334-4688, nancycw@pullman.com

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