

Community News

FREE!
PLEASE TAKE ONE!

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



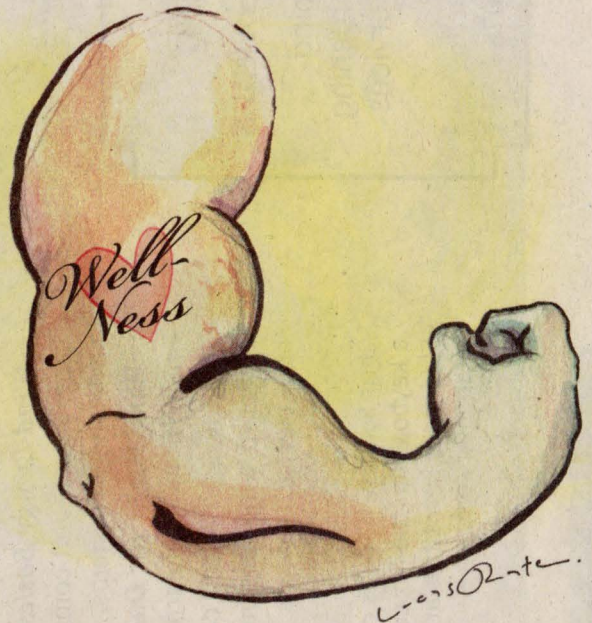
The Wellness Desk

by Kenna S. Eaton, General Manager

Earlier this year, Amy Lucker, our Wellness Manager, recognized the need for a permanent space in the store for our Wellness Team to work from. The idea was to set up a desk with computers, printers, a phone, and all the other accoutrements of buying and selling goods at the Co-op, while allowing staff to answer customer questions, help find products, and be generally helpful. After much discussion, we came up with a design and a plan that we thought would suit our needs as well as yours. The desk was finally completed in late November and should be ensconced right in the middle of the department by the time you read this. It's big, it's bold and it's hard to miss, plus we hope it's helpful. We expect to staff this desk almost every hour we are open. Occasionally, our staff will still have to "disappear" into the back of the store to place or receive orders, but other than those brief moments, you should be able to

get the help you need when you need it. Wow—now that's something you don't find everywhere!

On a side note, Amy Lucker has, unfortunately for us, just moved back to Michigan. We will miss her and her "can-do" attitude, but we'll remember her every time we lean on the Wellness Desk.



www.moscowfood.coop

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Tasteful Thursdays

by Kenna S. Eaton, General Manager

Now in their third year, Tasteful Thursdays have become a holiday season tradition for us. The concept is simple: have live music, samples of our best foods and wines, free chair massages, finger paints ... and voila! Magic!

On the first Thursday, Jessica, our demo diva, showed kids how to make homemade finger paints for the bathtub and then let them get their fingers messy "painting" a plate—the kids said it was "super fun." The next week, Donna showed everyone how to make homemade bubble bath, including two happy customers who were looking forward to making and using the bubbles on their next date.

The first Thursday in November, Heather Alexander, LMP, graced the Wellness Dept. with her massage chair and a generous free 10-minute neck and shoulder massage. Heather said most recipients are really surprised how refreshed they feel afterwards. On alternate Thursdays, Madrona Massage (Belinda Rhodes) will be practicing Bowen therapy, a gentle form of manual therapy that Belinda says works its own magic. Interested? Find out more at www.brhodeslmp.com.

Live music is a piece of the magic—one week, our very own Steve Turner (Deli Chef) played some laid-back vibes that had everyone humming along (quietly, of course).

We had a gluten-free spice cake from Namaste that's a sure-fire winner for everyone and

delectable holiday treats from our Deli (cinnamon-chocolate cookie, kale slaw, blue cheese spread, breads, etc.). We sampled an Oregon

wine called "Chemistry White," a blend that was bold yet balanced and yummy at \$10.99/bottle, and Aptohic Red Blend from Modesto, CA—a blend of syrah, zinfandel and merlot at \$10.99. With a dark fruit flavor and a hint of mocha, the red was clearly the night's favorite. Each week, it will be different, so be sure to stop by and check out the week's samples.

Live music is a piece of the magic. Here's the schedule for December.

Dec. 2 - Steev Turner, Co-op deli chef

Dec. 9 - Sarabanda

Dec. 16 - Lois Blackburn w/ Melinda Schab and David Christian

Dec. 23 - Lucas Kreikemeyer

Of course, free food and wine samples are an important part of the event. We had a gluten-free spice cake from Namaste that's a sure fire winner for everyone, delectable holiday treats from our deli, including cinnamon-



Co-op product promotions and education coordinator Jessica speaks to customers

chocolate cookie, kale slaw, blue cheese spread, breads, etc We sampled an Oregon wine called "chemistry white", a blend that was bold yet balanced and yummy at \$10.99/ bottle and Aptohic Red Blend from Modesto, CA-a blend of syrah, zinfandel and merlot at \$10.99. With a dark fruit flavor and a hint of mocha, the Red was clearly the night's favorite. Each week it'll be different so be sure to stop by and check out this week's samples.

Not only is every Tasteful Thursday super fun, it's delicious, smells good, tastes good, feels good and is generally wonderful. So please join us every Thursday in December -this event won't last past the new year celebration!

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

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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

Printed on Recycled Paper

Deadline for Articles, Ads, and Photos: 15th of each month

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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.

The next Board of Directors meeting is Tuesday, December 14th at 6:00 pm in the Fiske Room at the 1912 Center. For public comments, the Member Forum will begin at exactly 6:05 pm and will end at exactly 6:15 pm.

The next Breakfast with the Board will be held Saturday, December 11th at 11:00 am in the Co-op deli.

Co-op E-mail Addresses
newsletter advertising: ads@moscowfood.coop
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Dime In Time Committee: dimeintime@moscowfood.coop
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Green Commerce Committee: greencommerce@moscowfood.coop
Sustainability Committee: sustainability@moscowfood.coop



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.

Retro Espresso

1102 South Main; info.retroespresso@gmail.com
Free extra single shot in any espresso drink with presentation of Moscow Food Coop Membership Card.

Childcare and Family Services

Moscow Parent Toddler Cooperative

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

Palouse Discovery Science Center

950 Nelson Ct., Pullman, WA; www.palousescience.org; 509-332-6869

10% off membership to the Palouse Discovery Science Center.

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.tyedye-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

Moondance Construction and Eco-Design

Alan Brown, Owner; moondance@cpconnect.com; 208-882-4733

Free 30 minute project consultation

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

cow.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 Feldenkrais

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.

Balance...a wellness spa

112 E. 4th Street
Heather Alexander, LMP; alexanderlmp@yahoo.com; 208-596-8248

10% off all massage and spa services

Laura Gessner, LMP; lgessner@gmail.com; 509-595-4225

10% discount for co-op members

Sprout Wellbeing, LLC - Holistic Health Coaching & Wellness Support

sproutwellbeing.org; 510-501-2618

Free health consultation, free first Pilates class, and 10% off any Health Coaching Program or cooking class.

A Choir of Angels Massage Center

106 E. Third, 1C; choiramc639@gmail.com; 208-413-4773

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 Green Guesthouse

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

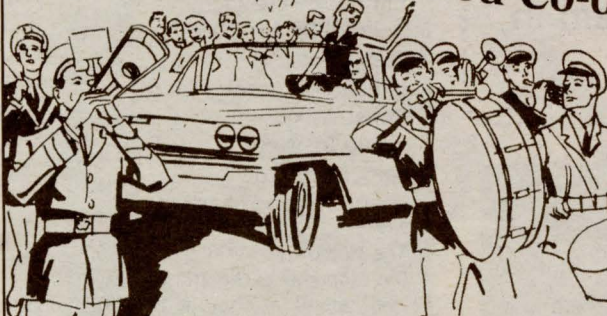
www.SixthStreetRetreat.com; 208-669-0763
\$20 off advertised rate for one week's stay

Andriette's Bed, Book & Bicycle

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

10% off for co-op members—2 night minimum.

Join the Moscow Food Co-op and Save!



- Member-Owners save every day:
- Discounts on special orders
 - Member-only sales
 - Discounts on cases
 - Patronage refunds
 - Discounts on special events and classes

Any cashier can help you join; it just takes a couple of minutes.

The total lifetime membership investment at the Moscow Food Co-op is \$150. If you like, this can be invested in installments of \$10 per year.

**Shop.
Join.
Save.**



Subscribe to the Co-op's Community News



Only \$18 per year for 12 monthly issues mailed to any address in the US.
Now you can take Moscow with you if you move, or share Moscow with friends or relatives!

To subscribe: send check for \$18 (made out to the Moscow Food Co-op) to:
newsletter/Bill London
Moscow Food Co-op
PO Box 9485
Moscow ID 83843

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



Art at the Co-op

by Annie Hubble, Art at the Co-op Coordinator

December's Art at the Co-op, with its opening on Friday, December 10, brings us the traditional Co-op staff and volunteer art show, in which our staff members and volunteers reveal

their artistic sides, bravely putting their work on display. We have many talented folks working here, and past years' shows have given us paintings, photography, poetry, knitting,

jewelry and more. It is a great opportunity to get to know better the people who serve you every day, and also a good time, perhaps, to find that extra special gift for someone....

Come and meet the many artists from 5.30 – 7 p.m. on Friday, December 10. The show will run through Wednesday, January 6.

Tuesday Night Music at the Co-op

By Dave Billin, Volunteer Music Coordinator

On Tuesday nights, from 5 - 6:30 p.m., the Moscow Food Co-op Deli transforms into a delightful musical venue featuring the talents of some of the best and brightest musicians on the Palouse. These all-ages shows are free to the public, and coincide with weekly

specials and hot entries made fresh in the Co-op's Deli. This month's shows include:

December 7: Daniel Mark Fallor

Down-home, original music in a contemporary country style

December 14: Allie Bradley and Friends

Holiday music sung a cappella by vocalists Allie Bradley, Abby Gray, Jon Burnett and Jonathan Erber

December 21st: No music

December 28th: No music



Board Member Report: It's All About Relationships

by Sheryl Hagen-Zakarison, Board Member

It is perhaps perverse, but early in the fall, I long for the winter solstice. Short days chase me inside. Short days give me time to reflect on the last season and turn my thoughts to the next season. The winter season, to me, is a time of resting and also a time of quiet excitement and waiting. Perhaps it is one of the benefits of farming and having such an intimate relationship with the land and the seasons.

I work with my husband, Eric, on our farm just north of Pullman on the Palouse Highway. We straddle two worlds—conventional industrial wheat farming and local/organic farming. Come about October when we wrap up the conventional farm, putting equipment away, sowing winter wheat for next year's crop, marketing our grains, and all the other tasks involved, we are still working our local farm, our sheep and poultry and mules.

The local/organic farm is much harder work than the conventional farm. It can also be a real nail biting experience—one coyote, raccoon, cougar or bad storm can wipe out months of work and leave many of the families we feed disappointed. I would not trade it for anything because we directly provide food

that we produce to families in the Palouse—these people live within a 50 mile radius of our farm.

Eric and I, as farmers, have a direct and intimate relationship with eaters. We have people who are deeply concerned about us and the farm and grateful for what we do. Amazing! It is so gratifying to have someone thank us for raising food. And yet I always feel so grateful to the families that we feed because their support allows me to do what I believe in and love. It is one of the most fulfilling relationships that I can imagine and desire.

It is harder to say that about the conventional/industrial side of our farm. We raise the crop, harvest it and, except for the grain we keep for feed and for our own purposes, ship it as fast and as far as we can. It is very efficient. It is not conducive to relationships. I know intellectually that the grain we raise is feeding someone, but there is no relationship because it's all about efficiency and industry. Relationships, in this system, tend to get in the way of efficiency. It is difficult to establish meaningful ties, connections or relationships within the current industrial agriculture system.

All of us need relationships to be healthy. We are driven to create relationships. In the conventional/industrial model (farming, producing, shopping ... you can fill in the blanks) our relationships have a slim chance of being healthy or life giving.

It seems to me, to various degrees, that many aspects of our lives suffer from disconnections and unhealthy relationships. So we search. During that search, some of us are lucky enough to find our way to the Moscow Food Co-op. It offers a chance for us to have good strong relationships with growers and eaters, with the community, with our food and, most importantly, with each other.

Can you imagine a Palouse community where people know and have strong ties to the farmers who grow their food? Can you see a Palouse community where we know how we are connected to each other? What would our community look like if many of our basics come from local artisans, growers and manufacturers? It is already beginning, and the Co-op is fast becoming the catalyst. I, as one person in this community, want to be a part of this lovely and complex relationship.

What a gift to have an organi-

zation like the Co-op in our community. To me, it is the model and the wave of a healthy future. Our Co-op is working through its outreach efforts, green commerce committees, strategic goals, board members, and volunteers to nurture many of the ties, connections and relationships that have long been dormant through neglect and disregard. How lucky we are!

Here's to the past, present and future of our community!

For the record, I also love the vernal and autumnal equinox and the summer solstice.

Fish Folks Holiday Schedule

Fish Folks will be in the Moscow Food Co-op parking lot every Friday until Christmas week. They will also be at the Co-op on Thursday, December 23. On Friday, January 14, visit them for a season-end 10% off sale. The Fish Folks return to their regular Friday schedule on March 25. Please note that the Fish Folks can take special orders for the holidays, and they also have gift certificates for sale.



Outreach Report

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

We've just finished the season of wellness fairs and field trips! Thanks to all the organizers and attendees of the SEL Wellness Fair, the Univ. of Idaho Wellness Fair, and the Univ. of Idaho Staff Appreciation Fair for inviting us to come. A big thanks to the teachers at Lena Whitmore, Emmanuel Preschool, and the UI Children's Center, who brought their classes to the Co-op for a field trip. And thanks to the volunteers who helped us at these events, and who also helped us give away all-natural candy and free fruit

coupons at the Homecoming Parade and for Halloween!

Dime in Time

The Dime in Time committee met in late September and awarded DIT grants for November, December and January. Your dimes in November went to Adventure Learning Camps Inc. In December, they are going to Rendezvous for Kids, and in January, to the WSU Vet College PATH Program. Thanks for your continued support of our Dime in Time organizations!

Recent recipients of the Dime in Time award have received:

- October - Moscow Parent-Toddler Co-op: \$482.92
- September - REACH: \$482.20

Impulse Giving

Remember your Impulse Giving donations are matched by the Co-op through December 31. Each month, the Co-op can give a total of up to \$500 in matching funds, so be generous with your Impulse gives during this season of giving. Thank you.

With the Co-op's matching funds in October, these organiza-

tions received checks for October for these amounts:

- Sojourner's Alliance: \$66.18
- Backyard Harvest: \$342.00
- Genesee Daoist Hermitage: \$250.94

Membership Cards Always Free

Membership cards will continue to be issued to members free, and now, even replacement cards will be FREE! If you've lost your card, come in and get a new one.

The Front End News

by Annie Hubble, Front End Manager

I have decided that I hire folks who are altogether too interesting. But I have no regrets, except when I have to say farewell (sometimes temporally and sometimes permanently) as they go forth on absolutely fascinating new journeys in life.

Recently, William has gone to China for 7 weeks, Kate has gone to New Zealand for 3 months, Charlie has moved to Portland, and Christie is working part time in the HABA depart-

ment. In January, Jennica is moving East, and Ryan is planning to spend a semester in Austria. At about the same time, Melissa is hoping to join the Peace Corps and travel to places as yet unknown.

This may help explain why you are seeing so many new faces in the department. We already miss our dear and familiar friends who have moved on (we will see some of them again before too long), but we very much wel-

come the new members of the team. Dana Price, Katie Wesolek and Eric Schweitzer are already proving themselves to be wonderfully friendly, efficient and flexible Co-op cashiers. Give them a good welcome. Sarah Collins and Autumn Ulschmid have been promoted to the rank of Floor Coordinators (the front-end leads), and Ryan Tripepi and Janel Lee Iverson to the rank of PICs (able to lead the team in the absence of a lead).

Congratulations to them all.

I want to say a big thank you to all the members of the front-end team, as we travel through a time of transition unlike anything I have ever seen. Schedules are different every week, and all sorts of trainings happen constantly, and still everyone smiles, is helpful and has fun. Thank you all.



Local Goods Survey

by K. Sequoia Ladd, Participating Member Coordinator & Green Commerce Committee Co-Chair

This month, you have the opportunity to let us know what local goods you would like to see in the store. A local goods survey is available on the Co-op website. Click on the link and answer a few questions about what you would like to buy. If you don't have a computer and would like to fill out the survey, paper copies will be available at the front of the store. Some of the items are future possibilities like local oil or locally milled flour because we are currently lacking the infrastructure here on the Palouse to provide them. However, it is important to know what you would like to buy as we continue to help grow and support the local goods economy. Local pasture-raised poultry?

