

# Community News

The Chocolate Issue

FREE!  
PLEASE TAKE ONE!

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



## One Member, One Vote

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

Our Co-op is overseen by a group of seven volunteers who are elected to serve as our Board of Directors. We are pleased to have seven candidates running for four available seats this year.

Candidate statements and photos are in the center of this newsletter. Please take the time to read these so that you can make an informed choice when you vote. More information is available in the store, in candidate information packets in the Deli and by the Board bulletin board.

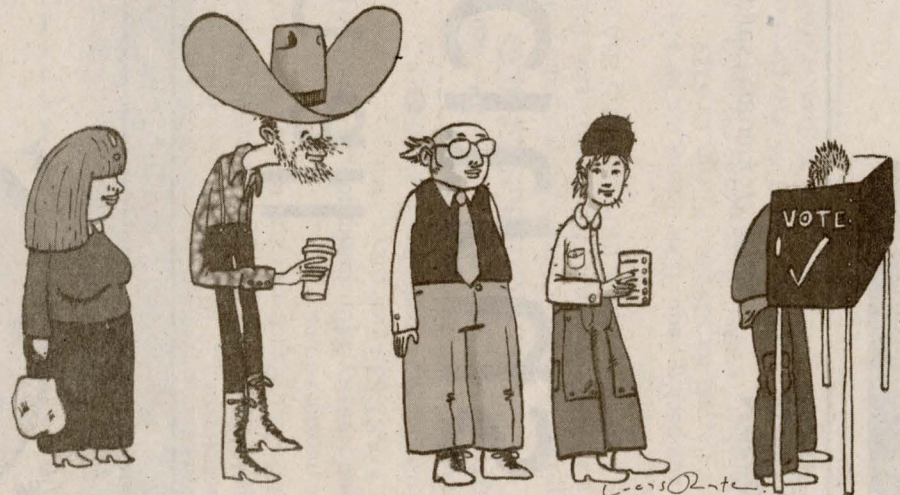
The Co-op is a fun place to shop and hang out, it's true, but that belies the seriousness with which the Board must approach its work, and the tremendous depths of talent and skill required for them to cooperate and work together on behalf of our very diverse membership and our \$7 million per year business.

I've been attending the Board meetings for the past year and if

I've learned anything, it is that it really does matter whom you choose to be your Co-op leaders. The people we elect are not just figureheads. A board can actually make or break a co-op, so, on behalf of our management, staff, and entire membership, please, do your part, and vote carefully.

Voting begins on Thursday, March 25, with our in-store candidate

forum, and ends on Sunday, April 4, with a membership meeting and a final opportunity to meet the candidates. Voting will take place in-store only this year. We are in need of volunteers to staff the voting tables, so if you are interested in helping advance the grassroots democratic process, please get in touch with me a.s.a.p!



www.moscowfood.coop

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# Community News



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

The Chocolate Issue



## Taste of the Palouse: An Opportunity to Meet and Eat

by Peg Kingery, Co-op chill and frozen buyer

On February 27 and March 6 you'll have the opportunity to taste products provided to the Co-op from local and regional producers. Our second annual "Taste of the Palouse" will take place on each of those days from 11 a.m. - 3 p.m. The producers themselves will be here, so

in addition to sampling some delicious foods and beverages, you'll be able to talk directly to the people who supply them. Here is a list of those who have agreed to participate:

- ➔ Clearwater Canyon Winery
- ➔ Merry Cellars
- ➔ Camas Prairie Winery

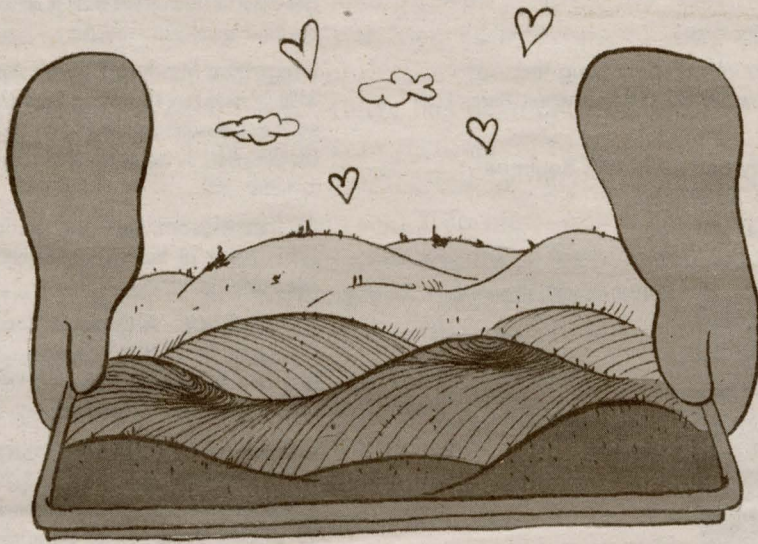


Illustration by Lucas Rate.

- ➔ ATP Beverage
- ➔ Republic of Tea
- ➔ Sage Bakery
- ➔ Chukar Dave's Seasonings
- ➔ Bronzestone
- ➔ Cravens Coffee
- ➔ Amy E's Bakery
- ➔ J.T. Ranch Hand Spice Company

- ➔ Cowgirl Chocolates
- ➔ Tamarack Yak
- ➔ Landgrove Coffee
- ➔ Virginia's
- ➔ Harvard Honey
- ➔ Sage Bakery
- ➔ Organics Are For Everyone Date Syrup

We in the Grocery Department love hosting this event! The Co-op buzzes with festive energy from

both the enthusiasm of our local producers and the happy shoppers munching on samples of their products. Plan on stopping by the Co-op on February 27 and March 6 from 11 a.m. - 3 p.m., and join me in celebrating and supporting our local producers.



## Front End News

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

This month I would like to welcome two new cashiers to the Co-op: Melissa Obenchain, whose friendly face you may have already noticed at the Deli counter, and Elizabeth Schulz. As I write this, they are completing their training and already proving to be courteous, friendly, and efficient in the best Co-op cashier tradition.

I hope you are all enjoying the slow but sure approach to spring. Soon we will feel warmth and see green shoots once more. Until that time though, be sure to come and take refuge at the Co-op! Have a good warm cup of

soup or your favorite beverage, meet your friends, do your shopping, and remember to listen to music on Tuesday evenings, or enjoy the art shows.

Music, art, good food, good company: the Co-op truly is more than a grocery store. It is a hub of the community. It is a place where folks can relax and rest for a while. Sometimes it amazes me that after all these years of working in the store,

I still look forward to my workday! Thanks to everyone, staff and customers, for the smiles and easy chatter that make a day at the Co-op so enjoyable.