Local apples in April? Local navy or black beans? Local flour, nuts or dairy products? How about wooden utensils, pottery or linens? What else can you think of?

We will close the survey at the end of December so that we can tally and review the results and share them with our local producers in January. We will also put the results in the newsletter and on our website. Please take a few minutes to complete the local goods survey, and ask your family and friends to complete it as well. The more responses we have, the better. The survey is completely anonymous.

However, if you choose to enter your name and phone number in the comment box at the end of the survey, it will be added to a



Local 50 grown made distributed

drawing at the end of each week of December for a gift basket full of local goods for you to enjoy. (This information will only be used for the drawing and will not be retained.)

QUALITY AFFORDABLE HOUSING ON THE PALOUSE

SPACIOUS 2 BEDROOM APARTMENTS AVAILABLE
OCT - NOV 2010 AT HAWTHORNE DR. & HENLEY AVE
• RENT STARTS AT \$512.00/MONTH • WATER, SEWER, GARBAGE AND INTERNET PAID • ON-SITE LAUNDRY FACILITIES

NO PETS
HILL RENTAL PROPERTIES
1218 S MAIN STREET • MOSCOW
• (208)-882-3224 •
WWW.HILLAPARTMENTS.COM



The Staff of Life

by Joan McDougall, Grocery Manager, grocerymgr@moscowfood.coop

No smoke-filled rooms or clandestine imbedded earmarks were involved in the negotiations we held with both The Sage Baking Company and Panhandle Artisan Breads over the summer months. What we arrived at is fresh-baked artisan breads for our customers five days a week. Hooray!!!!

We welcome Panhandle Artisan Breads to the Co-op and welcome back The Sage Baking

Company. We have devoted a shelf on the free-standing bread fixture, which is across from the new drink cooler by the salad bar, to these local artisan breads. On Tuesday, Thursday and Saturday, Sage Bakery delivers breads that are put out early in the morning. Sage's interesting loaves include Kalamata Olive, Jalapeno Cheese, and Walnut. On Wednesday and Friday, fresh-baked Panhandle Artisan Breads

are available on the shelf early in the morning and include such favorites as Pumpernickel, Sprouternickel and Brioche.

Not all varieties of bread are baked every day; you'll need to check the labels for your favorite variety. The signage will tell you which bakery is featured. All you really need to remember is that fresh local artisan breads and buns are in the Co-op Tuesday through Saturday to comple-

ment our already extensive selection of delicious breads offered every day from the Co-op Bakery. Co-op breads include, but certainly not limited to, Pecan Cranberry, Seeduction and Yummy Yam. Check the schedule on the side of the Co-op bread case to see when your next new favorite Co-op breads will be baked.

Something for everyone—that's the way we like it.

Breakfast with the Board: Local or Organic?

by Carol Spurling, Outreach and Ownership Coordinator, and Christine Locker, BOD Administrative Assistant

On the morning of Saturday, October 30, the Board asked shoppers and member/owners this question: "Which is more important to you when shopping—local or certified organic? Why?"

Answers reveal that our member/owners and customers have a good understanding of how complex the issue of local vs. organic really is. That's encouraging. The opinions expressed are very helpful for both the Board and the staff.

Rest assured, we'll keep talking about local and organic and doing our best to educate our members about our local producers, their growing and/or production methods, and what's happening with organic certification standards both in the state

of Idaho as well as in the U.S. and abroad.

The Answers:

- ➔ If it is corporate, it should be certified organic.
- ➔ If it is local, it can be trusted—no need to be certified.
- ➔ We can trust our local growers.
- ➔ Local—not sure if certified can be trusted.
- ➔ Local is more important—lower carbon footprint and no travel.
- ➔ I have personally known of produce sold as organic when it isn't.
- ➔ GMO is also a difficult thing to monitor.
- ➔ "Certified" can be somewhat arbitrary.
- ➔ Local—especially if they are open to visiting their farms.

➔ I think organic is more important because you know it's not fast food.

➔ I don't know what certification entails.

➔ Local and organic preferred. I'll trust our Co-op and local growers.

➔ Transportation costs are not the only factor in carbon footprints. Petrol-based fertilizers are also a large factor. Local versus certified organic is a complicated issue.

➔ The direct connection with local farmers is extremely important.

➔ Not so long ago, people would have answered certified organic. There has been a huge shift to people buying local rather than government-controlled (i.e. certified organic). Certified

organic doesn't always have social justice when it comes to labor components.

➔ Don't want local goods from large farms using conventional methods. Prefer local only if it is organically grown. The certification is not particularly important.

➔ Local! With more support, maybe local growers could be certified.

➔ The Co-op should consider including some sort of certification in their business arrangement with local producers.

➔ Local—the local producers are my friends!

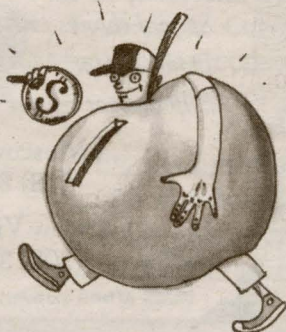
➔ Local because it is sustainable.

Price Shopper: Holiday Party

by Joe Pallen and Amy Richard, Co-op Volunteer writers

We saved \$32.14 this month at the Co-op, shopping for party spirits and a couple of snack items. With all this busyness during the holiday season with work events, our children's activities, and putting the holiday gifts list together, we were worn out. All of the sudden, a party sounded great! Enough with the holiday work; it was time for the play. We wanted to entertain others and ourselves with a party! So we invited some friends over, put together a list of adult beverages and, after checking our cupboards for munchies, added a couple of snack items. We chose a variety of wines: red, white and sparkling. Also

picked up a few different beers and the snacks we needed. One of us went to check the Co-op prices while the other ventured to Safeway. After comparing our lists, we found a significant savings at the Moscow Food Co-op, giving us a few more dollars to put towards our holiday gift giving. It was a great party. Happy Holidays to all!



ITEM	Co-op	Safeway
Mountain Dome Brut	\$13.99	\$18.99
Barnard & Griffin Cabernet Sauvignon	\$14.49	\$16.99
Sawtooth Cabernet Sauvignon	\$13.25	\$16.49
Bogle Petite Syrah	\$10.99	\$12.99
Bogle Chardonnay	\$9.25	\$11.99
Barnard & Griffin Chardonnay	\$9.99	\$11.99
Camas Prairie White Riesling	\$10.99	\$15.99
Camas Prairie Ewe Eye White	\$12.00	\$15.99
Rogue Brewery Arrogant Bastard Ale 22 oz.	\$4.55	\$4.79
Bridgeport India Pale Ale 6 Pack	\$7.79	\$8.99
Deschutes Brewery Jubelale 6 Pack	\$7.99	\$8.49
Full Sail Wassail 6 Pack	\$7.79	\$8.49
Santa Barbara Jalapeno and Garlic Olives 5 oz.	\$4.79	\$6.35
Kettle Sour Cream and Onion Chips 9 oz.	\$3.12	\$3.59
Kettle Baked Chips 4 oz.	\$2.79	\$3.79
Total	\$133.77	\$165.91
Amount saved on this trip by shopping at the Co-op \$32.14		
Note: All are regular prices, no sales prices or discounts applied		



Cookbook Project, December 2010: Present-mindedness

by Laurene Sorensen

My mother had a major grudge against her sister-in-law Alice, and extended it to the box of meticulously deco-

rated cookies Alice or my uncle Gene would bring over each Christmas. (His full name was Eugene O'Neill, and for a couple

of years, I assumed that he was both a sportscaster, which he was, and a famous playwright, which he wasn't. I come from one of those New England families with a long list of things the grownups don't talk about, so I assumed this was Just One of Those Things.) She didn't greet her sister-in-law, Claire's, homemade pies with much more enthusiasm. Mom's pies came from a bakery. Homemade pie was gauche, unless it was meat pie (see below).

the finished products.

Things I've made for gifts include salsa (Cantina Dos Gatos brand), granola, and meat pies. I "wrapped" the first two in Mason jars. (Mason jars are the LBD of containers!) Packaging and delivering a pie is trickier. The key is to put the pie plate in a deep, sturdy box that fits in the wheel well of your car. Ski boot boxes are really good for this. Make sure to write "THIS END UP" on the box if someone else will unload the car.

Now, about those meat pies: This is not a dessert at all, but a Quebecois main dish. (They call it tourtière.) It's traditional at New Year's, but delicious anytime. Ketchup is the traditional accompaniment. Here's how to make one.

Laurene Sorensen still fantasizes about her stained-glass sugar cookies with "windows" made of melted Life Savers.

Meat Pie

- 2-crust pastry (Purists make it with lard—shhh! Frozen crusts work well if you're in a hurry or are crustophobic.)
- 2 medium potatoes, peeled and cubed
- 1 medium onion, chopped
- 1 pound ground pork—ask the butcher to grind you some.
- 1 teaspoon poultry seasoning (or to taste)
- 1/4 teaspoon ginger (If you're using Bell's poultry seasoning, omit the ginger; it's in the mix.)
- Dash of cinnamon
- White pepper
- Salt

1. Preheat oven to 425 F.
2. Cook potatoes in boiling salted water until soft. Mash them.
3. Sauté onion and meat together and pour off fat.
4. While meat and potatoes are cooking, lay bottom crust in ungreased pan. Prick crust with fork, weight with beans or marbles, and prebake for 3 minutes.
5. Mix cooked potatoes, onion, and meat together and season to taste with poultry seasoning, ginger, cinnamon, pepper, and salt. Put mixture into bottom crust, cover with top crust, and prick the top crust artistically (monograms are nice).
6. Bake the pie at 425 F for 7 minutes. Lower heat to 350 F and bake for an additional 30-40 minutes or until crust is nicely browned. (To reheat, use a conventional or toaster oven for best results. A microwave may make the crust soggy.)

Where We Have Been, Where We Are Going

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

The participating member (volunteer) program has undergone some exciting changes in the last year. It is now easier to volunteer at the Co-op, with a new short orientation and a variety of positions that meet the eclectic needs of different Co-op members. The discount system has been updated, making it convenient for volunteers and easier for cashiers. Positions that have been created meet the new criteria of benefiting the member, the Co-op and the community, putting the program in better alignment with cooperative principles. We have expanded our outreach into the community as well as the advocacy of our local producers in the store. Volunteers have been taking all of our recycling to the recycling center, updating our website and helping our newsletter get published and distributed each month. We have had volunteers help with Tasteful Thursdays,

donate an extraordinary amount of time helping members vote during an election, and do a myriad of things over the course of the year that help make the Co-op such a wonderful place. We had farm tours of local producers just for volunteers this summer, and a Harvest Dinner for all of our volunteers this fall. As you read this, the results are being compiled from a volunteer survey so that we know what works, what doesn't, and what we can do to make the participating member program better than ever.

Possibilities for the next year include classes just for participating members, a party outside this summer that volunteers and all of their family members can attend, and a few other benefits that have yet to be unveiled. Happy Holidays, and thank you, volunteers, for all of your help this year!



Merry Christmas!

We invite you and your family to come see what the rest of Moscow is talking about. Visit our 15,000+ light display to celebrate the birth of Jesus. This is a gift from the Good Samaritan Society to show our appreciation for the wonderful year we have had.

Special thanks to Len Hester, Alan Boe, Albert Konen, Tom Morris, Doug Malm, Mark Kent, Carl Kiilsgaard, and Tim Gorton for their help decorating our Village this year.

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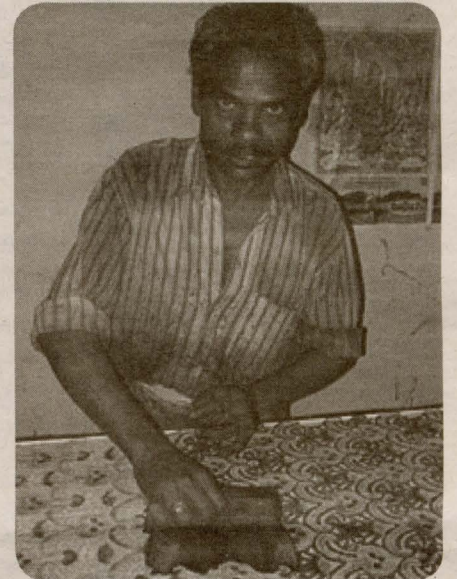
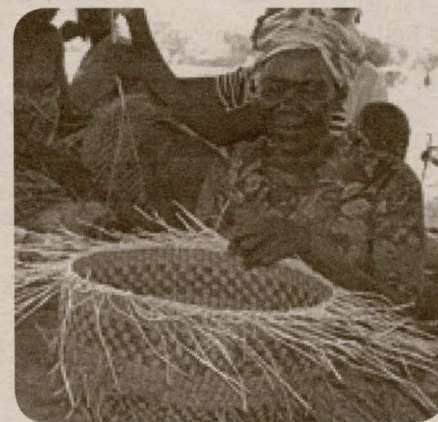
The Lowdown on Holiday Gift Buying at the Co-op

by Kelly Uusitalo, Co-op Mercantile Buyer

With the holiday season fast upon us, thoughts of spending time with family and friends around good food begin to fill my mind. For me, the holidays always evoke warm memories of past gatherings and thoughtful gifts from those I cherish. As the gift buyer at the Co-op, my holiday season starts early, with this year being no different. I began selecting fair-trade clothes for the store in June. I do this because it takes the women of the Andes and Himalayas months to hand knit all the socks, hats, glove and scarves the Co-op sells during the holiday season. Andes Gifts and Ganesh Himal Trading are just two of the many fair-trade companies the Co-op works with. We also support Global Girlfriend, Handmade Expressions, Over Seas Connections, Far Fetched, A Greater Gift, Jubilee Traders and Lucuma Designs. For this holiday season, I have selected a wide array of products from each of these companies, ranging from African baskets to women's clothing, jewelry, ceramic dishes, wool hats, scarves and gloves in a myriad of shapes, colors and designs. All of our fair-trade products are handmade, showing the amazing artistry and dedication each artist brings to the work they create. One such example is Lucuma Designs' hand-carved gourd boxes, orna-

ments and hair clips. Each piece is superbly handcrafted and sustainably made from gourds that are both charming and enduring. Fair-trade companies have been exploding in popularity, making the selection of ethically made products more readily available and allowing the Co-op to offer gifts you can feel good about giving.

For those who prefer to stick closer to home, I have expanded our selection of local and regionally produced items to include not only jewelry, but candles, wood cutting boards, gift cards, reusable grocery bags, books, posters and much more. Some producers you may recognize, like Garden Girl Designs jewelry, Present by Design's Scrabble pendants, and Wolfe Wood Works wood cutting boards. New to us this season is Beecharmed, a candle company that uses local Palouse beeswax to make molded candles in attractive shapes and various sizes. Another new local company I would like to highlight is Blue Mango, a jewelry producer who makes earrings that are both graceful and whimsical, with attention to fine details and delicate structures. Patricia Cassidy, the artist, has lived in Pullman for over 20 years and once owned a small gift shop in Pullman. Currently we are in the process of labeling our local and regionally produced items at the Co-op; if you



wish to know if an item is produced locally, please ask one of the Wellness staff members and they will be more than happy to help.

When I think about the holidays at the Co-op, I can't imagine talking about gifts without talking about Asian Eye and their exquisite scarves. Asian Eye scarves are some of the best quality designs you will find on the market, you can see these values reflected in the company's mission. From the beginning, their goal was to revitalize traditional Indian textile heritage by supporting highly skilled craftspeople all over India. They

also believe in giving back to the community by financially supporting the Health and Education Programs of Hope Project India, which makes wearing one of their scarves feel even better.

I hope you find your holiday shopping experience at the Co-op both enjoyable and rewarding, especially knowing that you have the option to choose from many thoughtful, sustainable and local items when it comes to your gift giving this year.



Call for Board Candidates!

The Moscow Food Co-op Board of Directors will have four open seats up for election in March 2011.

If you are interested in running for the Moscow Food Co-op Board of Directors, please pick up a candidacy information and application packet (by the Board board in the front of the store), or request one by emailing elections@moscow-food.coop. Current board members will also have extra copies of candidacy packets available for potential candidates.

The deadline for submitting applications to run for the Board of Directors is December 31, 2010. Applications submitted after December 31st will not be considered. Thank you!



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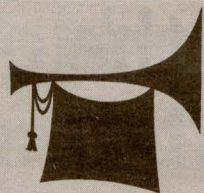
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Co-op Shoppers Speak Out:

Asked on November 11, 2010 by Ashley Fiedler

What do you think of the Tasteful Thursdays events held every Thursday from 5-7 p.m. during November and December?



"It is really exciting to try new stuff."
—Caroline Zasadny, Moscow, Home-schooled Student



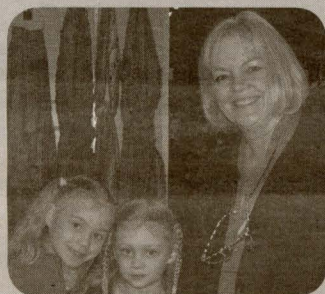
"We tasted quite a few things. It makes you keep your eyes open for all the things in the store."
—Sarah Smits, Moscow, Asst. Preschool Teacher



"Any excuse to hang out at the Co-op is excellent, and with wine tastings it is even better."
—Erika Szymanski, Pullman, WSU Grad Student, Wine Microbiology



"I like the vegan pumpkin cheesecake. It was pleasantly surprising."
—Matt Dabbs, Pullman, WSU Student, English



"We can't wait to go home and try the bubble bath."
—Robin Meacham, Lewiston, Real Estate Agent



"It's fun. I like to see the mixed reviews of the different products."
—Samantha Gould, Moscow, Co-op Volunteer and UI Student, Civil Engineering

Dime in Time Program: Rendezvous for Kids!

by Jamaica Ritcher, Rendezvous for Kids Volunteer

Approaching its 18th year, Rendezvous for Kids is a two-day arts festival for preschool and elementary school-aged children that takes place annually in July. We are part of the larger Rendezvous in Moscow, which includes the Rendezvous in the Park summer music festival scheduled for July 14-16, 2011.

Under the trees of East City Park, children enrolled in Rendezvous for Kids participate in three in-depth workshops each day, as well as a number of shorter "Art Stop" activities. Workshops from recent years include constructing a cardboard city play structure, creating landscape inspired sculpture, and drama workshops based on animals and myths. In addition to these workshops, we offer a program especially for preschool-aged children and their parents. All Rendezvous kids also paint, work with modeling clay, tie-dye, and do many other arts and

crafts activities. The selection varies, so children experience a diversity of artistic expression from year to year.

After a morning of art projects, each day is capped off with a picnic lunch and live music or theater by local and regional acts.

While it might be hard to imagine a summer festival, what with the temperature dropping for another Moscow winter, the planning for Rendezvous gets underway early. Each year, we serve around 250 area children and rely on the support and involvement of many community volunteers and businesses. Rendezvous for Kids is truly a grass-roots program that highlights the vibrant community life in Moscow.

By donating your bag refund in December, you support our ability to pay artist and performer fees, help cover the cost of materials, and also support the festival's scholarship program to

ensure that families who want to participate in the program can. On behalf of Rendezvous for Kids, thank you for your Dime in Time contributions!

More information is also

available at the website, www.rendezvousinthepark.com/ritp/index.php/r4kids.

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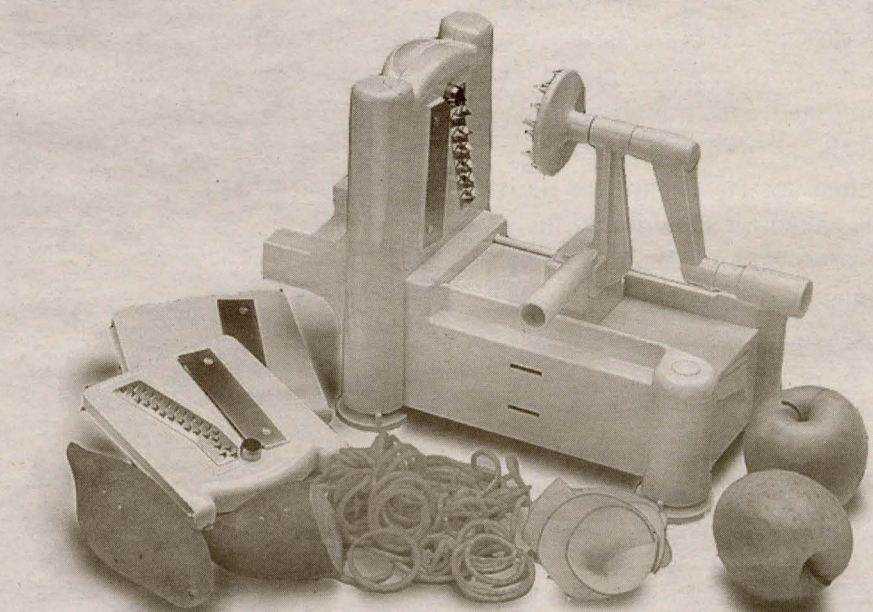
The Kitchen Gadget I Can't Live Without

by Jessica DeHart, Co-op Product Promotions and Education Coordinator, demo@moscowfood.coop

We call it the vegetable spiraler or Spirooli around my house, and what it does is simply magic! My children devoured vegetables of all kinds for years, up until the notorious moment when they went to school and some child informed them that veggies were gross. Now, being somewhat skeptical children, they did not buy the "gross" statement completely, but their passion for veggies did begin to dwindle and become quite selective. Some say that it is a naturally occurring shift that happens in children due to changing taste buds and the like, but I think their entrance into the world of outside influences played a large part in it. Around this same time, through a raw food demo, I discovered this incredible kitchen gadget that transforms any firm veggie or fruit into spiral noodles or paper-thin slices. At the demo, I watched as my child devoured a plate of spaghetti made with raw zucchini noodles. I promptly went home and ordered one for our family.

I found that beets, daikon radish, carrots, zucchini, cucumber, squash, eggplant, sweet potatoes and more could easily be transformed into various-size noodles to be eaten raw or lightly cooked, depending on the vegetable, and my kids loved them again because, well, how can you not like eating something that boinnngs and is in such a fun shape. We add them to soups at the very end of cooking for an incredible rainbow effect that kids love. Beets, in particular, are very striking in a soup, especially if you use a variety of colors of beets. I make spring rolls and fill them with either a mixture of rice noodles and raw veggie noodles or only the latter. I love arriving to a potluck or friends for dinner with a bowl of raw spiraled veggies of all colors, tossed with a simple tangy dressing, and watch the oohs and ahhs as the bowl quickly empties.

Now, where can you find one of these magical kitchen gadgets for yourself, you ask? Well, thanks to my trusting



friends in the Health and Beauty Department of the Co-op, we are now carrying this incredible gizmo so that the children and adults of the Palouse can have as much fun with their veggies as we do at our house. Whether as a garnish or main ingredient, this is a kitchen must-have. During my initial search for one year ago, I tried out a wide variety of them and found that for the price and quality, the World

Cuisine Spirooli model is my favorite, which is what I have at home and what we now have on our shelves at the Co-op. I will be doing a plethora of demos in the coming months to showcase this fun spiral vegetable slicer. I am also more than happy to schedule a demo for you if you want to see how it works. Just send me an e-mail at demo@moscowfood.coop.

Sampling Sustainably

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

The next time you come in to the store and try a delicious sample, you might notice that there are no more plastic cups or spoons offered. We are pleased to have finally found a biodegradable sample cup and tasting spoon from World Centric. The cups are made of sugar cane fiber, a substance that is normally discarded into the waste stream. They can hold hot liquid, which the paper cups could never do (we had to sample hot drinks and soups in plastic cups because of this). The small tasting spoons are made of non-GMO cornstarch. World Centric

is working to become a model of how sustainable enterprises should be run. In 2009, they gave 25% of their profits before taxes to grass-roots social and environmental organizations and they are hoping to greatly increase the percentage of profits they give away in the near future. They also regularly audit outsourced factories under Fair Labor Organization guidelines, to ensure fair wages and working conditions for workers. You can now sample sustainably on FACT Fridays, Tasteful Thursdays and the rest of the week!

Comments, complaints and compliments

The new tables are so much nicer! —Anonymous

Thanks—we like 'em too. But they aren't actually new. As the previous decoupage of Co-op newspaper cuttings was wearing thin, we decided to recover them with bamboo from Natural Abode. —Kenna

Another scale in the front of the produce area would be helpful. —Peter A

I contacted Peter and asked or more information regarding the scale. Here's his response: "The scale currently there seems fine as it is, but I had the hardest time finding it when I was at the front of the produce section by the tomatoes. I would think about placing one right there—maybe a manual tabletop model. This seems to be an issue wherever I shop—not enough

scales or they're too hard to find. Thanks for listening.

Pete—thanks for your comments and suggestion. The scale did used to live above the bananas, nearer the front of the store. We decided to move it back to its current location to see if it worked better for our customers. We'll consider moving it back to its previous location next time we rearrange tables in there. —Kenna



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On The Go With Angie Vanhoozer

by John Dunn, Co-Op Volunteer Writer

I met with Angie Vanhoozer over a cup of coffee at the Co-Op and immediately recognized in her an animated style combined with a high energy, get-things-accomplished type of demeanor. The Twin Falls native has called Moscow home for 10 years and has been actively engaged in leaving her mark upon our community in a variety of ways.

Angie is a doctoral student, a mother, a landlord and a junior high science teacher all rolled into a single package. At the U of I, Angie is studying Environmental Science. She also holds degrees in Landscape Architecture, Plant Science, and Bioregional Planning. Her focus of interest revolves around carbon footprint and energy efficiency issues. Angie's primary message is "Whether or not climate change can be attributed to human activity, finding ways to use our resources more efficiently still makes sense."

A key part of her studies is working through a research program designed to teach grad students how to teach. As a middle school science teacher in nearby Garfield, Angie teaches science to 7th and 8th graders using some experimental and progressive methods.

Angie has also served the City of Moscow as a sustainability intern. A key part of her role was to collect data using methods including employee surveys in an attempt to quantify the carbon footprint associated with the day-to-day activities of the city's operations. This attempt to quantify the city's energy use status was designed to help make the city council and staff aware of the impacts of greenhouse gasses and to implement climate change mitigation efforts at the local level.

She also did an internship in Bovill that led her to conduct



"The Twin Falls native has called Moscow home for 10 years and has been actively engaged in leaving her mark upon our community in a variety of ways."

another survey, this time of town residents. The results of this effort led to the creation of the Valley Transit's "State 8 Route." Once it became apparent that there was a local desire for better access to public transportation, Angie took it upon herself to get involved by meeting with transit officials, local officials

from towns along Highway 8, and with transportation department officials in attempts to identify and secure funding for this service. The end result of these efforts is the scheduled, operating bus service between Moscow and Elk River. For departure times and other information, please contact Valley

Transit at (208) 883-7747 or visit www.r2transit.com.

Angie lives in the heart of Moscow with similarly minded housemates. They each commute to their respective jobs, school or other destinations by bike, foot or by consolidating their car trips to accomplish individual and mutual errands. Individually, Angie prefers to walk rather than bike, as it gives her more time to herself and to be alone with her thoughts. As a mom, she rides with her son and encourages him to use his bike as primary transportation to school.

The upshot here is that Angie Vanhoozer is living proof that combining a strong sense of place with a high level of intellect and curiosity, together with seemingly unflagging perseverance is not only an inspiration and asset to our community, but that positive change can be affected in our built environment.

John is a local surveyor who will take the month of January off to go biking in Southeast Asia.



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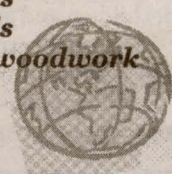
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Local Producer: Cowgirl Chocolates

by Johna Boulafentis, Co-op Volunteer Writer

“Take a bite. Swallow. Wait three seconds. Feel the heat.” These are the words Marilyn Coates, owner of Cowgirl Chocolates, used to describe the experience of eating her spicy chocolate. The Co-op has been selling her products with a “Cowgirl kick” since 1997. You can find an assortment of candy bars, truffles, and hot chocolate in the Grocery Department.

The origin of the business in 1996 brought together various aspects of Marilyn’s life: her career as a ceramicist, her family and working for a chocolate company in Pennsylvania. As an artist, Marilyn viewed the venture as an art performance piece, “you setup a movement or performance to accomplish an aim or goal.” She wasn’t thinking about gaining or losing money, she wanted to explore selling spicy chocolate. The notion of adding hot and spice to chocolate actually came from her brother, who had presented the idea to the chocolate company where Marilyn had her first job. Although the company wasn’t interested, Marilyn began whipping up recipes and recruiting friends as taste testers. If the Aztecs and Mayans valued cocoa beans and spice, why wouldn’t Moscowvites?

The name of the business came from a friend’s excited response of “these taste like cowboy chocolates!” when sampling the chocolate for the first time. Marilyn intrigued, thought “not cowboy, but cowgirl.” Hunters Chocolate in Moscow made the first 40 pounds of the product. Marilyn recalled her nervousness when picking up the order and wondering if it would sell. However, as she drove away from the store, her car radio was playing the line “sugar, sugar, you are my candy girl” from the 1969 hit song “Sugar, Sugar.” Clearly, it was a comforting sign.

Marilyn has seen many changes in her business and in the world of spicy chocolate in the last 14 years. Starting Cowgirl Chocolates with no training in business, she learned business and marketing techniques with the help of others and through her own trials. She remembers feeling like a chocolate pioneer in the late 1990s at a Fancy Food



“Marilyn began whipping up recipes and recruiting friends as taste testers. If the Aztecs and Mayans valued cocoa beans and spice, why wouldn’t Moscowvites?”

Show where she was one of three companies with spice in chocolate. Many people waked by her booth laughing and one person said “I don’t think so.” Over the years, consumers’ minds and palettes towards spicy chocolate changed and Cowgirl Chocolates roped in numerous awards at food shows and received media coverage from across the U.S. The business saw overnight success in 2002, after the Food Network’s TV show, “Extreme Cuisine,” came to Moscow and hosted Marilyn making truffles.

A business starting with a mere 40 pound order of chocolate transformed into a business that presently sells between 5,000 - 8,000 pounds a year.

Although today, you can find spicy everything, Marilyn knows that Cowgirl Chocolates stand out from other businesses. Her gourmet chocolate comes from Europe and the products are crafted by companies in Idaho, Montana and Canada. She explains, “If you use cheap chocolate, you can keep the price low. But you’ll miss out on tast-

ing the blending of a fine, premium chocolate with heat. It’s a gourmet experience.”

Marilyn enjoys Moscow and likes the feel of the adventurous West. She’s not interested in big growth and plans to keep her current production amount. Cowgirl Chocolates employs 10 people to package and distribute their products throughout the local area and the world. November and December are particularly busy.

For all those chocoholics out there that aren’t so keen on spicy, no worries, the company also sells their gourmet chocolate sans (without) the heat.

Think about joining Cowgirl Chocolates’ Chocolate Club. When you buy \$100 worth of any chocolate over the course of a year, you get a credit of \$20 worth of chocolate plus 10% off of any chocolate related items. Sounds like a sweet deal to me.

During the writing of this article, Johna ate Cowgirl Chocolates, drank hot chocolate, and danced in her living room to “Sugar, Sugar.”

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Volunteer Interview: Caitlyn MacGlaflin

by Terri Schmidt, Co-op Volunteer Writer

Caitlyn is one of our most recent volunteers; in her words, “a newbie.” She and Rebekka Boyson Taylor run Co-op Kids. Each Tuesday from 9-10 a.m., they assist young children in creative activities such as art, crafts and cooking. Activities often follow seasonal themes; this fall, they made leaf lanterns by decoupage autumn leaves onto Mason jars. Caitlyn wants everyone to know the perks of attending Co-op Kids. They provide all the materials, parents get a \$3 drink coupon, and each week attendees are given a raffle ticket for a \$10 Co-op gift card.

Isabelle, Caitlyn's 2-year-old daughter, is her very young assistant at the Co-op. Isabelle is very comfortable in the store, having explored all its nooks and crannies. Caitlyn took up knitting when she was pregnant and later became a “crafty mama,” so the Co-op Kids is a good fit. I love the Picasso quote she shared with me: “Every child is an artist. The problem is how to remain an artist once we grow up.” I teach preschoolers, and those words ring very true.

Caitlyn is not only new to the Co-op, but also fairly new to Moscow; she moved here from Rhode Island in February. Her husband, Dr. Aaron Weed, is doing a post doc work in entomology at the Uof I. His focus is on biological control. Caitlyn helped him this summer working in the field. Their summer was very busy, but she enjoyed the opportunity to discover the surrounding area. Isabelle accompanied them, sitting in a backpack while they did field work or picking flowers and exploring.