### Co-op E-mail Addresses

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participating member (volunteer) coordinator: participate@moscowfood.coop

### Board Committee E-mail Addresses

Best Workplace Committee: bestworkplace@moscowfood.coop  
Board Members And Support Staff: boardmembers@moscowfood.coop  
Board Members Only: bodfeedback@moscowfood.coop  
Cookbook Committee: cookbook@moscowfood.coop  
Dime In Time Committee: dimeintime@moscowfood.coop  
Engagement & Outreach Committee: engage@moscowfood.coop  
Green Commerce Committee: greencommerce@moscowfood.coop  
Sustainability Committee: sustainability@moscowfood.coop

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

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



# CO-OPERATIONS

## Moscow Food Co-op Business Partners

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

### Recreation and Lodging

**Appaloosa Museum & Heritage Center**  
2720 W. Pullman Rd, Moscow; [museum@appaloosa.com](mailto:museum@appaloosa.com); [www.appaloosamuseum.org](http://www.appaloosamuseum.org); 208-882-5578

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

Sharon Dunn - **Little Guesthouse on Adams**  
1020 S. Adams St., Moscow; [www.thelittleguesthouse.com](http://www.thelittleguesthouse.com); [sdunn@thelittleguesthouse.com](mailto:sdunn@thelittleguesthouse.com); 208-669-1654

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

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

Donal Wilkinson, executive director - **Adventure Learning Camps**  
PO Box 8245, Moscow; 208-310-3010; [AdventureLearningCamps@yahoo.com](mailto:AdventureLearningCamps@yahoo.com); [www.adventurelearningcamps.org](http://www.adventurelearningcamps.org)  
10% off on trips

Ashley Fiedler - **Shady Grove Farm**  
208-596-1031; [ashley.fiedler@gmail.com](mailto:ashley.fiedler@gmail.com)  
\$10 off initial English riding lesson or training session

Carol Spurling - **Sixth Street Retreat**  
208-669-0763; [www.SixthStreetRetreat.com](http://www.SixthStreetRetreat.com)  
\$20 off advertised rate for one week's stay

Bill London - **Willows House**: fully-furnished three-bedroom home;  
1246 Highland Drive, Moscow;  
[lodging@moscow.com](mailto:lodging@moscow.com); 882-0127;  
10% off daily and weekly rentals

### Food and Beverage

**One World Café**  
533 S. Main, Moscow; [www.owc-moscow.com](http://www.owc-moscow.com); 883-3537  
50% off One World Café 100% cotton totebags

### Childcare and Family Services

**Moscow Parent Toddler Cooperative**  
PO Box 9937, Moscow; [mptcoop@gmail.com](mailto:mptcoop@gmail.com); <http://community.palouse.net/mptc/index.html>; 208-310-9344  
35% off one semester's tuition

### Professional Services

**Allegra Print and Imagine**  
507 S. Main; 208-882-5449; [allegra@moscow.com](mailto:allegra@moscow.com)  
10% to Co-op members

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

**Krysta Ficca Photography**  
208-596-8101; [kficca@hotmail.com](mailto:kficca@hotmail.com)  
10% off all photo shoots

Nancy Draznin, CPM - **Motherwise Midwifery**  
508 W. Chestnut, Genesee, ID 83832; 208-310-3252; [motherwisemidwifery.com](http://motherwisemidwifery.com); [mother@genesee-id.com](mailto:mother@genesee-id.com)  
Free pregnancy tea for Co-op members under our care

Erik Torok - **LET's Coach**  
2310 Weymouth St., Moscow; 208-301-8047; [eric@letscoach.net](mailto:eric@letscoach.net); [www.letscoach.net](http://www.letscoach.net)  
20% off the first month of individual coaching

Mike Brown - **LDP Academy LLC**

PO Box 721, Troy, ID 83871; [www.lpdacademy.com](http://www.lpdacademy.com); [info@lpdacademy.com](mailto:info@lpdacademy.com);  
208-835-3737  
\$10 off any firearm safety or basic firearm training class

### Retail

Rebekka Boysen-Taylor - **Bebe Bella**  
[www.bebebella.etsy.com](http://www.bebebella.etsy.com); [amamaswork@yahoo.com](mailto:amamaswork@yahoo.com); 208-882-1353  
10% off any baby sling

**Inland Cellular**  
672 W. Pullman Rd, Moscow; 208-882-4994; [katie@inlandcellular.com](mailto:katie@inlandcellular.com);  
[inlandcellular.com](http://inlandcellular.com)  
10% off monthly calling plans

Joanne Westberg Milot - **Marketime Drug Inc.**  
209 E Third St, Moscow; 208-882-7541; [joannemilot@hotmail.com](mailto:joannemilot@hotmail.com)  
10% off all gift items

**Lilliput Maternity and Children's Boutique**  
312 S. Main, Moscow; 208-882-6262  
10% off purchase of \$50 or more

**The Natural Abode**  
517 S. Main St., Moscow; 208-883-1040; [Info@TheNaturalAbode.com](mailto:Info@TheNaturalAbode.com); [www.thenaturalabode.com](http://www.thenaturalabode.com)  
10% off natural fertilizers

**Hodgins Drug & Hobby**  
307 S. Main St, Moscow; 208-882-5536; [hodgins@turbonet.com](mailto:hodgins@turbonet.com)  
10% off all purchases, excluding prescriptions

**Safari Pearl**  
221 E. 3rd, Moscow; 208-882-9499  
[www.safaripearl.com](http://www.safaripearl.com); [safaripearl@moscow.com](mailto:safaripearl@moscow.com)  
10% off any board game or noncollectible card game

**Sid's Professional Pharmacy**  
825 SE Bishop Blvd #301, Pullman, WA 99163; 509-332-4608; [sidsprofessionalpharmacy.com](http://sidsprofessionalpharmacy.com)  
10% off all Medela breast pump and supplies purchases

**Tye Dye Everything**  
527 S. Main St., Moscow; 208-883-4779  
[www.tyedye-everything.com](http://www.tyedye-everything.com); [tyedye@moscow.com](mailto:tyedye@moscow.com)  
10% discount on your purchase

### Dance and Theatre

Shelly Werner - **Spectrum II Art and Dance Studio**  
525 S. Main Street, Moscow, ID 83843; 208-882-1445; [www.spectrum2studio.com](http://www.spectrum2studio.com)  
10% discount to new students

### House and Garden Services

Adam and Toni Salerno-Strang - **CLEAN GREEN Organic Cleaning Services**  
PO Box 568, Troy, ID 83871; [www.CleanGreenOCS.com](http://www.CleanGreenOCS.com); 208-835-3535  
\$15 off any service

**Dr. Arbor Tree Care LLC**  
773 Brent Dr., Moscow; 208-883-3559  
10% discount on tree work (not yardwork); trees, shrubs, and fruit tree pruning for health and beauty of trees

Becky Chastain - **Green Side Up**  
208-883-3485  
10% off design services for Moscow Food Co-op members

Erik K Tamez-Hrabovsky - **Mindgardens, Eco-Friendly Residential Building Solutions**  
1230 NW Clifford St, Pullman, WA 99163; 509-595-4444; [erik@buildmindgardens.com](mailto:erik@buildmindgardens.com)

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

Walter Spurling - **Spurling House & Garden**  
512 N. Lincoln, Moscow; 208-669-0764  
10% off a compost bin or custom chicken coop

### Wellness Services

Drs. Bailey and Kevin Smith, D.C. - **Moscow Health and Wellness Center**  
317 W. 6th St. Ste 206, University Pointe Bldg., Moscow; 208-596-2063  
Free initial consultation and exam to include thermographic imaging and a functional neurological evaluation

**Integrative Mindworks with April Rubino**  
3400 Robinson Park Rd, Moscow; 208-882-8159; [april@integrativemindworks.com](mailto:april@integrativemindworks.com); [www.integrativemindworks.com](http://www.integrativemindworks.com)  
Complementary 30 minute consultation for new private clients who are Co-op members

**Andrea Masom, Licensed Clinical Counselor**  
106 E. Third St, 2B, Moscow; 208-882-1289  
Free wellness evaluation

Patricia Rutter, CMT - **A Choir of Angels Massage Center**  
106 E. Third, Rm. 1 C, Moscow; [choiramc639@gmail.com](mailto:choiramc639@gmail.com); 208-413-4773  
Co-op members receive 10% off gift certificates except student discounted rate of \$39/hr. Swedish Massage through 2010.