Caitlyn and her husband met at the University of Rhode Island. They later spent two summers living in Switzerland, where Aaron did research for his PhD. They hiked and traveled most weekends, shopped at farmers' markets and “drooled over the local artisanal breads and cheese.”



“Having a life in flux kept Caitlyn from being a participating member at other co-ops, but she wanted to volunteer now to meet members of the community and connect with her current environment.”

Caitlyn just finished her masters degree in Animal Science in the spring and has started a new job as the 4-H SET (Science, Engineering and Technology) Program Coordinator for the state of Idaho. The main goal of the program is to educate and inspire students about science, engineering and technology and to show youth how jobs in

these fields can help others, like designing a hybrid car or a prosthetic limb.

Having a life in flux kept Caitlyn from being a participating member at other food co-ops, but she wanted to volunteer now to meet members of the community and connect with her current environment. She finds the Co-op to be a great center for

community activity and has “met tons of moms, dads and grandparents” through Co-op Kids.

Caitlyn loved the ocean and the mountains growing up in New England. “Some people are drawn by the water, I am drawn by the mountains,” Caitlyn says. She has been hiking on Moscow Mountain, and even though it's not the biggest mountain, it's provided pleasant hikes.

Caitlyn also loves Moscow. She appreciates the sense of community and the changing seasons remind her of home. And that is the only drawback to living here—she misses her family back home. She has always been within 20 miles of her parents and three brothers, so it is hard to be so far away from home. Being away from family has made her appreciate just how much they

mean to her. She will see them soon as they are flying to Rhode Island to spend two weeks with family. Caitlyn is “excited to be going home for Christmas!”

Terri wishes you all holidays filled with the delightful sights, sounds, and smells of your childhood.

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Staff Profile: Sarah Collins

by Amy Newsome, Co-op Volunteer Writer

When long-time Co-op employee and floor coordinator Charlie Harris moved to Portland recently, someone needed to take his place. Sarah Collins' 2 1/2 years of experience as a cashier made her the perfect person to be promoted to the position. Sarah explained her new role: "Basically, the floor coordinator supports the cashiers. If they are busy, I can jump on a register to help check out customers. I also take care of the deposits."

Sarah was born in Indio, California, near Palm Springs and lived there until she was 6 years old. The thing she remembers most about living there were the frequent earthquakes. She doesn't remember being afraid, they were just a regular part of life. Sarah's dad's job as a hotel executive required the family to move a few times. The next stop was New Orleans for three years. She has vivid memories of the wonderful Mardi Gras parades. When Sarah was 9, the family made their last move to Kent, Washington. Her parents; brother, Sean; and sister, Erin, still live in that area. I noted the Irish names.

"Well, I'm half Irish from my dad's side. My great grandfather came to the states from Ireland. My mom's dad is half British and half Japanese. So I'm also 1/8 Japanese." Sarah's middle name, Kawamura, means "river village" in Japanese. It is a family name; her great grandmother was born in the Kawamura House in Japan.

Sarah's grandparents took each of their grandchildren on a trip of their choosing when they turned 13. Sarah chose a trip to England and Ireland. She was able to meet some of her extended family there.

After moving to Washington, Sarah began gymnastics, a sport she continued for six years. The floor routine was her favorite and she can still pull of a

pretty good handstand. In tenth grade, Sarah joined her high school's Judo team. Her team traveled to Japan the summer between Sarah's 10th and 11th grade years. Coincidentally, her 13-year-old brother was on a visit to Japan with his grandparents at the time, so Sarah's host family was able to meet Sarah's grandparents and brother. Sarah lamented, "They got to see the Kawamura House, but I didn't. I'd like to go back to Japan someday. It is definitely the coolest place I've ever been."

From the ages of 14 through 20, Sarah was a member of the International Order of the Rainbow for Girls, a Masonic organization that engages girls in community service, leadership, organization and public speaking. Sarah excelled in the organization and moved through the ranks from a general member to Worthy Advisor at age 16, to Grand Representative of Nevada at age 18, a role in which she was responsible for preparing the Washington and Idaho members for attendance at the Grand Assembly in Reno, Nevada. At

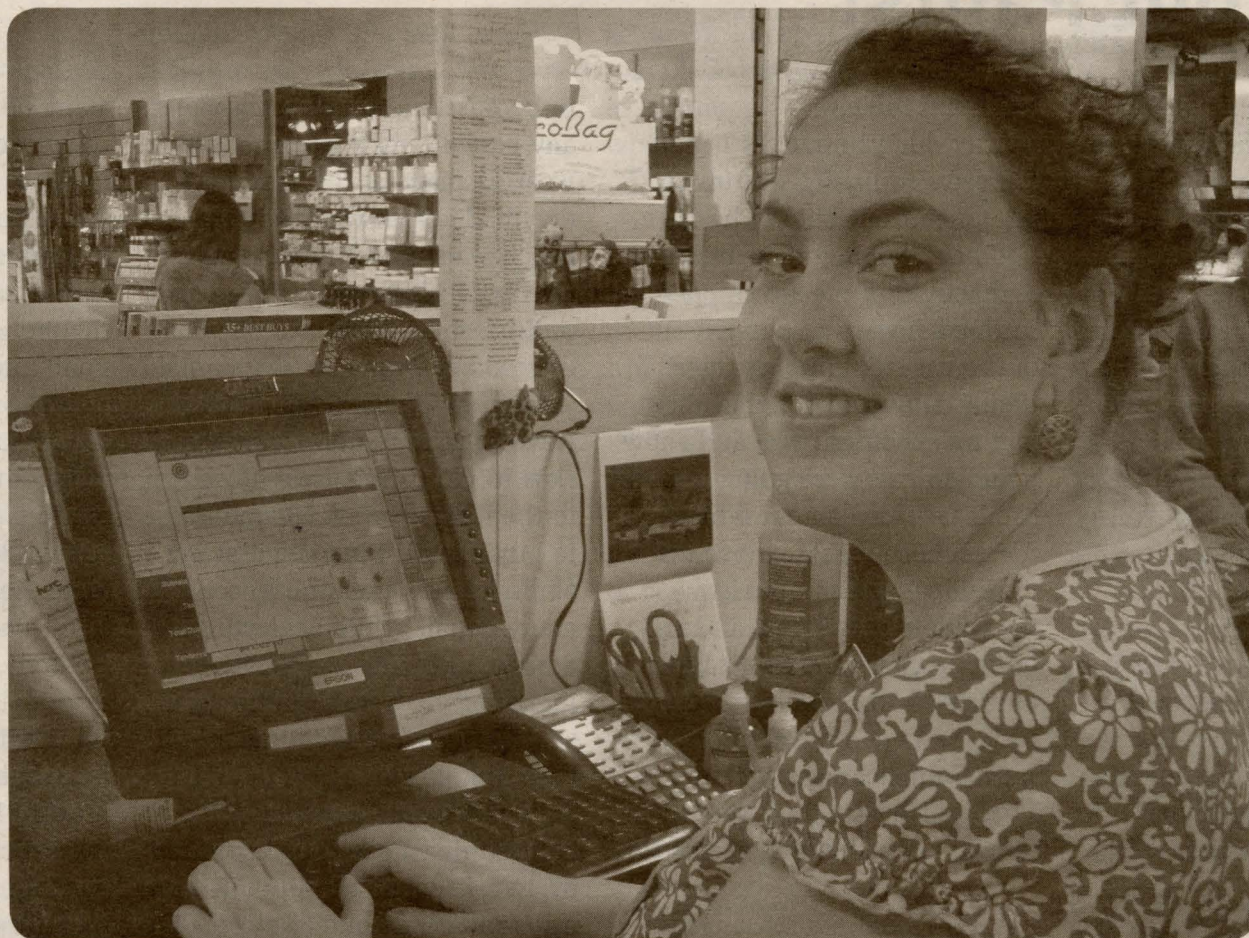
age 20, women who want to stay with the organization can go onto Eastern Star, but at that time Sarah was ready to focus on her studies at the University of Idaho in Communications. Sarah reflected on her time with the organization.

"It was a good experience; I gained a lot of self-confidence from my involvement."

Sarah has not lost her interest in community service. Sarah volunteered during her college years at Vox-Voices for Planned Parenthood and is now volunteering with Alternatives to Violence on the Palouse as a domestic violence hot line volunteer. Sarah refers to her mom as a "professional volunteer," so I imagine that also has a bit to do with Sarah's drive to serve her community.

Sarah graduated last May with a Bachelor's degree in Communications. However, she is still a member of the University of Idaho's Choir and has competed in four Jazz Festivals and as many Christmas Concerts.

When she is not working at



Sarah volunteered during her college years at Vox-Voices for Planned Parenthood and is now volunteering with Alternatives to Violence on the Palouse as a domestic violence hot line volunteer. ”

the Co-op, singing or volunteering, Sarah spends time with her boyfriend, Tim Melton. They've been together for about 2 1/2 years, and have been sharing an apartment since June. Tim is a student at the University of Idaho, studying Computer Engineering. He's set to graduate in May. Upon his graduation, they will likely move wherever they find jobs, preferably somewhere in the Northwest. Being from the Tri-Cities area of Washington, Tim would consider moving back to be closer to family. But Sarah isn't sure. "There's nothing to do there after

7 p.m., but there are a lot of jobs. I'd rather live somewhere like Seattle where there is a lot of music coming through."

Here in Moscow they often go to John's Alley to catch live music. They also like to eat out; some favorite places are Casa de Lopez and Red Bento. Nights in might find them watching movies of every variety, but their favorite genre is horror.

Amy Newsome lives in Moscow with her husband, Richard; daughters, Haley and Jamie; Mitzy the dog; Purrsephone the cat; and most recently three salamanders Queebler, Smeck, and Oliver (or Olive, if female).



Veganesque: Back to Basics: Remember to Pack Your Pants!

by Caitlin Cole, Co-op Volunteer Writer

Each member of our family has a job to do while preparing for our annual trip to the Oregon coast. My husband, the geographer, is in charge of planning the route, vehicle maintenance and packing the vehicle. The kids take responsibility for packing their own toy and book bags, and for providing inspiration through their enthusiasm for the adventure. My tasks involve reservation arrangements and packing all of our clothes and food.

This year, I had lists for food and drinks for the long car ride, for clothes, for the food we needed in the hotel room, and for things we needed to make ourselves at home while we

were still there.

After our 12-hour car trip, it felt great to finally pull up to our oceanfront hotel. The kids had been holding their buckets and shovels since we stopped in Hood River and hopped out of the car still gripping them tightly. It was March, but they had their winter coats and snow pants on and were going to build sandcastles no matter what! After a beach walk, we settled in. I unpacked and put away the food in our little kitchen, hung up coats and lit a couple of scented soy candles. Everyone picked a large drawer and we started unpacking our clothes. I had finished putting away my things, but something seemed

to be missing...I had not packed any pants! Lucky for me, I was wearing pants at the time, but they had gotten wet from our beach walk. I had four boxes of Gorilla Munch cereal, three sets of Christmas lights, two soy candles and zero pairs of dry pants!

After my pants dilemma got solved (I had found my tie-dyed skirt in the van and we drove to the next town of Tillamook to buy pants), I marveled at my ability to pay attention to so many details while neglecting a huge one—the "can't see the forest for the trees" syndrome. I started to realize how important basic things are—it is only when the basics in my own life are covered that I can be a happy person. In my mind, I divided up my basic needs into two categories: physical health and spiritual/emotional.

While in our hotel room, I was watching an old episode of "The Bob Newhart Show" and I was reminded about a physical health basic I had been neglecting. It was an episode where one of the main characters had to chew each bite 32 times. That seemed like a lot to me, so I started keeping track of how much I chew. Of course it varies, but I was chewing an average of 15 times per bite. According to The Macrobiotic Guide and

many other sources, it is best to chew each bite 30 times. Chewed food has more surface area for the gastric juices and enzymes to work on. Your meal is then processed until it's a paste called chyme, which then enters the small intestine. A lot of energy is required to do this, up to 70 percent of your body's total energy. If food reaches the stomach in small, well-chewed bits, less work is required to make a paste. Less energy is needed for digestion and can be used by the body for other things such as detoxifying tissues or boosting the immune system. This is an easy basic for me to master because I already know how to chew—I just have to get use to chewing more.

I hope you get back to your basics, whatever they may be. Please make and enjoy our favorite apple recipe, chew well, and wherever this season may take you, remember to pack your pants!

Caitlin and her family wish you and your family Happy Holidays!

Apple Crisp

- 10 cups local apples, peeled cored and sliced
- 1/2 cup white sugar
- 1 Tablespoon flour
- 1 teaspoon cinnamon
- 1/2 cup water
- 1 cup oats
- 1/2 cup brown sugar
- 1 cup flour
- 1/4 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/2 cup Spectrum, melted

Preheat oven to 350 F. Place sliced apples in a 9x13" dish. Mix sugar, flour and cinnamon and sprinkle over apples. Mix remaining ingredients to form a crumble, place over apples. Bake for 45 minutes.

Nutrients Anonymous presents: Healthy Holidays on a Shoestring!

by Wendy Kullman, Cooking Class Teacher

Mark your calendars for these fun and informative cooking classes!

You will be greeted by Nutrients in festive garb: maple-pecan cheesecake, pistachio-banana gluten free bread, and Savory Thai soup. Trivia questions will acquaint you with facts about the Nutrients, followed by discussion, and finally, hands-on cooking!

You've heard the slogan, "listen to your body." What if Nutrients started speaking to us? Well...

Natural fats have opined that people replace them with refined and hydrogenated oils. Sugar broke down crying about how

people abuse her. And Protein revealed that people take him for granted...

Sugar consumption per person, per year increased from 20 pounds to 63 pounds over 100 years. Coronary heart disease, rare before 1920, didn't increase until the low-fat, low-cholesterol push. And according to Sally Fallon, in her book Nourishing Traditions, "A high-protein, low fat diet can cause... too rapid growth and depletion of vitamin A and D reserves."

The Nutrients have agreed to reassert themselves through creative recipes, humor, and education. I hope I can adequately express their noble intentions to

"I encourage you to start where you're at, and move forward one step at a time."

work in our bodies and show us what they can do!

I focus on the challenges: breakfasts on the go, lunches, snacks, sugar and caffeine cravings. Even a snack or dessert should be a little meal in itself. Fat slows sugar absorption, keeping weight gain in check.

My techniques make reviving traditional cuisine convenient and economical.

I encourage you to start where you're at, and move forward one step at a time. Ask about healthy kitchen makeovers.

Classes at 1912 Center:

December 14, 6:30 to 8:30 p.m., Soups, Stocks and Sourdough

December 16, 6:30-8:30 p.m., "Les Desserts Délicieux Sans Sucre" (without sugar)

R.S.V.P. Wendy Kullman, 847-431-4215

Early reservation before: Dec 6, \$18

Late reservation: \$25



Into the Cupboard

by Ivy Dickinson and Ken Clark, Newsletter Writers

Despite the late fall drizzle, my friend and I got together yesterday for a long overdue catch up session with our kids at the park. While the kids navigated the playground equipment in their overstuffed parkas and mittens, we chatted about all the latest happenings in our respective lives. At one point when she asked me what other plans I had for the weekend, I realized I needed to get my thoughts together for my co-op newsletter article. Since I hadn't chosen an ingredient to focus my attention on, I asked her if she had any requests. She couldn't think of anything right off the bat, but a few hours later she called me up to ask if I would cover persimmons. She said it had only been recently that she had discovered them herself and that she wouldn't mind having a few more recipe ideas she could use them in.

A persimmon is the tasty fruit of a species of tree in the genus *Diospyros*, which interestingly

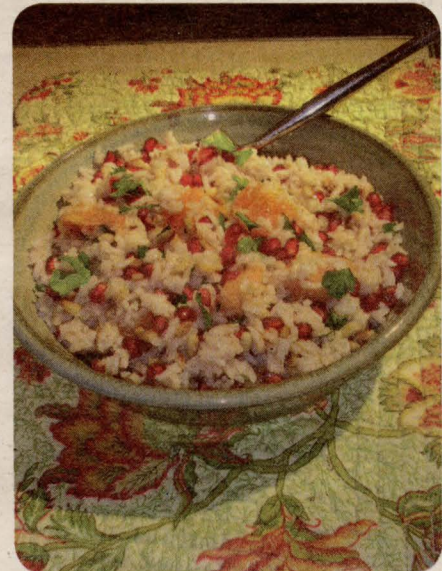
enough means "the fruit of the gods" in ancient Greek. The variety of persimmon that is most commonly sold in the United States is a native of China and has become the national fruit of Japan. When Commodore Matthew Perry opened Japan to the West in 1855, he brought back several persimmon trees that were planted in Washington, D.C. They are now grown commercially in California and the south-eastern United States. Although there are hundreds of varieties of persimmon, only two dominate the U.S. market, the Hachiya and the Fuyu. The Hachiya makes up approximately 90 percent of the market and is an astringent fruit, bright orange in color, and heart shaped.

This variety is very tart until it becomes soft and fully ripe. And I do mean soft. It should be in a near liquid state when eaten, so the sugars can really emerge and wipe out the intense astringency of this variety. The Fuyu variety is gaining in popularity and

is similar in color, but looking more like a squashed tomato. It is smaller, sweeter, and delicious while still firm.

Persimmons are widely available September through December, with the peak season happening right now! Because the Hachiya variety is so delicate in its ripe state, it usually comes to market while still hard and unripe. Try to choose persimmons that are round, plump and have smooth skin. Avoid fruits with blemishes, bruises or cracked skin. Allow them to ripen at room temperature, a process that may take up to a week to reach a completely soft state. But it's worth the wait, as this fruit has an unmatched sweetness that makes it clear why this is considered by many to be ambrosia. If you happen to come across the Fuyu variety (which the Co-op has at the time this article was written), buy the fruit when very firm and enjoy the creamy, crisp, sweet flavor just as it is, or allow it to ripen a bit longer and use as you would a Hachiya.

For my first recipe, I chose to make lemon-persimmon bars, which really turned out to be more like a moist glazed cake than a bar. Regardless of the semantics, it was delicious and got rave reviews from the Hog Heaven Handspinners who volunteered to be my tasters this month. I was initially attracted to this recipe because it contains several ingredients that I love (such as walnuts and dates),



and I chose to stick pretty close to the recipe because it already looked good and because I don't have a lot of experience cooking with persimmons. Overall, I felt like this recipe was definitely worthy of making again, but in the future I would probably experiment with using less oil to make it a little healthier.

For my second recipe I chose to make a festive and colorful rice salad that would be a great addition to any holiday table. The recipe turned out wonderfully, the toasted pine nuts and persimmons gave it a wonderful flavor, the pomegranate seeds and parsley made it very colorful, and the variety of textures was amazing.

Ivy is planning to take advantage of this delicious seasonal fruit, and use it in as many dishes as she can. If you come up with some creative uses for the persimmon, or have any questions, you can email her at ivyrose7@hotmail.com.

Lemon-Glazed Persimmon Bars

- 3 very ripe persimmons (1 1/4 lb total)
- 1 1/2 teaspoons fresh lemon juice
- 1 teaspoon baking soda
- 1 3/4 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon freshly grated nutmeg
- 1/4 teaspoon ground cloves
- 1 large egg
- 1 cup granulated sugar
- 1/2 cup vegetable oil
- 1 cup loosely packed dried pitted dates (5 oz), finely chopped
- 1 cup walnuts or pecans (3 1/2 oz), finely chopped

For glaze

- 1 cup confectioners sugar
- 2 tablespoons fresh lemon juice
- 1/8 teaspoon finely grated fresh lemon zest

Preparation

Place oven rack in middle position and preheat oven to 350°F. Butter and flour a 15 x 10 inch shallow baking pan, knocking out excess flour. Discard dried green or brown stem and leaves from each persimmon, and then force persimmons 1 at a time through a medium-mesh sieve into a bowl, using a rubber spatula to press hard on solids (discard solids). Transfer 1 cup purée to a small bowl and stir in lemon juice and baking soda. Mixture will become foamy, and will then jell slightly.

In a small bowl, sift together flour, salt, and spices. In a large bowl, whisk together egg, sugar, oil, and dates until just combined. Add flour mixture and persimmon mixture alternately in batches into the egg mixture, beginning and ending with flour mixture and stirring until just combined. Stir in nuts. Spread batter evenly in baking pan and bake until golden brown and a wooden pick or skewer inserted in center comes out clean, about 20 minutes. Cool completely in pan on a rack.

Stir together all glaze ingredients until smooth, and then spread over top of cooled cake. Cut crosswise into 8 strips, then lengthwise into fourths, for a total of 32 bars.

Pomegranate and Persimmon Rice Salad with Toasted Pine Nuts

- 2 cups water
- 1 cup uncooked basmati rice
- 1 teaspoon salt, divided
- 2 tablespoons white wine vinegar
- 2 teaspoons grated orange rind
- 2 tablespoons pomegranate juice
- 1 1/2 tablespoons extra-virgin olive oil
- 1/4 teaspoon freshly ground black pepper
- 2 cups persimmon slices (preferably the Fuyu variety)
- 1/2 cup pomegranate seeds
- 1/4 cup pine nuts, toasted
- 3 tablespoons chopped fresh flat-leaf parsley

Preparation

1. Bring 2 cups water to a boil in a medium sauce-pan over medium-high heat. Add rice and 3/4 teaspoon salt; cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Remove from heat; fluff rice with fork. Cool completely.

2. Combine 1/4 teaspoon salt, vinegar, and next four ingredients, stirring with a whisk. Combine rice, vinegar mixture, persimmon slices, and remaining ingredients; toss gently to combine.

This makes 4-6 servings.



Revisiting Walden

by Colette DePhelps, Good Food Book Club Volunteer Coordinator

"If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away." —Henry David Thoreau

Most, if not all of us, are familiar with Henry David Thoreau and have heard or read excerpts and quotes from what is possibly his most famous work, *Walden*. This month, when many of us are delving into our own holiday traditions, the Good Food Book Club will be participating in what might be considered an American tradition...reading *Walden*. Discussion of the book will take place Sunday, December 12 from 2:30-4:30 pm at a Book Club member's private residence in Moscow. Email bookclub@moscowfood.coop for address and directions.

Originally published in 1854, *Walden* chronicles two years Thoreau spent living in a cabin built on land owned by his friend and mentor, Ralph Waldo Emerson. Thoreau begins by saying "When I wrote the following pages, or rather the bulk of them, I lived alone, in the woods, a mile from any neighbor, in a house which I had built myself, on the shore of Walden Pond, in Concord, Massachusetts, and earned my living by the labor of my hands only. I lived there two years and two months..." Rather than living in the isolated wilderness, Thoreau's cabin was just about two miles from his family home. Here, he withdrew in order to gain a more objective understanding of society and did not live as a hermit. During his "Walden years," Thoreau lived simply, practiced self-sufficiency and regular entertained visitors and went to the village to hear the news. He read, observed, worked, reflected and wrote.

Walden is a wonderfully

written account of Thoreau's thoughts of and experiences with people and place in chapters such as "Visitors," "The Village," and "Baker Farm" and with simplicity and self-sufficiency in "The Bean-Field" and "The Ponds." Other chapters are more philosophical such as "Higher Laws" where he discusses whether hunting and eating animals is good. Whether you are new to *Walden*, or are re-reading an old friend, we hope you will join in our December book club discussion.

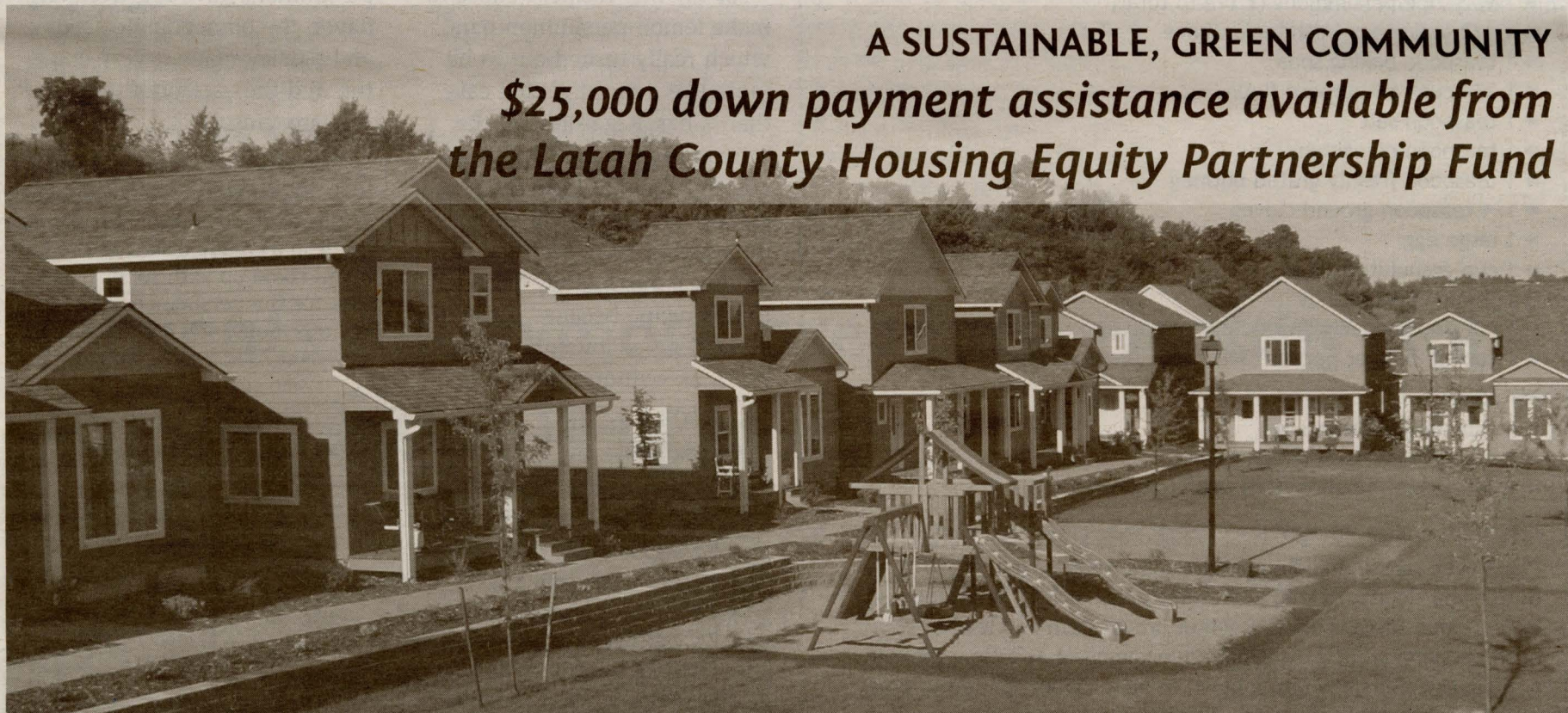
Since December is a busy month with many holiday activities and travel, the Good Food Book Club meeting will meet earlier in the month than usual... Sunday, December 12 from 2:30-4:30 pm. If you haven't made it all the way through the book by the time we meet, please come anyway! We will have a great discussion and enjoy some holiday treats. Remember to email bookclub@moscowfood.coop for the meeting location and directions and/

or to receive email reminders about book club meetings.

The complete text of *Walden* is available, free, on-line at www.walden.org. If you prefer paper, *Walden* (and other Good Food Book Club titles) is available through your local library, at used bookstores and at Book People of Moscow where Book Club members receive a 20% discount.

What's coming up... in January we will be reading *A Sand County Almanac* by Aldo Leopold. Check out the full Book Club Calendar on the Moscow Food Co-op's website www.moscowfood.coop.

At the time of writing this article, Colette is thinking the weather is becoming quite conducive to tea, books and quiet evenings reading (after the kids go to bed, of course!).



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:

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- ◆ Building a neighborhood that is both sustainable and community driven.

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- ◆ 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



December Essential Meals: \$50.00 for two people to eat dinners for a week!

This is the season ... so here are some low-fat recipes to counterbalance all the holiday fare.

Sunday

Roasted vegetables and Couscous

Monday

Black-eyed Pea and Greens Soup

Tuesday

Quinoa Vegetable Stew

Wednesday

Potato Latkes with Applesauce

Thursday

Butternut Squash Casserole

Friday

Savory Apple Empanada

RECIPES

Roasted Vegetables

- ➔ 2 potatoes, cut into 1- inch chunks
- ➔ 2 sweet potatoes, peeled and cut into 1- inch chunks
- ➔ 2 carrots, peeled and cut into 1- inch chunks
- ➔ 1 large onion, cut into wedges
- ➔ 1 medium zucchini, cut into 1- inch chunks
- ➔ 2 bell peppers, cut into 1- inch chunks

Italian dressing for the vegetables

- ➔ 4 teaspoons olive oil
- ➔ 1/4 cup fresh lemon juice
- ➔ 3 teaspoons dried and ground rosemary
- ➔ 1 tablespoon oregano
- ➔ 1 teaspoon salt

Preheat oven to 475 degrees

Some people parboil the vegetables first. I just roast them in sequence.

1. Prepare a large baking tray with a light coating of oil.
2. Place the potatoes and carrots in a single layer on the tray and bake for 15 minutes.
3. Add the sweet potatoes in a single layer and bake for another 15 minutes.
4. Remove the vegetables and transfer to a large bowl.
5. Add the onions, zucchini, and bell peppers to the bowl and toss with the Italian dressing.
6. Spread the vegetables in a single layer on the tray and return it to the oven.
7. Cook for 45 minutes or until all the vegetables are tender, stirring occasionally to prevent sticking.
8. Prepare couscous in the meantime, and serve with the vegetables.

Black-eyed pea and Greens Soup

- ➔ 2 cups finely chopped onions

- ➔ 2 garlic cloves, minced or pressed
- ➔ 3 cups water or vegetable stock
- ➔ 1/2 pound kale or collards
- ➔ 2 cups undrained canned diced tomatoes
- ➔ 2 - 16 ounce cans of black eyed peas
- ➔ 1 tablespoon vinegar
- ➔ 1 tablespoon brown sugar
- ➔ pinch of dried thyme
- ➔ 1/4 teaspoon ground allspice
- ➔ couple splashes hot pepper sauce
- ➔ 2 cups cooked rice
- ➔ salt to taste

1. In a soup pot, combine the onions and garlic in 2 cups of the water or stock. Bring to a boil.

2. Reduce the heat and simmer for 15 minutes.

3. In the meantime, prepare the kale or collards by removing the coarse stems. Stack the leaves and slice them thinly crosswise and then slice through the stack lengthwise once or twice.

4. Add the greens, tomatoes and their juice, black-eyed peas, the additional cup of water, vinegar, brown sugar, thyme, allspice, and hot pepper sauce to the pot.

5. Simmer for 15 minutes, then stir in the rice and cook for 5 minutes more. Salt to taste.

Quinoa Vegetable Stew

- ➔ 3/4 cup quinoa
- ➔ 1 and 1/2 cups water
- ➔ 1 cup frozen corn kernels
- ➔ 1 cup chopped onions
- ➔ 3 garlic cloves, minced or pressed
- ➔ 1 tablespoon olive oil
- ➔ 1 cup chopped bell peppers
- ➔ 2 cups chopped zucchini
- ➔ 1 - 28 ounce can undrained diced tomatoes
- ➔ 1 tablespoon basil
- ➔ salt and pepper to taste

1. Combine quinoa and water in a saucepan, cover, and simmer for 15 to 20 minutes, until tender and fluffy. When the quinoa has cooked for about 10 minutes, stir in the corn and continue cooking covered.

2. In an oiled skillet, saute the onions and garlic for 5 minutes, then add the bell peppers and zucchini and saute for 5 more minutes.

3. Stir in the tomatoes and basil, cover and simmer for

about 10 minutes. Add salt and pepper to taste.

4. Fluff the quinoa, spoon it onto individual plates, and ladle on the vegetable sauce.

Potato Latkes with Applesauce

- ➔ 1 and 1/2 pounds potatoes, grated
- ➔ 2 onions, minced
- ➔ 3 tablespoons cornstarch
- ➔ black pepper
- ➔ 2 tablespoons soy sauce

Mix all the ingredients in a bowl. Coat a skillet with olive oil. Form 3 -inch patties and cook over medium heat until crisp on both sides. Serve with applesauce.