Dr. Denice Moffat, MS, DVM, ND - **Natural Health Techniques**  
1069 Elk Meadow Ln, Deary, ID, 83823; 208-877-1222; [drmoffat@NaturalHealthTechniques.com](mailto:drmoffat@NaturalHealthTechniques.com); [www.NaturalHealthTechniques.com](http://www.NaturalHealthTechniques.com)  
\$10 off initial telephone consult with mention of the Co-op Business Partner Program

Meggan Baumgartner, LAC, Laura McKean, LAC - **Healing Point LLC Chinese Medicine Clinic**  
PO Box 9381, Moscow; 208-669-2287; [info@healingpt.com](mailto:info@healingpt.com); [www.healingpt.com](http://www.healingpt.com)  
\$10 off initial and 2nd treatments

Jeri L. Hudak - **Moscow Yoga Center**  
525 S. Main St.; [stewartjeri@hotmail.com](mailto:stewartjeri@hotmail.com);  
[www.moscowyogacenter.com](http://www.moscowyogacenter.com)  
10% discount for new students

Dr. Linda Kingsbury  
627 N. Hayes, Moscow; 208-596-4353; [drlinda@spiritherbs.com](mailto:drlinda@spiritherbs.com); [www.spiritherbs.com](http://www.spiritherbs.com)  
\$10 off first session: holistic healing for body-mind-spirit; herbal medicine; chakra balancing; sound healing; classes.

Elisabeth Berlinger/Tom Bode - **Moscow Felkendrais**  
112 W. 4th St., Moscow; [www.moveimprove.net](http://www.moveimprove.net); [moveimprove@yahoo.com](mailto:moveimprove@yahoo.com);  
208-883-4395; 208-892-3400  
\$10 off first individual lesson for new clients

### Farms

**RavenCroft Farm**  
4689 Hwy 95 N, Moscow; 208-882-3616; [ravencroftfarm.com](http://ravencroftfarm.com); [debismith@moscow.com](mailto:debismith@moscow.com)  
10% on mini CSA for Summer 2010, 10% off any craft item (jewelry, bags, quilts, sachets, etc.)

Melissa Lines - **SkyLines Farm Sheep & Wool**  
4551 Hwy 6, Harvard, ID, 83834; 208-875-8747; [www.skylinesfarm.com](http://www.skylinesfarm.com);  
10% off organically-raised lamb, fleeces, & roving.

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



### Members Save:

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

Any cashier can help you join, just ask!

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

Open Daily 7:30 am – 9:00 pm



### 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:  
editor Bill London  
PO Box 8152  
Moscow ID 83843

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



## Art at the Co-op

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

This month Gerry Queener will be showing his beautiful collection of photographs of local wildflowers. Come meet Gerry on opening night, Friday, February 12, from 5:30 - 7:00 p.m., and enjoy an early glimpse of spring and summer. The show will continue through Wednesday, March 10.

Gerry has had a previous show at the Co-op, which is why I knew we would be all so happy to see his gorgeous and COLORFUL photographs in the midst of dark February! They will be not only uplifting but also educational, as Gerry adds descriptions of the plants and advice about treading lightly in the wilderness.

Gerry is a lifelong native of north Idaho. He received a degree in Fisheries Biology from the University of Idaho in 1969, and retired from teaching high school science in Deary in 1998. His love for wild plants was greatly influenced by Fred Johnson, professor emeritus at the UI. Gerry has been taking wildflower pictures on film for over 40 years, but in 2005 switched to digital format.

This past year several of his photos have been selected for a Palouse Prairie Wildflower brochure, two large informational signs about pollinators for the Forest Service, and, most recently, for the Butterflies of North America Web site.

## Tuesday Music at the Co-op

by Natalie Rose, Co-op newsletter volunteer

The Co-op's Tuesday evening concerts showcase local and regional musicians. Be sure to join us for a delicious meal from the Deli and some superb listening! Also, note that the music time has been changed to 5 - 7pm, NOT 6 - 8.

February 2 - Daniel Botkin

A passionate mix of indie, folk, rock, and blues.

February 9 - Dave Roon

Dave is a member of the local Irish journeyman band, Potatohead. Join us for a taste of his singer-songwriter-driven mélange, culled from the Social

Distortion school of folk-rock.

February 16 - Alana Leonhardy

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

February 23 - Dan Maher

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

## February Co-op Kids

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

Co-op Kids is a twice-monthly activity for young children and their caregivers. We meet in the Co-op Cafe this month and all activities are free. Join us any time--this is a great place to meet new friends.

### Be Mine

Meet us in the Co-op Cafe from 9 - 10 a.m. on Tuesday, February 9, to make fabulous pop-up valentines using lots of glitter and imagination. Jeneille Branen, the wonder-

ful kindergarten teacher at Palouse Prairie School, inspired this project. Thank you, Mrs. Branen!

### Make a Tabletop Greenhouse

Meet us in the Co-op Cafe from 9 - 10 a.m. on Tuesday, February 23, and make a tiny garden to tend. This is a great a project from MaryJane's Farm magazine.

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



Last month we made garlands of bird friendly treats.

### Co-op Music in February

Feb. 2: Daniel Botkin, indie, folk, rock, blues

Feb. 9: Dave Roon, folk-rock

Feb. 16: Alana Leonhardy, folk, country, and rock

Feb. 23: Dan Maher, '60s rock, Celtic, contemporary

## Recycling Czarina Begins her Reign

by Miriam Kent, Co-op recycling czarina

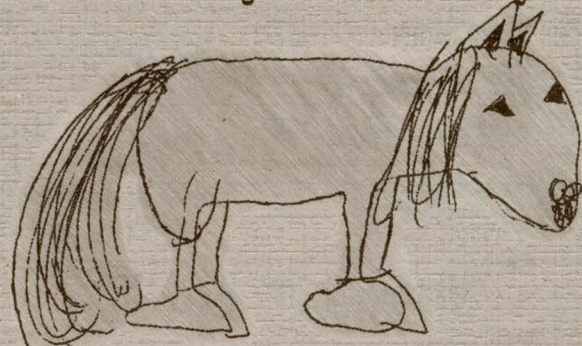
Catchy title, eh? I am passionate about recycling, and have a lot of ideas about how we can do more to reduce, reuse, and recycle. Together we can all do better than we have done thus far.

Our first "Recycling Table" at the Co-op was Friday, January 29, and there will be many more to come. I will have examples set up to show the different

ways we can reduce waste and prepare containers to make reusing easier. Look for it on Thursdays, Fridays, or Saturdays from 11:30-1:30 near the Co-op deli.

Future newsletters will contain hopefully useful, not preachy, blurbs on ways we can pre-and re-cycle to the max!!

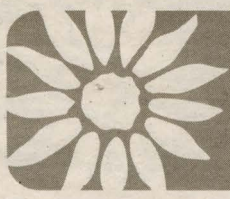
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## Reciprocity

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

I attended Michael Pollan's talk at Washington State University on January 13 and came away with a glimmer of hope about starting real movement toward a more localized food system after watching so many seats fill at Beasley Coliseum. He mentioned some things that individuals can do to promote change: grow

some of your own food, cook the food you are going to eat, eat with and share food with family and friends. All of these things have something in common that wasn't specifically mentioned: reciprocity.

When a relationship is reciprocal there is a give and take that is involved, an empathy

that is created, an understanding of scale and balance that is reached. It necessitates action from each party involved. To have reciprocal relationships with each other and the rest of the natural world means that as individuals and communities we need to break the safe and comfortable habit of being Internet-surfing, book-reading, lounge-chair voyeurs, and start actively interacting with the world around us. Michael Pollan called this "voting with your fork." In my family we say, "Walk it, don't talk it."

What, pray tell, does this have to do with the Participating Member (volunteer) program? Everything.

The Participating Member program allows member/owners to participate in various ways both inside and outside the Co-op and to get a discount on most of the items in the store. The dedication and hard work of our Participating Members has

helped the Co-op to spread our message about the importance of good food, sustainability, and supporting local goods and services. The relationship between the Participating Members and the Co-op is reciprocal and community-building; it is an opportunity for member/owners to "walk it."

To all of the Participating Members who have shown up, worked hard, and made a difference at the Co-op and in our community, I applaud your efforts and thank you. Thank you for understanding some of the changes in our program over the last couple of months. Thank you for your proactive ideas. Thank you for helping to promote cooperative principles.

We will have one more Participating Member orientation in February. We need member/owners who can help with the upcoming Board of Directors election. Armchair warriors need not apply.

## MOSCOW FOOD CO-OP

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

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

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

|       |       |       |       |       |
|-------|-------|-------|-------|-------|
| .25   | .50   | .75   | 1.00  | 1.25  |
| 1.50  | 1.75  | 2.00  | 2.25  | 2.50  |
| 2.75  | 3.00  | 3.25  | 3.50  | 3.75  |
| 4.00  | 4.25  | 4.50  | 4.75  | 5.00  |
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| 16.50 | 16.75 | 17.00 | 17.25 | 17.50 |
| 17.75 | 18.00 | 18.25 | 18.50 | 18.75 |
| 19.00 | 19.25 | 19.50 | 19.75 | 20.00 |

Name: \_\_\_\_\_

Email or phone#: \_\_\_\_\_

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

## Unclassifieds Coming to the Newsletter

by Carol Spurling, outreach@moscowfood.coop, (208) 669-0763

The Co-op Community News has a long tradition of accepting paid advertisements in the newsletter, but only as display ads. That's about to change. Starting with the March newsletter, we will now be accepting "unclassified" ads. They'll look like classifieds ads, but won't be divided by categories. Now you can advertise your yard sale, your apartment for rent, and almost anything else in your favorite community publication!

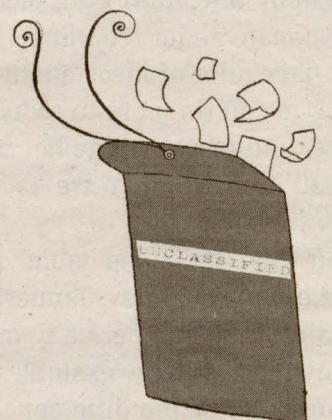
Three thousand copies of the newsletter are printed monthly and distributed at businesses in Pullman, Moscow, Lewiston, and Clarkston as well as at the Co-op.

Ads will cost 25 cents per word and can be placed by anyone. To place an ad, fill out the ad form available in the store or in the newsletter, give it to a Co-op cashier, and pay at the register. No discounts apply. The deadline for unclassified ad submissions for the following

month's newsletter is the 15th of the month.

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

We hope you enjoy this new addition to the Co-op Community News!





## February A Dime in Time Donation: Moscow CommUNITY Walk 2010

by Lynn Ate, CommUNITY Walk Planning Committee

The annual Moscow CommUNITY Walk depends on the support and generosity of Moscow residents, businesses, organizations, and institutions. While much work toward making the Walk a success is accomplished by volunteer organizers and entertainers, funds are needed to provide for a community meal, the annual "unity in community" contest and award, picnic and activity supplies, as well as for publicity and fundraising. With financial support in decline this year, the February grant through the Moscow Food Coop is truly just "in time." Moscow CommUNITY Walk buttons will also be on sale at various venues as a fundraiser for the event.

The Walk's only agenda is UNITY. By setting aside time for everyone to "walk on common ground," we strive to promote the meaningful connections



which are the very foundation of our community. We join together in friendship and acceptance of each other, regardless of our differences, to express our shared experiences as Moscow neighbors. We experience our shared humanity with the conviction that, through our varied traditions and diverse efforts, we will enhance the inclusiveness and



wellbeing of our community.

The fourth annual CommUNITY Walk will begin at noon at Friendship Square on Saturday, April 24, with music and community speakers. At 12:30 p.m., we will walk together with music, balloons, and banners to East City Park for an afternoon of entertainment and activities. Winners of this year's

bookmark contest will be awarded prizes, and free copies of the bookmarks will be available.

Everyone is invited to join in a community meal at about 1:30 p.m. Main dishes (including vegetarian options) will be catered by Patty's Kitchen, and community members who wish to contribute can also bring a side dish, fruit, vegetables, or dessert. If people want to drop off food or park at East City Park, there will be a shuttle running between the park and Friendship Square between 11:30 a.m. and 12:30 p.m. and again later in the afternoon. Those not participating in the walk are also welcome to join us at the park or to take the shuttle. Children's activities will run throughout the afternoon, and local bands will play until approximately 3:00 p.m. All events are free and open to the public.

## Co-op Board Report

by Donal H. Wilkinson, Co-op board of directors

Bill Beck gave a great year-end wrap-up in last month's issue of the Co-op newsletter, and now I hope to let you into my crystal ball so you can see our future. As Bill noted last month, we have a great group of people guiding the Co-op right now. We have been asked tough questions and have had to come up with good answers. For example: What do we do with a profit? This will be an issue that we'll be grappling with all year. If we are going to give members money back at the end of the year in the form of a patronage refund, what will that look like? In these tough economic times, how can we better serve our lower-income or out-of-work customers? With good jobs scarce, and a living income hard to find, how can the Moscow Food Co-op continue to be the best place to work in town? As the time commitment and amount of expertise increases, should the Board of Directors be compensated on the same level as other \$7 million businesses? Now that we have this great strategic plan, how do we prioritize these lofty goals we have set for ourselves?

So, as you can see, we

have our work cut out for us. Personally, I feel like Michael Pollan gave me my charge last month, that it is our duty as board members of the most influential progressive business in the area to effectively steer our Co-op in a direction that will have a profound effect on food systems in our region. I was excited when my children pointed out to me that there was a whole row of employees from the Co-op in front of Michael Pollan. Pollan definitively showed us how our food systems are tied to the three biggest issues facing our world: oil, health care, and climate change. Our Co-op is already a leader in all three of these areas. We encourage our employees and customers not to drive by making us a walking and bicycling-friendly store. When it comes to health care, we have many ways that we educate our community through movies, classes, and being a shining example how a business can take care of the health care of its employees.

How are we going to accomplish these tasks in from of us? We have a couple of weekend-long retreats to spend hours of

quality time answering these tough questions about direction and priority. We are going to continue to support an amazing staff who care about our community and each other and are willing to go as far as they can in educating themselves in business practices, customer service, and employee management. We are going to continue the work in our board and committee meetings to keep learning and

growing ourselves.

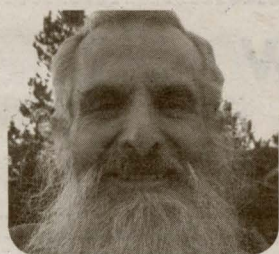
What can you do? Be part of the process. Vote in the Board of Directors election next month. Get on a committee that interests you. Give us feedback through comment boxes. Continue to be part of our diverse Co-op community.

### Bruised Books

- buy • sell
- trade
- hardbacks -
- paperbacks
- science to
- science fiction
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**Hours:**  
**Sunday:** 12-5  
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## Asking Mayor Chaney

by Bill London, Co-op newsletter volunteer

On January 7, Co-op Community News Editor Bill London interviewed Moscow Mayor Nancy Chaney about the role of the Moscow Food Co-op in this community. Here are his questions, followed by her responses.