Butternut Squash Casserole

- ➔ 1 small butternut squash, peeled, seeded and thinly sliced
- ➔ 1 small red onion, thinly sliced
- ➔ 2 tablespoons butter or margarine, melted
- ➔ 2 tablespoons honey
- ➔ 1/4 cup almond slivers, toasted

Preheat oven to 350 degrees

1. Combine the squash and onion in a 2-quart baking dish.

2. In a small bowl, blend 1/3 cup hot water, butter, and honey and pour over the squash.

3. Top with toasted slivered almonds.

4. Cover and bake for 40 minutes, or until tender.

Savory Apple Empanada

The Crust

- ➔ 3 cups unbleached white flour, plus extra flour for rolling dough
- ➔ 1 teaspoon salt
- ➔ 1/3 cup margarine
- ➔ 1/2 cup very cold water, or more as needed

The Filling

- ➔ 1 tablespoon olive oil
- ➔ 1 large onion, chopped
- ➔ 2 green bell peppers
- ➔ 1-28 ounce can whole tomatoes, drained
- ➔ 2 garlic cloves, minced
- ➔ 2 teaspoons dried thyme
- ➔ 1/2 teaspoon salt
- ➔ 1/4 teaspoon pepper
- ➔ 2 large sweet apples, cored, peeled and thinly sliced
- ➔ 1 egg white for brushing (optional)

Crust:

Mix together the flour and salt. Cut in the margarine until the mixture forms coarse crumbs. With a fork, mix in the water 1 tablespoon at a time to make a stiff dough. Cover with plastic

SHOPPING LIST

Veggies

- ✓ 1 red onion
- ✓ 5 yellow onions
- ✓ 1 bulb garlic
- ✓ one half pound kale or collards
- ✓ 2 pounds of potatoes
- ✓ 2 sweet potatoes
- ✓ 2 large carrots
- ✓ 3 medium zucchini
- ✓ 4 green peppers
- ✓ 1 small branch of ginger root
- ✓ 1 lemon
- ✓ 1 small butternut squash
- ✓ 2 large sweet apples

Bulk

- ✓ 3/4 cup quinoa
- ✓ 1 cup couscous
- ✓ 1 cup rice
- ✓ 1/4 cup slivered almonds
- ✓ 3 and 1/2 cups unbleached white flour

Canned

- ✓ 2 - 15 ounce cans black-eyed peas
- ✓ 1 - 20 ounce can of diced tomatoes
- ✓ 1 - 20 ounce can of whole tomatoes
- ✓ 1 cup applesauce

Other

- ✓ 1 package frozen corn

wrap, and let it sit at room temperature for 1 hour. Meanwhile, make the filling.

Filling:

1. Heat the oil in a large, deep-sided skillet over medium heat. Add the onion and cook, stirring, 5 minutes.

2. Add the the bell peppers, tomatoes (drained), garlic, thyme, salt and black pepper.

3. Continue to cook over medium heat until the mixture is thick, about 20 minutes.

Preheat the oven to 375 degrees

1. Divide the pastry dough in half and roll out each half into a circle slightly larger than a 9-inch deep-dish pie pan.

2. Line the dish with one pastry circle.

3. Spread on 1/3 of the vegetable sauce.

4. Top the sauce with 1/3 of the apples.

5. Repeat the layers until all the sauce and apples are used.

6. Cover with the second pastry circle, crimp the edges, and brush with egg white (optional).

7. Bake until a deep golden brown, about 35 minutes. Serve hot, at room temperature or chilled.



Native Plants: Evergreens

by Emily Poor, Co-op Volunteer Writer

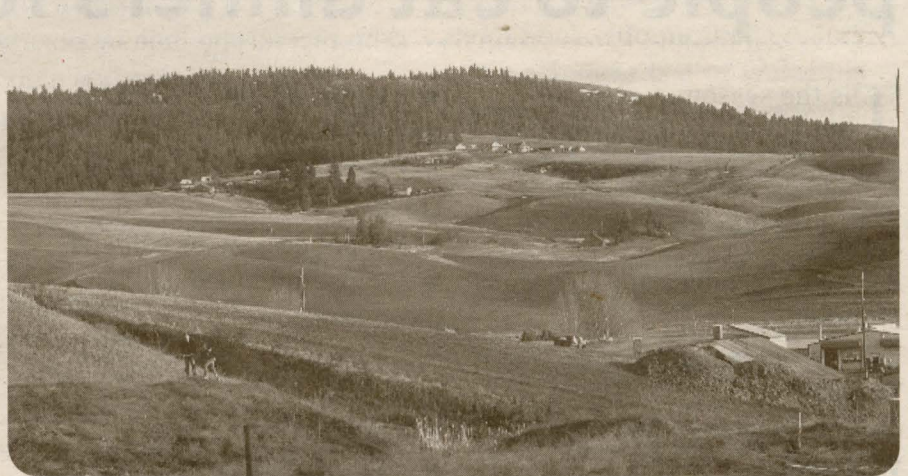
In November, I discussed why deciduous trees lose their leaves in the fall, making the beautiful gold, red, orange and purple hues we see subtly across the Palouse. The cold doesn't just freeze the leaves off of maples. Instead, the lack of daylight causes a corky knob to grow at the base of the leaf stem, reducing chlorophyll transference to the leaf blade. When the chlorophyll disappears, pigments that the chlorophyll had masked appear to us as warm fall colors. Now that it's December, its time to discuss the reason for why evergreens like pines, spruces and firs retain their leaves and their color during the coldest, shortest days of the year.

Truth be told, evergreens actually do lose their leaves, but usually at a staggered rate so that they appear to retain all of them. Leaves stay on evergreens longer and throughout the winter season because they have adapted to colder climates. Usually in the form of thin needles, evergreen leaves can survive anywhere from 1-20 years, depending on the species (with the rare exception of trees like western larch or tamarack, which are decidu-



ous and lose their leaves every year just like maples or oaks). It is thought that by keeping their leaves year round, the trees are better able to take advantage of occasional winter thaws, and don't have to spend more energy on leaf production in the spring like deciduous plants do.

Just like deciduous trees, evergreen needles make food for the plant through photosynthesis. The shape and color of the needles indicate that evergreens are very efficient at retaining energy. Their dark green color, for instance, show the leaves have high rates of photosynthesis. The needle shape helps evergreens retain more water by reducing



Left: Walt Lunsford holds a cone from one of the ponderosa pines growing on Parker Butte in Palouse, WA. (E. Poor 2010) Above: Pines cover the hilltops outside of Moscow, ID (E. Poor 2009)

the amount of surface area for water evaporation, and by packing in as much chlorophyll as possible to last the winter long. Also the small pointy leaves and the cone-like shape of the typical evergreen, shed snow more easily, making the trees less likely to break under the weight of accumulated snow.

Evergreens are far more prevalent in the Palouse overstory than deciduous trees, creating the lovely green backdrop to fall colors or spring blossoms. However, the diversity of evergreen species is limited compared to other northern areas, like southern British Columbia or just a bit north of us in Clarkia and Boville. The most common evergreen on the Palouse is the ponderosa pine (*Pinus ponderosa*). This particular tree is adapted to fire and cold throughout its range, stretching widely across the western U.S. It has fascicles,

or bundles of needles in threes, and orange bark that looks like puzzle pieces and smells like vanilla or caramel. Other common evergreens, though not as common as ponderosa pine, are western red cedar (with scales instead of needles), grand fir, Douglas-fir (not a true "fir"), Engelmann spruce, western larch, western hemlock and western white pine. Please enjoy a walk through the snow this winter gazing up at our gorgeous evergreens!

Emily Poor got her bachelor's 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.

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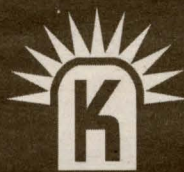
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Mamas and Papas

by Stacy Pettitt, Co-op Volunteer

The Mamas and Papas group continues to tick along into the upcoming winter. We have had some excellent speakers attend and talk last month. We learned about music acquisition in children as well as how to initiate musical literacy in our children. The babies were particularly interested in singing that day. Kara Gotshall, another speaker we had, came to talk her new business surrounding helping couples learn about natural family planning and fertility. I love the opportunity to have local speakers come and share their knowledge and skills with this wonderful group.

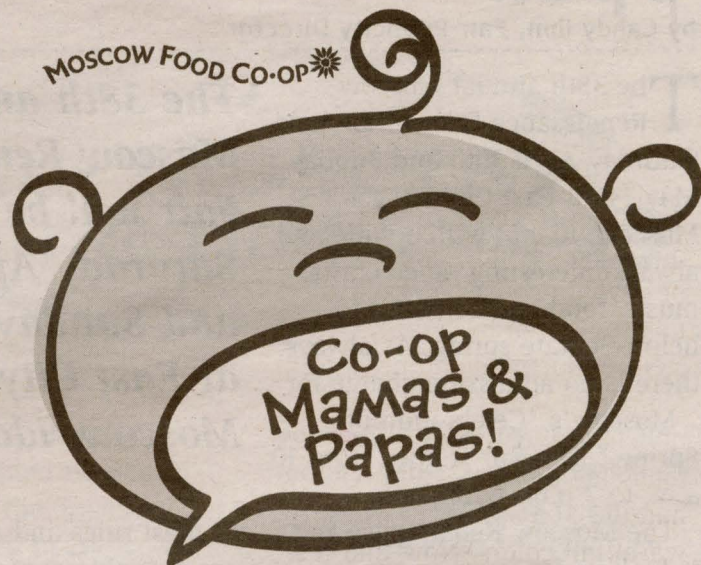
Throughout the holiday season, many of us (me included) get caught up in the season, rushing, meeting deadlines and holiday baking, in addition to our already hectic lives. This month, we are focusing on simplifying our lives. I am hoping to bring in speakers to help with home/family organization, relaxation (infant and mommy massage), and efficient cooking strategies (cooking one day for the month). For some of our participants, this is the first holiday season with their new babies and simplifying things may come in handy.

The Mamas and Papas would

welcome new faces (both large and small). If you are interested in learning more about this group, please e-mail babies@moscowfood.coop or try us out on Wednesday mornings at 9:30 a.m. in the Deli.

Enjoy a great beverage to warm up on these cold fall days.

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Stacy is so thankful for so many things.

December Co-op Kids

by Rebekka Boysen Taylor, Co-op Kids Coordinator

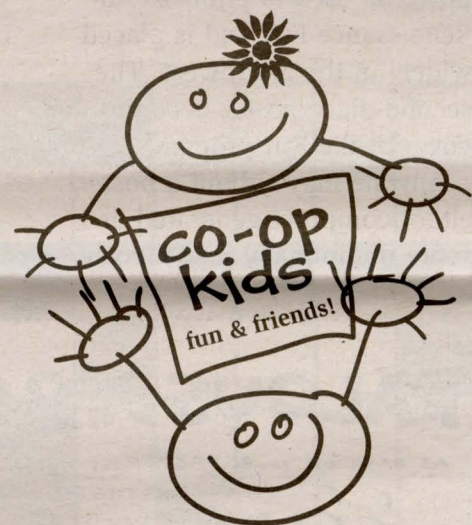
Come and join us in December to make rainbow salad with Jessica Dehart, who is bringing her Spirooli vegi slicer along. We will also string winter garlands, make pomanders and color with beeswax crayons.

Co-op Kids offers simple, 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 (with

a free drink courtesy of the Co-op). All of our activities are free, so drop by!

- December 7:** Rainbow Salad
- December 14:** Winter Garlands
- December 21:** Tangerine Pomanders
- December 28:** Beeswax Coloring

Co-op Kids meets weekly on Tuesday mornings from 9 until 10 a.m. in the Co-op Cafe.



cally growing little ones in Moscow.

Rebekka Boysen-Taylor is a teacher, writer and mama to two organi-

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December

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HeartSaver First Aid

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December 17, 12 p.m. to 1 p.m.

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"Lunch and Learn" is a monthly educational service offered to staff and community members during the lunch hour, on a variety of topics related to wellness. In the Gritman Conference Center.

Diabetes Wellness Class

FIRST TUESDAY of each month, 4 p.m. to 5 p.m.

FREE

Call 208-883-6341 for more information. In the Gritman Conference Center.

Motherhood Connections Support Group

Ongoing & Weekly

FREE

For new moms and their babies - newborn to 6 months. Call 208-883-6399 or email childbirth.education@gritman.org for more information.

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Ongoing

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INSIDER TIP

You can now pay your bill online! Check out our NEW website www.gritman.org

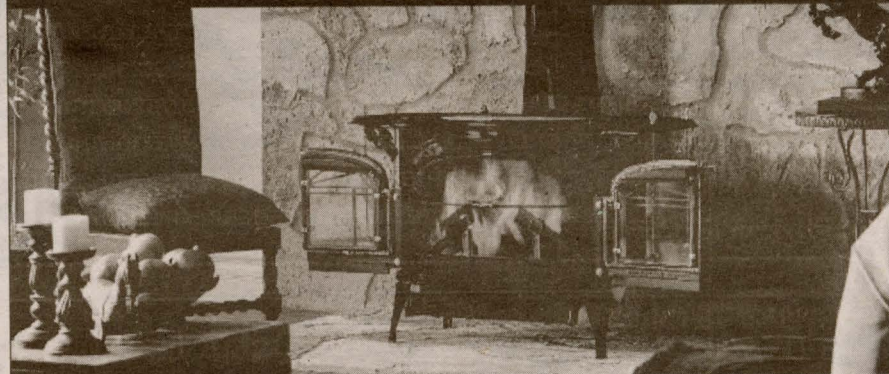
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Moscow Renaissance Fair Poster Contest Now Open

by Candy Ihm, Fair Publicity Director

The 38th annual Moscow Renaissance Fair will be held Saturday April 30th and Sunday May 1st at East City Park in Moscow, Idaho, with a wide and always interesting range crafts, music, food and activities to help celebrate spring. As always, there is no admission charge for Moscow's "Celebration of Spring." The Fair is open from 10 a.m. to 7 p.m. both days.

The Moscow Renaissance Fair is looking for submissions for this year's Fair Poster. Deadline for submission is noon, Saturday, March 26, at Book People in Moscow. As always, YOU get to choose the winner.

Public judging is from 2 - 4 p.m. that day. The winning poster is used to publicize the Renaissance Fair and is placed widely in the Northwest. The second-place poster becomes the cover of the Fair program.

Anyone may submit a poster, either computer-generated or more traditionally made. Poster

"The 38th annual Moscow Renaissance Fair will be held Saturday April 30th and Sunday May 1st at East City Park in Moscow, Idaho"

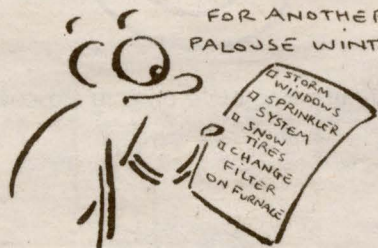
Contest rules and an entry form are available at the Moscow Renaissance Fair website, moscowrenfair.org, and at Book People.

Please consider becoming part of the Moscow Renaissance Fair by volunteering. There is a lot to do each year to make the Fair; you can be a part of that success.



PALOUSE REPORT: Winter's Woolly Wonders

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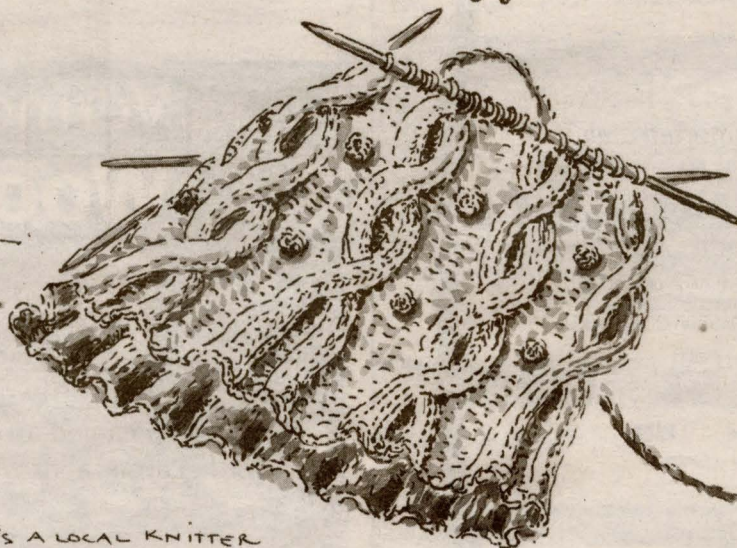
IT'S A DELIGHTFUL USE OF LONG WINTER NIGHTS



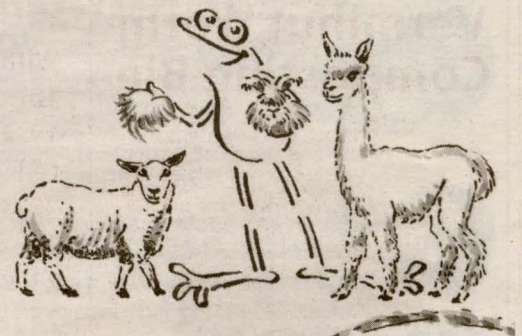
AND CAN BE AN ENGAGING SOCIAL ACTIVITY TOO.