**Q: Are you a member of the Co-op?**

**A:** I first shopped at the Co-op years ago when it was in the old Kentucky Fried Chicken building on Third Street. We became members about seven years ago. We have a family membership, and my husband Gary does most of the shopping.

I enjoy going to the Co-op for lunch. It's an easy stroll from City Hall, and it's fun to see so many familiar faces there. Also, I really like the variety of interesting gift items, and I love the candied ginger.

**Q: What role does the Co-op play in the local economy?**

**A:** The Co-op is truly an anchor store for downtown. It's the largest retail establishment there and it draws people downtown, to the benefit of the other stores in the vicinity.

The downtown location is a perfect fit for the Co-op's mission. The Co-op recognizes that contributing to the vibrancy of Moscow's core is important for this community as a whole, and that being accessible to bicyclists and pedestrians is important as well.

As an anchor site, the Co-op is a destination that offers multiple things to different people. It's

an inclusive place, and that is enhanced by the Co-op's significant community outreach efforts (everything from this newsletter to the recent chicken coop cruise).

**Q: What is the Co-op's social impact on this community?**

**A:** The Co-op is like a magnet. I enjoy seeing people of all ages and walks of life at the Co-op. It is very important for a community to have meeting places. We need to keep connected to each other and to this place.

The Co-op is important for newcomers as well. Going to the Co-op, they can feel comfortable and welcome here. It is an inviting space, cozy.

There is a tourism component, too—another way the Co-op benefits this community. There is a bohemian aspect to Moscow's reputation, and visitors are sometimes curious about it. The Co-op is a great place for those curious travelers to go.

**Q: What about the Co-op's effort to support local growers and producers?**

**A:** I admire the Co-op's commitment to look regionally for products to sell. Allowing customers to buy local products provides us with an opportunity to invest (through our purchases) at the local level, which circulates a greater percentage of those dollars in our local economy.

The Tuesday Grower's Market in the parking lot during the summer, opportunities like the Taste of the Palouse event this month, and so many local prod-



ucts on the shelves—those all help provide consumers with local choices.

We have the capacity to produce more of our food locally, and the Co-op is helping lead us there.

At the same time, we are not going to be growing bananas here anytime soon. We will continue to import food and other products. That is why it is so important that the Co-op investigates the products from elsewhere and chooses products with concern for life cycle costs, including ethical and sustainable standards of production and distribution.

We can be informed consumers, making our own choices, and I applaud the Co-op for providing us with the options to make educated choices.

**Q: You have championed green or sustainable choices for Moscow. Does the Co-op sup-**

**port that effort?**

**A:** Yes. The Co-op is at the fore in the effort to incorporate green and sustainable goals into our daily lives. There are plenty of examples: the Earth Tub composter, the Tuesday Grower's Market, the locally made bike racks, the energy efficient remodel of the building. I admire the Co-op for that focus, for showing that sustainability makes business sense.

Like the Co-op, I think we are all starting to look at the triple bottom line for business decisions. We need to evaluate decisions on their monetary, social and environmental impacts.

The Co-op itself is a great model for sustainable, organic growth. Growing from the grass roots, with community support, from zero thirty years ago to a \$7 million business today—that's a wonderful success story.



## Ba-Ba Black Sheep

by Brent Steward, Co-op cheese buyer, cheesebuyer@moscowfood.coop

Black Sheep Creamery is a petite creamery near Chehalis, Washington, producing extremely high-quality sheep cheese from a flock of sixty ewes. Owners Brad and Meg Gregory are extremely dedicated to their artisan pursuit of sheep cheese. In 2007, they lost their entire flock to flooding and had to start nearly from scratch. Their determination and love have helped to nurture the

creamery back to health, and the cheeses they are producing show this integrity. For the month of February I will have three of their tasty, award-winning cheeses in the Co-op cheese case:

•Mopsy's Best: A complex tomme that has layers of flavors that start on the front of the tongue and slowly progress toward the back, leaving wonderful creamy tastes and textures. An excellent cheese along-

side fresh apples or grapes.

•Black Sheep Tomme: This wonderful tomme is nutty and slightly sweet. It has a character similar to a lovely Manchego. Owners Brad and Meg suggest slicing it thin or grating it over pasta along with a nice Syrah.

•Tim Willow Tomme: When Black Sheep Creamery lost their flock to floods in 2007, they searched for a way to keep making cheese while they raised a

new flock. Blessed by the help of Tin Willow Farm in Lexington, Oregon, they made Tin Willow Tomme in the image of their Black Sheep Tomme. However, Tin Willow developed its own unique flavors of sage and sweet grass. This tomme was so successful that even after starting over they continued to buy milk from Tin Willow to produce this flavorful tomme.



## Good Food Film Series Sneak Preview: Dirt!

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

Please join us at the Kenworthy Theatre at 7 p.m. on Thursday, February 18 for "DIRT!" which tells the story of Earth's most valuable and under-appreciated source of fertility--from its miraculous beginning to its crippling degradation.

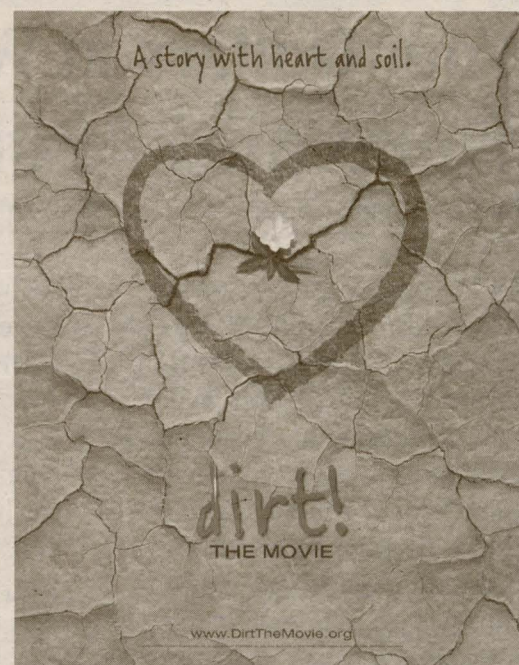
Narrated by Jamie Lee Curtis, *Dirt!* brings to life the environmental, economic, social, and political impacts of soil. It shares stories of experts from all over

the world who study and are able to harness the beauty and power of a respectful and mutually beneficial relationship with soil.

The filmmakers traveled to more than 20 locations worldwide to film people who are making an effort to preserve the dirt beneath our feet, ranging from prisoners in New York who participate in gardening programs to children who eat from

"edible schoolyards" to Indian villages experimenting with new, environmentally responsible gardening techniques.

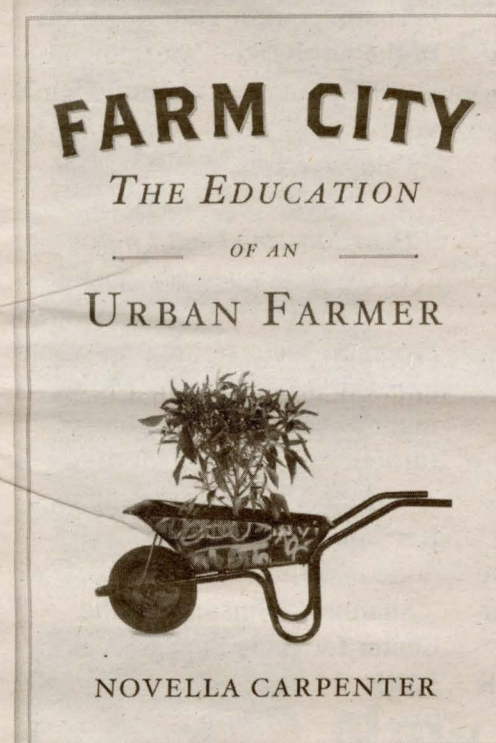
The movie challenges our notion of dirt and teaches us: "When humans arrived 2 million years ago, everything changed for dirt. And from that moment on, the fate of dirt and humans has been



intimately linked." Visit [www.dirtthemovie.com](http://www.dirtthemovie.com).

## Good Food Book Club's February Pick: Farm City

by Colette DePhelps, Good Food Book Club volunteer



"Hysterical," "uplifting," "refreshing," and "flat-out amazing" are just some of the words used to describe *Farm City: The Education of an Urban Farmer* by Novella Carpenter. This book is a great read for February (which can be a little, well, gray here on the Palouse) and is the focus of the Co-op's Good Food Book Club meeting on February 21 from 3 - 5 p.m. in the back room at Sisters' Brew Coffee House on Main Street in Moscow.

Originally from the Palouse, Carpenter recounts

her creation of an urban farm on an abandoned lot in Oakland, California, in this funny and captivating book. Complete with animals—chickens, turkeys, geese, ducks, rabbits, and two 300-pound pigs (!)—Carpenter's Ghost Town Farm is a unique and inspiring farming adventure. Called "both a cautionary tale and a full-throated call to action," this memoir will certainly change the way you look at a vacant lot and get you wondering what exactly you could raise in your own apartment, community garden plot, backyard, or, perhaps, even your neighbor's backyard.

*Farm City* is available through

the Latah County Library. If you would like to purchase *Farm City*, check out the Book Club table at BookPeople of Moscow where you'll receive a 20 percent club discount.

Mark your calendar and join us for a great discussion of farm life Sunday, February 21, from 3 - 5 p.m. at Sisters' Brew on the corner of Third and Main in the heart of downtown Moscow.

While writing this article, Colette kept looking outside at a totally blue sky and wondering if the sleds the kids got for Christmas would get any use this year...

## Price Shopper: Romantic Dinner for Two

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

February. While the nights are short it feels like a long way to spring. Winter is still in our midst. There is no better month for turning to the romance of valentines and sharing a romantic dinner on Valentine's Day. Of course there is the business side of things, planning and getting the items we need, but it will be worth it once we are sitting in candlelight, sharing our plate of spaghetti as we slurp in our noodles very slowly, our shy eyes avoiding each other, listening to an Italian singer, coming closer together as we slurp, then... Hah, okay, back to getting our list together: spaghetti, and homemade meatballs! Yes... the, the, spaghetti is finished and we both look at the last meatball on the plate. We look at each other

and look at the meatball, and I nudge it toward her... Whew, okay, where were we? Yes, the list, some red wine, and to stay with the Italian theme, strawberry sundaes with prosecco sabayon and candied almonds. We put together our list... and, and, head out on our walk, drawing hearts in the snow, the moon shining high in the sky... and, and, okay, okay, back to heading out to, yes, to purchase our items...

We shopped and compared our list with items from the Co-op and Rosauers and found a significant savings at the Co-op. With our savings we decided to rent a romantic movie for after our dinner and walk—how about, huh, how about *Lady and the Tramp*? Yes!

| ITEM                                       | Co-op           | Rosauers        | Difference      |
|--|-----------------|-----------------|-----------------|
| Muir Glen 28 Canned Whole Tomatoes         | \$2.99          | \$2.99          | \$0.00          |
| Garden Time 12 oz Linguini                 | \$2.89          | \$2.99          | -\$0.10         |
| Spectrum Olive Oil 25.4 oz.                | \$15.79         | \$16.49         | -\$0.70         |
| Rudy's Multi Grain Bread                   | \$4.35          | \$5.39          | -\$1.04         |
| Organic Valley Milk, 1 gallon              | \$5.99          | \$5.99          | \$0.00          |
| Wilcox Organic Brown 18 eggs               | \$5.29          | \$5.99          | -\$0.70         |
| Qourn Crumbles                             | \$4.35          | \$4.99          | -\$0.64         |
| Lunetta Prosecco                           | \$9.99          | \$10.69         | -\$0.70         |
| Stahlbush 10 oz Frozen Strawberries        | \$3.79          | \$3.89          | -\$0.10         |
| Conv Almonds Bulk per 1 lb.                | \$4.69          | \$5.99          | -\$1.30         |
| Ghirardelli Bittersweet 4 oz chocolate bar | \$2.79          | \$3.49          | -\$0.70         |
| *Organic Garlic 3 oz                       | \$1.32          | \$2.39          | -\$1.07         |
| Organic Yellow Onions per 1 lb.            | \$0.79          | \$1.19          | -\$0.40         |
| Organic Parsley                            | \$1.99          | \$2.89          | -\$0.90         |
| Organic Fresh Oregano, HerbCo              | \$1.99          | \$1.99          | \$0.00          |
| Organic Lemons per lb.                     | \$1.99          | \$2.69          | -\$0.70         |
| Organic Valley Heavy Cream 1 pint          | \$3.25          | \$3.79          | -\$0.54         |
| Organic Valley Butter                      | \$6.15          | \$5.99          | \$0.16          |
| Balsamic Vinegar 16.9 oz Spectrum          | \$5.59          | \$6.39          | -\$0.80         |
| Packaged Sugar                             | \$3.29          | \$3.79          | -\$0.50         |
| True Whip - non dairy whipped topping      | \$3.35          | \$3.99          | -\$0.64         |
| Bota Box Merlot                            | \$18.99         | \$21.99         | -\$3.00         |
| <b>Totals</b>                              | <b>\$108.62</b> | <b>\$122.99</b> | <b>-\$14.37</b> |

\*Both organic, Coop garlic bulk - Rosauers in 3 oz package





## Your Dollars at Work: Concern for Community, Here and Abroad

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

The outreach department hosted two field trips in January, one for students from White Pine Montessori School, and another with a visiting delegation of university students from Central America who were exploring ways to improve their own communities. One of our staff who is bilingual, Sydney, translated for me during the short tour of the store and our discussion of the Co-op structure and principles. Co-ops, of course, are a great tool for community development, and we are proud to have shared our Co-op with them.

In January Kenna and I gave presentations to and enjoyed discussions with the University of Idaho Food and Nutrition Club; a local chapter of the Philanthropic Educational Organization; and the women's group at Opportunities Unlimited. Look for us in February at the Moscow High School Career Fair, in a University of Idaho "CORE" course, and at the Washington State University Wellbeing Fair.

I am actively involved with planning for the upcoming Food on the Table conference which will be held March 26 - 27 here in Moscow. The conference is sponsored by the Co-op, UI Extension, Rural Roots, UI Sustainability Center, Backyard Harvest, UI Soil Stewards, WSU Organic Farm, the City of Moscow, and Tables of Hope. Please save the date and join local growers, educators, sustainable food advocates, and community members as we collectively address our regional food system priorities in this unique "working" conference. For more information, please contact Kristen Koenig at kkoenig@uidaho.edu.

\*\*\*\*\*

Thanks to the Cooperative Development Foundation's (CDF) Cooperative Emergency Fund, the Moscow Food Co-op was able to immediately donate relief funds for victims of the earthquake in Haiti. The Co-op donated \$500 to this fund. Over the past 20 years the CDF has raised over \$275,000 for emergency relief. We placed donation collection containers at our cash registers for customers to contribute; donations can also be made at the CDF home page, www.cdf.coop.