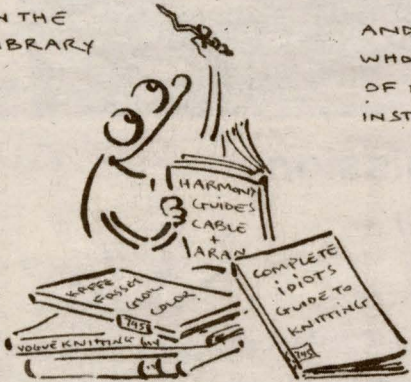
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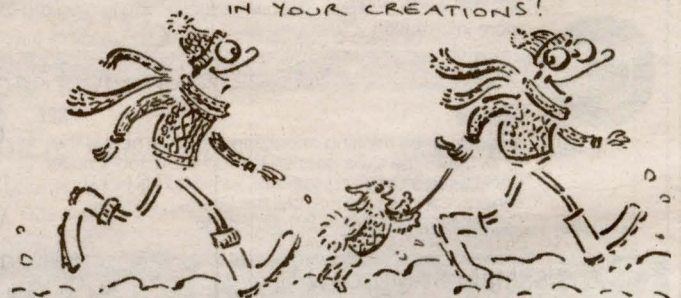
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Buy Local Moscow Winterfest Celebration

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

Where in Moscow do you have the opportunity to win \$300 for just walking in the door? Only at this year's Buy Local Moscow's Winterfest celebration.

Everyone is invited to the fourth annual Buy Local Moscow Winterfest at the 1912 Center, 412 East Third in Moscow, on Thursday, December 9, from 5 p.m. to 8 p.m.. Admission to this festive event, food samples from local restaurants, product samples from local businesses, and fun for all ages are free of charge. Beer and wine will be available for purchase.

More than 30 Moscow businesses, including the Co-op, will

offer displays and samples at Winterfest. A raffle of gifts and prizes from locally owned businesses will be held with winners selected every 15 minutes. Raffle tickets will be available at the event for \$1 each. But that is not all!! Visitors can also enter their name to be eligible for the \$300 door prize. The \$300 goes toward purchases at any Buy Local Moscow member business. The door prize winner's name will be drawn at 7pm, and the winner must be present to win. So come on down Thursday night to visit with and support your neighbors at the fourth annual Buy Local Moscow Winterfest. Maybe you'll win the big door prize.



More than 100 Moscow businesses have joined Buy Local Moscow since the organization was formed in 2006. The businesses are profiled on the website, www.buylocalmoscow.com The mission of Buy Local Moscow is to showcase and to support the locally-owned inde-

pendent businesses of the community. Moscow continues to be a vibrant community because these businesses reinvest their profits locally, donate consistently to local programs, maintain diverse product choices, and strengthen Moscow's unique character.

Co-op Crossword Puzzle

by Craig Joyner

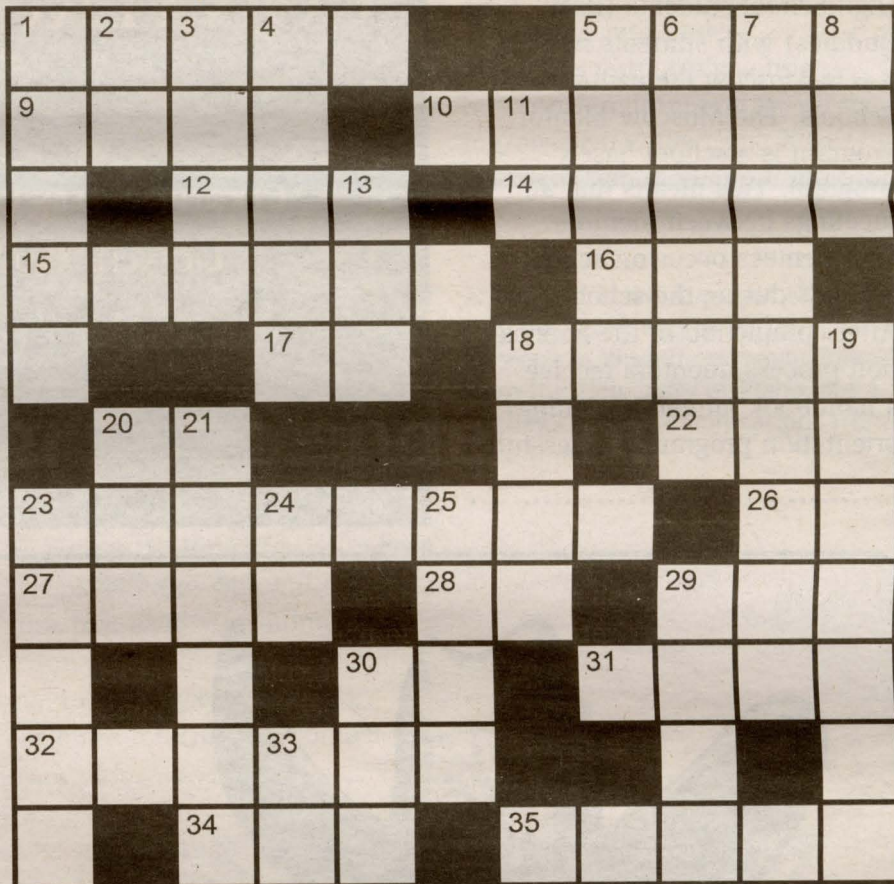
ACROSS

1. Divine Chocolate co-op, first word, 2nd is 1 down
5. Indian gooseberry
9. gumbo ingredient
10. Dorothy's scintillating studs
12. German one
14. last month's profiled local producer Wilson Banner ____
15. citrus
16. Keroauc's Big novel
17. into the wind
18. ovis aries
20. summer treat, abbreviated
22. weekday, abbreviated
23. last month's profiled staff, last name, 1st name is 35 across
26. Almon, Asbury, or Main

27. adolescence
28. and or alien
29. New York City baseball fan or player
30. in or near the position of
31. ridged tubes of pasta
32. tapioca
34. poetic before
35. see 23 across

DOWN

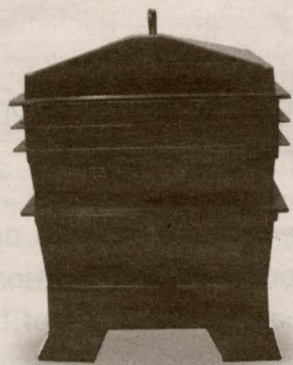
1. see 1 across
2. Great Britain
3. region or 51
4. cosmetic application
5. ashamed
6. ballroom dance
7. colorful French cookware new to the Co-op
8. volcanic particulate
11. Sumerian ziggurat
13. Red Cross or Doctors Without Borders, abbreviated
18. traditional tallow
19. last month's profiled volunteer, last name, 1st is 23 down
20. unreturned serve
21. gdetost or paneer
23. see 19 down
24. often before vowels



25. tabouli cheese
29. red or white Japanese seasoning
30. Bach/Gounod's ____ Maria
33. this state is named after the Sioux word acansa, abbreviated

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Mentoring

by Charlie Gerke, Lynn Weaver and Erin Krestian, program staff

Think back on some of the caring adults you had in your life when you were a child. They might have been family members, friends of the family, clergy, scout leaders, and teachers. These were the folks who guided your decisions, provided you with safe learning experiences. A mentor is an older friend who has life experience and models appropriate behavior. They spend time listening to and encouraging mentees.

If you had someone like this in your life you know how important it was. Or maybe you didn't have someone like this but can see how it would have benefited you. Here is your chance to pay that back to a young person in your community.

The Moscow Mentor Program matches adult volunteers from the community and Moscow High School students (Bear Buddies) with students in grades K-6 in Moscow Elementary Schools. The Moscow Mentor Program is a school-based program. This means that all meetings between mentors and mentees occur on school grounds during the school day. After completion of the application process, mentors receive a handbook, attend a training/orientation program, successfully

complete fingerprinting and a background check, and are then matched with a student sharing similar interests.

Mentors and mentees meet one day each week for one hour during the school day and on school grounds. Mentors and mentees spend their time talking, listening to each other, reading together, eating lunch, shooting baskets, flying kites, making art projects, doing school work, playing computer games and much more. The emphasis on our program is to build a relationship between two people.

“The Moscow Mentor Program matches adult volunteers from the community and Moscow High School students (Bear Buddies) with students in grades K-6 in Moscow Elementary Schools.”

Volunteers are always in need in the Moscow Mentor Program. For more information, or to request an application, please call (208) 892-1152 or 1149, or email us at Moscow_mentors@sd281.k12.id.us

Program staff: Charlie Gerke, Lynn Weaver, and Erin Krestian.

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Call for Board Candidates!

The Moscow Food Co-op Board of Directors will have four open seats up for election in March 2011.

If you are interested in running for the Moscow Food Co-op Board of Directors, please pick up a candidacy information and application packet (by the Board board in the front of the store), or request one by emailing elections@moscowfood.coop. Current board members will also have extra copies of candidacy packets available for potential candidates.

The deadline for submitting applications to run for the Board of Directors is December 31, 2010. Applications submitted after December 31st will not be considered. Thank you!



Is Your Christmas Tree Eco-Friendly?

By Andy Boyd, Co-op Newsletter Volunteer

Generally, a holiday season does not go by without being asked what's the best option for a Christmas tree, real or fake. As with any consumer practice, there are environmental consequences, and Christmas trees are no exception. This article will explore the options and the associated environmental issues.

Unfortunately, artificial trees contain plastic. The pole and branches are usually made of steel while the needles are made with polyvinyl chloride (PVC or vinyl) or polyethylene (PE). PVC is particularly bad because lead, a toxic metal, is used as a stabilizer and the manufacturing process creates dioxins. If burnt by improper use of Christmas lights, petroleum based toxins can be released into your home! Further, 85% of these trees are made in China with lax environmental standards and poor Fair Trade practices. These trees are shipped overseas and throughout the states creating a large carbon footprint. Finally, it's hard to find recycling options for artificial trees. Their main benefit is that they are durable, lasting several years before landfilling.

As we move onto farmed trees, please keep in mind that real Christmas trees are more environmentally friendly than artificial ones. Also, if the source of farmed trees is close to home, that's even better!

Most tree farms use pesticides. By the time these trees are brought to market, chemical residue on cut trees is minimal. The unfortunate side-effect is that these pesticides have been detected in groundwater or well water.

On the positive side, tree farms provide habitat for wildlife, remove dust and pollen from the air and absorb carbon dioxide. Most tree farms plant one to three trees for every one that is cut. And remember, farmed trees can be recycled in numerous ways. A Christmas tree should never go to a landfill!

There are also environmentally responsible growers that are certified by an independent party on several environmental standards. However, when considering a responsibly grown tree in terms of emissions, a locally grown tree is better than an imported, environmentally

responsible tree. Another option for a cut tree is getting a permit from the Forest Service and procuring one from our managed forests (usually no pesticides here).

The best environmental options include: 1) purchasing a potted tree that can be planted in your yard after the holidays or donated to a city/county parks program, a community garden, etc.; 2) stringing up lights on a tree you already have outside or even decorate a houseplant; and 3) making your own tree from cardboard. There is even a really cool tree you can make from Mountain Dew cans (<http://mdewtree.com>).

There are several local tree farms in our area. The local growers I was able to speak to said they do not spray their trees directly with pesticides although some are used around the trees to keep weeds under control. Most of these growers allow you to go and cut your own tree and also sell through local venues on the Palouse. To find a list of growers in our area visit www.christmastree.org.

Finally, when the season is over, please use one of the following recycling options (please keep in mind that all trees should be decoration-free):

In Latah County trees may be brought to Moscow Recycling's 24 hour yard waste collection

site. Please cut trees into sections of 5 feet or less. Trees may also be brought to the Transfer Station on HWY 8 between Moscow and Troy for composting, Monday - Saturday, 8 am-4 pm. If you live in Potlatch, Kendrick or Juliaetta, you may bring your tree to the brush bins provided by those cities. These services are at no cost.

In Whitman County, residents are encouraged to bring their trees to the Whitman County Transfer Station located on Crothers Rd off of HWY 195 between Colfax and Pullman at no charge. In Pullman, Boy Scout Troops 445 and 446 will collect your tree from your home for a donation. This is the Troops' main fundraiser for the year. For more information contact

Mark Feltis at (509) 595-2906 or Pullman Disposal at (509) 334-1914. Trees in Whitman County are turned into mulch.

Sources: <http://www.bright-hub.com/environment/green-living/articles/12406.aspx>; <http://www.christmastree.org/>; <http://www.myrealchristmastree.org/>

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.





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Lightening Up: Mixing Hoarding with Holiday Cheer

by Jeanne Leffingwell, Co-op Volunteer Writer

Hoarding, “the excessive collection of items, along with the inability to discard them” [mayo-clinic.com]

As winter settles in and we all spend more time cocooning indoors, I can’t quite leave this subject behind. I’ve been fascinated with hoarding for years, perhaps because I remember my grandmother’s basement. My personal assessment of hoarding is: After I finally manage to weed out some clutter I feel liberated; whereas the hoarder, after his or her stuff is cleared (sometimes by court order, and now even reality TV!) feels anxiety, pain, even rage, and s/he or he will usually start pack-ratting again.

Jumping subjects slightly, I have friends who love this time of year and can’t wait to Decorate (capital D). But spiritual aspects aside, I feel a sense of dread and fear. My energy is at its lowest. And frankly, if I get out any holiday ornaments, they might not be put away till April, like last year.

I recently read “Stuff: Compulsive Hoarding and the Meaning of Things” by psychologists Randy Frost and Gail Steketee. (Our library has a copy.) “...To those who need to understand hoarders, perhaps in their own family [the book] offers perspective. For general readers, it is likely to provide useful stimulus for examining how we form and justify our own attachments to objects.” (New York Times Book Review) A behavior that’s easy to mock, hoarding is a debilitating mental illness affecting an estimated 6 million Americans. I found the illuminating case studies fascinating, and the final chapters, about the growing societal aspects, especially thought provoking.

Last month, I introduced Co-op member Richard Old, whose Estate Services business has been literally cleaning out homes for the past 25 years. Richard (who is, interestingly, also a plant taxonomist and forensic

botanist) says that people generally fall into one of two categories: Either they believe everything is priceless when none of it is; or they think it’s all junk, when much of it has value.” Sometimes, when things are really bad (moving or death, are you kidding?) heirs do nothing.

The flip side of tossing everything into the dumpster is to just walk away. Richard’s Lesson Number One is: “Make your decisions. NEVER let the place just sit!”

Which is what happened to another home he was working on last summer when I visited him. Filled floor to ceiling with art, art supplies, and so much more, after seven huge trailer loads had been removed, I could still barely enter. The survivors “couldn’t deal with it” so they had walked away. Utilities weren’t paid. Power was cut (over two winters). Pipes broke. The home was broken into, ransacked, stuff stolen. Vermin moved in. Furniture, valuables, and enough clothing to outfit a town of 300 were destroyed by mold and mildew. As for three packed freezers in the basement, Richard asked me, “Would you care to open one?”

If you looked around, you could see evidence of remarkable ingenuity. The owners had built things, generated their own power, nurtured a greenhouse, made beautiful works of art... But they had also, over 40 years, gathered way too much stuff. And as Richard described, “In the end the stuff ate them alive.”

I admired his ability to see the huge picture while literally buried in details. Along with Richard’s loathing of waste, and his anger at seeing useful things totally ruined, I also saw how much sheer energy his job takes.

“Why do you do this?” I asked him.

He joked, “Trying to ‘do the right thing’ is often not a good business model, but people shouldn’t assume it’s cheaper to just haul it to the dump; it often isn’t.”

What’s his favorite part? “Cleaning the house after we’re done, locking the doors, checking off one more.

“And knowing that I’ve helped



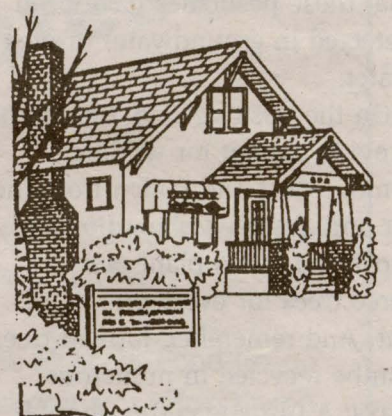
Seven trailer loads removed.. And counting... Hoarders are often highly organized and creative.

people. I have a damn good life.”