\*\*\*\*\*

Local non-profit organizations provide essential services and meet glaring needs in our own community; please give something whenever you shop to any of the organizations in our Impulse Giving program. Just pick one (or two!) and tell the cashier how much you'd like to contribute. Any amount, no matter how small, is helpful. Why not round up your purchase every time for Impulse Giving?

Our first month of Impulse Giving got off to a great start in December. We were able to send checks in early January to:

Sojourners' Alliance—\$31.10

Humane Society of the Palouse—\$50.54

Backyard Harvest—\$31.65

Those are donations straight from just a few members and customers that we are passing on. Smaller amounts were donated to other organizations such as Alternatives to Violence of the Palouse, Rural Roots, and REACH. As soon as we reach the \$25 level we'll be able to send them their checks. Just imagine how much money it will be when we get oodles of members donating regularly!!

\*\*\*\*\*

The A Dime in Time recipi-

ent for January was Alliance House, and the December recipient, Sojourners' Alliance, earned \$447.70 through our A Dime in Time program.

The A Dime in Time recipient for February is the Moscow CommUNITY Walk; please see the article about this event in this newsletter and then remember to use your reusable shopping bags and coffee cups and donate your dime refunds every time you shop.

\*\*\*\*\*

Our second Great Pumpkin Pie Bake Sale was another big success, with \$639.36 raised to benefit Backyard Harvest. We received donations of eggs from Wilcox Farm, milk from Organic Valley, crusts from Shady Maple Farms, and \$350 for labor and other ingredients from a generous benefactor. Big cheers for everybody who bought a pumpkin pie!

\*\*\*\*\*

In December the Co-op decided to match all donations to the food bank shelf in the store. Contributions were generous—thank you! After figuring out how much was collected, we contributed \$1000 in cash as our match to help the food banks keep their shelves stocked a little longer.

\*\*\*\*\*

Thanks to all the members and customers who donated blood on January 20, for taking the time to contribute this precious necessity of life.

### Dear Moscow Food Co-op:

The International Programs Office at the University of Idaho would like to thank you for your generous donation to our 2010 Spring International Student Orientation. We sincerely appreciate the warm welcome you

extend to the students from many cultures that come here for higher education.

Your contribution was given as raffle prizes for our incoming international students and introduced the students to the Moscow business community. The new students were very excited and thankful to receive gifts from local merchants and were impressed with your generosity.

Sincerely,

Heather Ropelato

International Student Advisor

### Dear Moscow Food Co-op:

Thank you for your donation of the gift basket. Your donation will help our community. Thank you!

Palouse Cares 2009

### Dear Moscow Food Co-op:

Thank you for supporting us through your Dime in Time grant program. We recently used some funds to host a family reading night in Colton. We had a large turnout and it was a lot of fun. All of the children left with a free book! We couldn't have done it without your support.

Shannon Johnson and the Center for Civic Engagement at WSU

### Dear Moscow Food Co-op:

On behalf of the Women's Center, I write to offer our sincere and heartfelt appreciation for your donation of fruit leather to the "Walk a Mile in Her Shoes" event held on October 2, 2009. Thanks to the generosity of local and campus organizations such as yours, we were able to raise much-needed funds for Alternatives to Violence of the Palouse, Sojourners' Alliance, the University of Idaho Violence Prevention Programs office, and the University of Idaho Women's Center... Thank you again for your continued support of our programs and generous spirit of collaboration. We look forward to working with you again on future projects!

With gratitude,

The staff of the Women's Center



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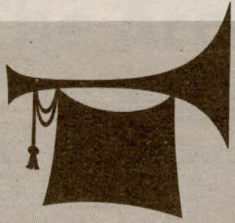
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## Co-op Shoppers Speak Out:

Asked by Ashley Fiedler on January 16, 2010

**Question: Have you voted in the Co-op board elections? If yes, why is it important to you? If no, what can the Co-op do to make it easier for you to vote?**



"Every time. I always do. We are life-time members and have a lot invested in the Coop. We like to be involved. This is our Co-op."

Kate Jaekel, Moscow, organic soap maker, [www.orchardfarmsoap.etsy.com](http://www.orchardfarmsoap.etsy.com)



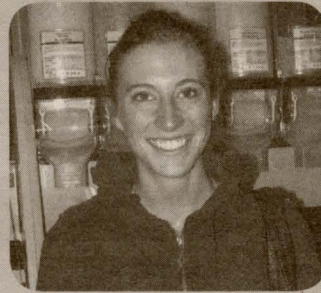
"I haven't, no. I'm relatively happy with how things are going. Nothing stands out that makes me feel like I have to."

MaryAnn Fiorello, Moscow, homemaker



"No. Where do we find out about it? I'd check out the Web site."

Katy Fry, Pullman, Washington State University graduate student



"No. Some sort of knowledge center when you walk in would be good."

Teegan Schoch, Moscow, Student



"No. I don't know anything about it. I'd maybe vote on the Web site."

Bryan Fry, Pullman, English instructor at WSU



"No. I haven't. I guess being more educated about it."

Nancy Charles, Moscow, student



## New Product: Loki Fish Company

by Julie Gardner, Co-op grocery and wine buyer, [winebuyer@moscowfood.coop](mailto:winebuyer@moscowfood.coop)

Another new group of products on the Co-op shelves are the Loki Fish Company canned salmon and salmon jerky. As with the Fishing Vessel St. Jude canned tuna we recently highlighted, this company is based out of Seattle and family-run.

Loki was founded in 1979 by Pete Knutson and his wife, Hing Lau Ng. Today Pete and his older son, Jonah, run their two boats, Fishing Vessel Loki and Fishing Vessel Njord. They harvest wild salmon and halibut from southeast Alaska and the Puget Sound. Their younger son, Dylan, manages their marketing and distribution. Hing manages their office with assistance from Jonah's fiancée.

Pete Knutson was born in Seattle and is a longtime commercial fisherman. He also is

a commissioner on the Puget Sound Salmon Commission and has a Ph.D. in Cultural Anthropology and teaches at Seattle Central Community College. Pete has been active in numerous local marine conservation issues regarding the protection of salmon habitat and sustainable fisheries.

For nearly 30 years Knutson has fished the same stocks of salmon. Although the market for his catch has changed and evolved with the business, careful fishery management has ensured that the salmon are able to return in strong numbers each year. Their southeast Alaska fishery is certified sustainable by the Marine Stewardship Council.

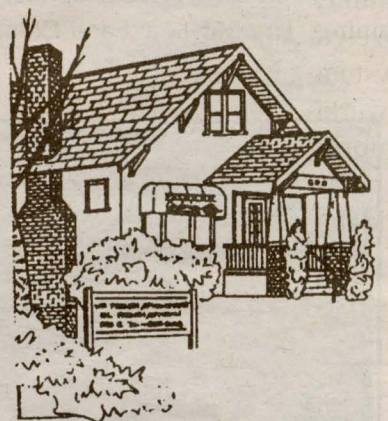
The Co-op is currently carrying both Loki's canned salmon and salmon jerky. Their pop-top cans are a far cry from the salmon

commonly found on grocery store shelves. The key is in their meticulous handling of each salmon from the time it comes out of the water until it is processed. The end result is canned salmon that is fresh-tasting, flaky, and firm. You will taste the difference.

For canned salmon the Co-op is currently carrying 3.5 ounce cans of wild pink salmon packed in organic extra-virgin olive oil and salt, wild pink salmon that is salt and oil-free, and wild Sockeye salmon.

We have both wild Coho salmon jerky in a two-ounce bag and garlic-pepper wild Keta (chum) salmon jerky in a three-ounce bag. It is delicious!