I think I’ve made a decision about my own home, this December. Since my husband is of no strong opinion, and there are no kids around to up the energy level, I am going to light a candle, open a bottle of wine, and feel grateful the utilities are paid. I’ll sit down, maybe write a card or two, and forget about ornaments.

Jeanne Leffingwell, local artist and teacher, has given herself the month off from purging assignments. She is hoping to just hold steady. And maybe bake some cookies.

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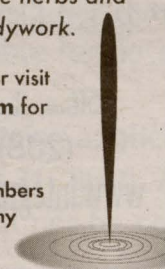
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Letter to the Editor

I recently spent a week visiting my sister and her husband in the beautiful Palouse. They are members of your Co-op, and I read a few copies of your great monthly newspaper. The articles were all helpful, informative and interesting. Some just made me want to “get out there” and farm!

We also made several trips to your store and I loved it. Everyone there was friendly and looked as if they really enjoyed their jobs. We had some delicious bean soup one day, and a yummy raspberry-chocolate chip scone another time.

Kudos for a healthy and invigorating endeavor! I wish we had a similar thing going here in the North Georgia Mountains.

—Carol B. Turner, Ellijay, Georgia



If you are a local producer, save the date for the

Local Farmer Mixer!

Friday, January 14th

6:30pm-8:30pm

In the 1912 Center Great Hall,
Moscow, Idaho

Come chase the chill of winter away with good food and conversation. To find out more contact Sequoia at participate@moscowfood.coop.



COMMENTARY

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!

Sending Letters to the Editor

by Bill London, Co-op newsletter editor

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

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

We require that letters are sent by email to editors@moscowfood.coop

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

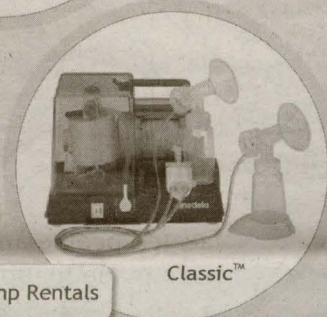
If you have something to say, send us a letter.

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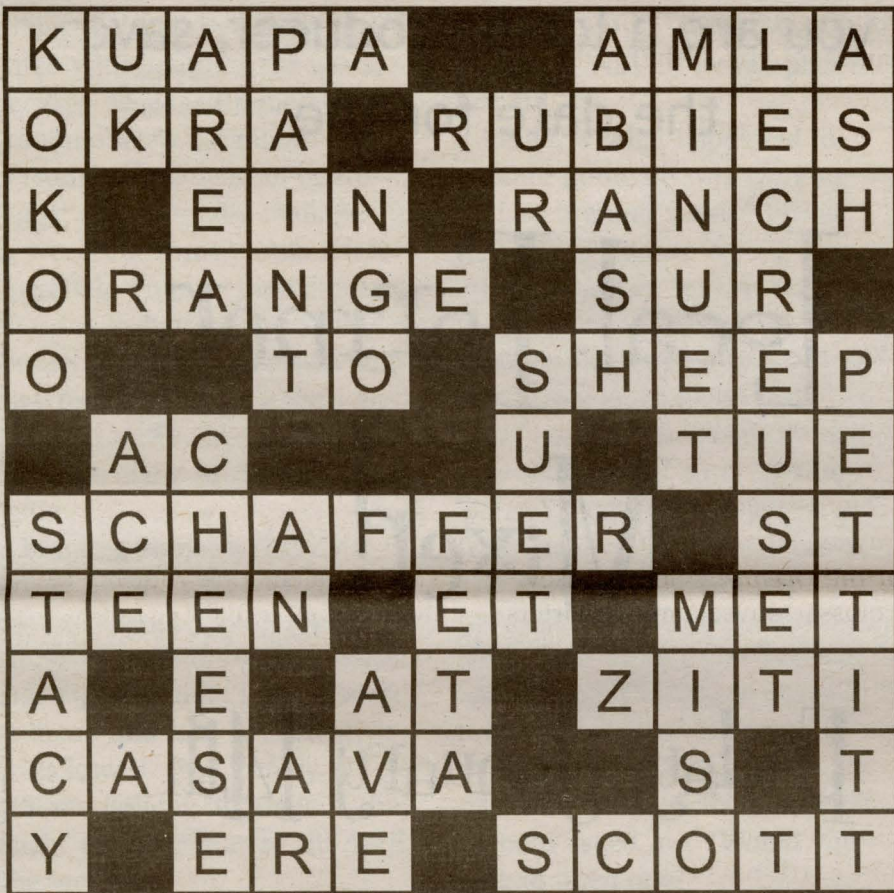
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New at the Library

by Chris Sokol, Co-op Volunteer Writer

There is nothing to writing. All you do is sit down at a typewriter and bleed.

—Ernest Hemingway (1899-1961)

FICTION

The Demon's Parchment by Jeri Westerson. A medieval noir mystery set in London.

Our Tragic Universe by Scarlett Thomas. A stalled novelist reviews a book called *The Science of Living Forever*, sending her on a fantastical journey that forces her to question whether anyone really wants to live forever.

Prelude to a Million Years; Song Without Words; Vertigo by Lynd Ward; edited by Art Spiegelman. America's first great graphic novelist originally published this unique wordless "novel in woodcuts" in three parts in the 1930s.

NONFICTION

The Amazing Story of Quantum Mechanics: a Math-Free Exploration of the Science That Made Our World by James Kakalios. Clear illustrations and straightforward analogies help explain how quantum physics has led to laptops, Blu-ray players, MRI machines, and more modern marvels.

Anne Frank: the Anne Frank House Authorized Graphic Biography by Sid Jacobson and Ernie Colón. The authors of the *Che* graphic biography once again draw on historical sources to create the first graphic biography of this iconic Holocaust victim.

The Book of the Dead: Lives of the Justly Famous and the

Undeservedly Obscure by John Lloyd and John Mitchinson. Whimsical, pithy biographies of interesting people who are no longer among us.

Christmas Cooking With Kids by Annie Rigg. Kid-friendly gourmet recipes for gifts, edible decorations, and party food.

The Honey Trail: in Pursuit of Liquid Gold and Vanishing Bees by Grace Pundyk. A global narrative of fascinating facts and insights.

Hot X: Algebra Exposed by Danica McKellar. An actress and internationally recognized mathematician puts math-phobic young women at ease with her fun "just-us-girls" approach.

The Hundred-Year Lie by Randall Fitzgerald. What you can do about the everyday chemicals that are ruining your health.

It Happened in Idaho: Remarkable Events That Shaped History by Randy Stapilus. Behind-the-scenes vignettes that reveal the multi-

faceted people and events that have made Idaho what it is.

The Junior Officers' Reading Club: Killing Time and Fighting Wars by Patrick Hennessey. British army officer Hennessey's transformation from a naïve young recruit hungry for action in Iraq, to a seasoned commander stationed in Afghanistan.

Kosher Nation: Why More and More of America's Food Answers to a Higher Authority by Sue Fishkoff. How a Bible-based practice has grown into a multibillion-dollar industry.

Medicinal Spices: a Handbook of Culinary Herbs, Spices, Spice Mixtures and Their Essential Oils by Eberhard Teuscher. Celebrate the spices of life from the perspective of a natural scientist.

Morning Miracle: Inside the Washington Post: a Newspaper

Fights for Its Life by Dave Kindred. "Turmoil and triumph" within the legendary newspaper in the midst of the print-versus-online revolution.

Proofiness: the Dark Arts of Mathematical Deception by Charles Seife. How bogus mathematical arguments are being used to undermine our society.

They Called Themselves the KKK: the Birth of an American Terrorist Group by Susan Campbell Bartoletti. In Tennessee in 1866, six restless young men raided a linen closet for white sheets and rode their horses throughout the countryside, launching a shameful secret society.

Through the Language Glass: Why the World Looks Different in Other Languages by Guy Deutscher. How language reflects a nation's culture and psyche.

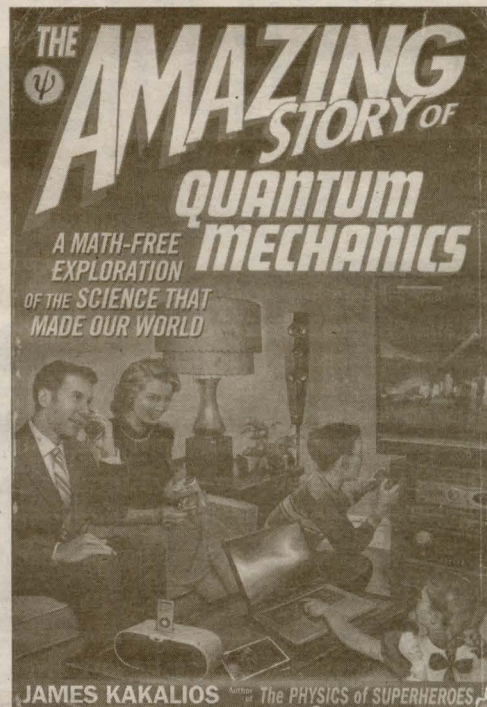
The Wave: In Pursuit of the Rogues, Freaks, and Giants of the Ocean by Susan Casey. Colossal waves and the surfers and scientists who seek them out.

SUSTAINABLE LIVING

Adobe Homes for All Climates: Simple, Affordable, and Earthquake-Resistant Natural Building Techniques by Lisa Schroder and Vince Ogletree. Earthen building techniques that can also work in cold, wet climates.

The Art of Natural Building ed. by Joseph F. Kennedy et al. A building approach that uses tradition materials and methods as well as contemporary ecological technologies.

Complete Idiot's Guide to Renewable Energy for Your Home by Harvey J. Bryan. Comprehensive overview of five basic alternative energy sources.



Design for Water: Rainwater Harvesting, Stormwater Catchment, and Alternate Water Reuse by Heather Kinkade-Levario. A professional guide to collecting precious water, the "21st century oil".

Do-It-Yourself Home Energy Audits by David S. Findley. Simple solutions to lower energy costs, higher home efficiency, and a cleaner environment.

Energy Efficiency Kit. Get a grip on calculating your household energy usage and cost: plug in the portable Kill-a-Watt™ meter, plug an appliance into the meter, and see how much energy that toaster is toasting.

Microhydro: Clean Power from Water by Scott Davis. Practical technology for creating residential-scale hydroelectricity.

Planting Green Roofs and Living Walls by Nigel Dunnett and Noël Kingsbury. An updated edition for planners, builders, and gardeners.

Serious Microhydro: Water Power Solutions From the Experts edited by Scott L. Davis. Firsthand stories of energy independence through waterpower.

Water Storage: Tanks, Cisterns, Aquifers, and Ponds by Art Ludwig. Low cost, reliable storage for domestic supply, fire, and emergency use.

Wind Energy Basics by Paul Gipe. Home- and community-scale energy systems.

Wind Power for Dummies by Ian Woofenden. Learn to understand, evaluate, and calculate the power of wind for your household electricity needs.

Chris Sokol writes this column at a keyboard in the Moscow Library. Find more new titles at www.latahlibrary.org.



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Bulletin Board

MOSCOW FOOD CO-OP

Co-op Events

Call for Board Candidates!

The Moscow Food Co-op Board of Directors will have four open seats up for election in March 2011. If you are interested in running for the Moscow Food Co-op Board of Directors, please pick up a candidacy information and application packet (by the Board board in the front of the store), or request one by emailing elections@moscowfood.coop. The deadline for submitting applications to run for the Board of Directors is **December 31, 2010**.

Board of Directors meeting

Tuesday Dec 14, 6pm

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

Breakfast with the Board

Saturday Dec 11, 11am

See you in the Co-op deli.

Art at the Co-op

Friday Dec 10, 5:30—7pm

Opening reception for the traditional Co-op Staff and Volunteer art show. It is a great opportunity to get to know better the people who serve you every day, and also a good time perhaps to find that extra special gift for someone....The show will run through Wednesday January 6.

Co-op Kids – Meet Tuesdays at 9am

- Dec 7: Rainbow Salad
- Dec 14: Winter Garlands
- Dec 21: Tangerine Pomanders
- Dec 28: Beeswax Coloring

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

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.
More info by contacting:

babies@moscowfood.coop.

Good Food Book Club

Sunday, Dec 12, 2:30—4:30pm

Walden, by Henry David Thoreau. Come join us for holiday treats and a great book discussion.
Location: Private residence. Email bookclub@moscowfood.coop for directions.
Free.

Co-op Events at a Glance

- Thu Dec 2—Tasteful Thursday + Steev Turner
- Tue Dec 7—Co-op Kids—meet in the Co-op
- Tue Dec 7—Music—Daniel Mark Faller
- Wed Dec 8—Co-op Mamas and Papas Group
- Thu Dec 9—Tasteful Thursday + Sarabanda
- Fri Dec 10—Art at the Co-op opening reception
- Sat Dec 11—Breakfast with the Board
- Sun Dec 12—Good Food Book Club
- Tue Dec 14—Co-op Kids—meet in the Co-op
- Tue Dec 14—Board of Directors' Meeting
- Tue Dec 14—Music—Allie Bradley & Friends
- Wed Dec 15—Co-op Mamas and Papas Group
- Thu Dec 16—Tasteful Thursday + Lois Blackburn
- Tue Dec 21—Co-op Kids—meet in the Co-op
- Wed Dec 22—Co-op Mamas and Papas Group
- Thu Dec 23—Tasteful Thursday + Lucas Kreikemeyer
- Tue Dec 28—Co-op Kids—meet in the Co-op
- Wed Dec 29—Co-op Mamas and Papas Group

Music at the Coop

Tuesdays 5—6:30pm

Dec 7: Daniel Mark Faller
Down-home, original music in a contemporary country style

Dec 14: Allie Bradley and Friends
Holiday music sung a cappella by vocalists Allie Bradley, Abby Gray, Jon Burnett and Jonathan Erber

Dec 21: No music

Dec 28: No music

Tasteful Thursdays

Who says the holiday months have to be stressful? Step into the relaxing, rejuvenating and tempting ambiance of Tasteful Thursdays every Thursday in December at the Co-op.

Live music as well:

Dec 2: Steev Turner, Co-op deli chef

Dec 9: Sarabanda

Dec 16: Lois Blackburn w/ Melinda Schab and David Christian

Dec 23: Lucas Kreikemeyer

Fish Folks Holiday Schedule

In Co-op parking lot every Friday until Christmas week, then Thursday, December 23.
The Fish Folks can take special orders for the holidays, and have gift certificates for sale.

Local Producers – Save the Date!

Friday, Jan 14, 6:30—8:30pm

Local Farmer Mixer! In the 1912 Center Great Hall. Come chase the chill of winter away with good food and conversation. More info:
[Sequoia at participate@moscowfood.coop](mailto:Sequoia@participate@moscowfood.coop).

Community Events

Buy Local Moscow Winterfest

Thursday Dec 9, 5—8pm

At the 1912 Center. Including food samples from local restaurants, product samples from local businesses, and fun for all ages. Free. Beer and wine available for purchase.

Community Coffee House for the Greater Good Open Mic

Saturday Dec 11, 7—9pm

Great live performances, delicious desserts. December's proceeds will go to supplies for a Guatemala cleft palate mission trip. WSU Speech and Hearing Science students will bring the supplies and train caregivers on how to use them.

Community Congregational United Church of Christ—525 NE Campus Avenue, Pullman
Contact Amy Meredith at mereditha@wsu.edu or ☎ 208-301-8802.

Cooking Classes at the 1912 Center

Dec 14, 6:30- 8:30pm: Soups, Stocks and Sourdough

Dec 16, 6:30-8:30pm: Les Desserts Delicieux Sans Sucre (Delicious Desserts without sugar)
Cost \$18 before Dec 6th, \$25 after Dec 6th
Contact: Wendy Kullman ☎ 847-431-4215

Dahmen Barn Events

Saturday Dec 11, 7:30pm: Contemporary guitarist Doug Port. \$7 at the door.

Palouse Folklore Society

Dec. 18, 7:30pm: Contra dance with band and caller TBA at the 1912 Center.

Dec 31, 9pm: Contra dance with Coyote Hill with John McInturff, Bennett McInturff, and friends and caller Morna Leonard at the 1912 Center. Potluck dinner between 7 and 8 pm. Dance instruction for newcomers at 8:30. Start of PFS 30th Anniversary year-long celebration with-birthday cake provided!

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