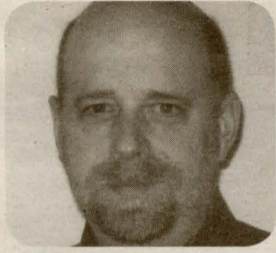
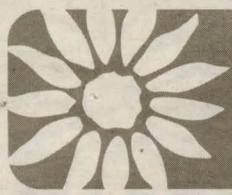
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[dfrench@moscow.com](mailto:dfrench@moscow.com)



## New Co-op Opens in Spokane

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

The country's newest grocery co-op is Main Market at 44 West Main Street in downtown Spokane. Main Market opened their doors January 21, converting a musty Goodyear Tire Store into a snazzy downtown hot-spot.

"We are really happy with the store," said general manager Jennifer Hall. "The greenhouse and low-maintenance gardens look even better than we hoped."

Hall has been working to build a co-op in Spokane for two years. The enterprise was given a big boost by Jim Sheehan, a Spokane businessperson who provided bridge financing for the Main Market start-up costs. That seed-money, along with the contributions of the 600 current member-owners, helped Hall to focus on building relationships, meeting with businesses and community groups and even having parties in the living rooms of charter members to spark interest in the new store. It worked.

When the store opened, Main Market beat their initial goal of 500 charter-members with 600 paid members. Individual memberships are \$180 at Main Market with some options for low-income members and various payment plans. Main Market also raised money with business partner sponsorships—over 35 so far. Of course, this is just a start. Main Market is welcoming new members and expects a boost of interest now that their store is actually running. The Moscow Food Co-op

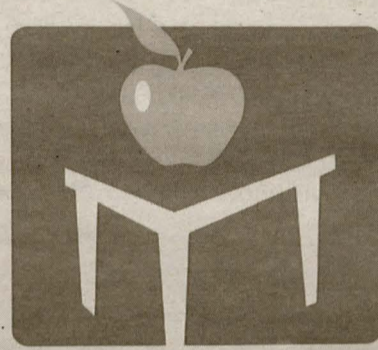
is a significant sponsor.

The newly-hired Main Market managers came down to the Moscow Food Co-op over the last few months to get hands-on experience with the systems and equipment they would use in their new store. Receiving and Maintenance Coordinator Susan Carlsteen picked the brains of Pete Apgar, Joseph Erhard-Hudson, and Sandy Hughes. "I got a lot of great tips. It was great to see how everyone worked together," Carlsteen said. At the Moscow Co-op, over 100 hours of staff time was spent training Main Market staff. More time was spent on-site during the exciting time of actually setting up the new store.

Setting up the store was a big challenge. In addition to some Moscow Food Co-op staff, such as produce manager Scott Metzger and general manager Kenna Eaton, Main Market used vendors, brokers, and volunteers to set-up shelves, stock product, recycle cardboard, and get the store ready. Among those volunteers were Moscow transplants Terry Lawhead and Dorothy MacEachern. Both volunteered to stock groceries before the January 21 "soft" opening of Main Market. Dorothy had some flashbacks to 1980 when she also volunteered at the Moscow Co-op. "We used to get together each week and figure out what the grocery order should be. I remember going to the nearby coffee house and having brownies with the other volunteers."

Moscow Food Co-op kitchen

# main market



COMMUNITY BUILDING  
AT THE TABLE

manager Annie Pollard and bakery manager Hunt Paddison, along with ace Co-op barista Christine Cavanaugh, spent several days on-site in Spokane entering data, working with staff making food, making coffee machines work, and providing support to the new deli. Hall said, "Hunt has stuff in his head that helped us avoid mistakes and saved us hours of time and effort."

The new store is gorgeous. It opens with a spacious produce department and ends with a funky deli seating area. In between are all sorts of artifacts from the old Goodyear store, newly created art from Spokane artists, unique signs, and a children's activity area that mimics the bulk department. It is a really cool store with product selection similar to our store,

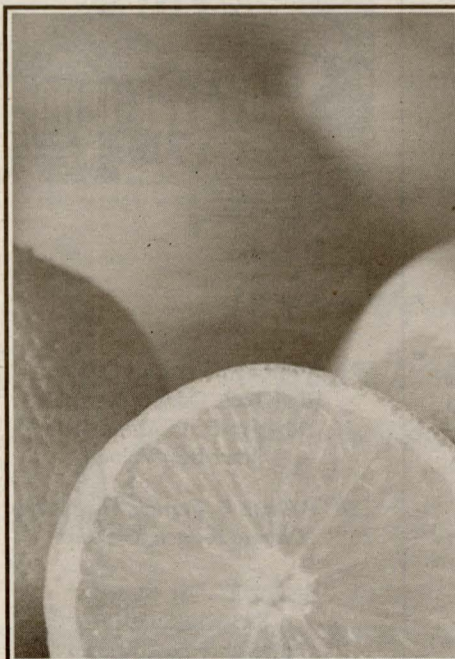
but with some pleasant surprises including local beers and wines, and mysterious doors on the freezer.

"In our downtown neighborhood, few people have freezer space for larger purchases, especially those making direct purchases from producers," Hall explained. "We wanted to give people an opportunity to rent freezer space here, even if they did not buy their side of beef or whatever they need to freeze from us." Other unique features of the store include a large group dining table, a self-service cash register and an amazing rooftop garden.

Pat Coleman, the manager of the roof garden, explains, "We have a great greenhouse on the roof surrounded by a patio. We will be growing some of our own produce, experimenting with different plants and providing some ingredients for our deli." The garden is really cool with all sorts of automatic features for heating, cooling, and watering systems.

After sweating through her store opening, Hall's message to the Moscow Food Co-op was, "Thank you a billion times over!"

The Grand Opening for Main Market will begin February 15 and last five days. In-store samples are on tap, along with tours and discounts. More information is available on their website, [www.mainmarket.coop](http://www.mainmarket.coop).



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## The Arrival of Terminal Gravity and Other Beer News

by Kevin Clegg, Co-op beer buyer, beer@moscowfood.coop

A lot of folks have asked for it, and now finally, I can give some good news: Terminal Gravity beer is coming to the Co-op! This is really exciting for us, because it gives people a chance to support regional brewing.

Terminal Gravity Brewing is located in Enterprise, Oregon, at the foot of the Wallowa Mountains. They have been brewing their classic India Pale Ale (IPA) for many years and distributing it to Portland and western Oregon in kegs. Rather than get too big, too fast, and end up overstretching themselves, Terminal Gravity has followed a slow and steady growth model. After more than a decade of brewing exclusively into kegs, 2005 saw the brewery begin bottling their IPA for distribution. Initially it was their only beer to be bottled, but now they also sell their Extra Special Golden

ale (ESG) in bottles as well. Just this month, both of their wonderful beers will be making the short trek over the border to us here in Moscow. We plan on carrying both here, but they will be limited for a little while because based on all the requests I've heard for it, this beer will sell fast.

Also new this month is Fort from Dogfish Head. Brewed with over a ton of raspberries per batch, and 9 percent of the grist coming from malted wheat, this brew is sweet and tart without being overwhelming. At 18 percent alcohol by volume (a.b.v.), this brew is one of the stronger beers in the world—hence the name Fort—and is in fact the strongest fruit beer in the world.

There are a lot of changes going on at New Belgium Brewing out of Fort Collins, Colorado this year. They are changing their labels for some of

their brews (Abbey, Mothership Wit, and Trippel among others), and coming out with a brand-new beer called Ranger IPA. Rather than being their spring seasonal, Ranger IPA will be a new year-round brew. We should see it arrive sometime mid-February.

Some of you may have seen them in the case already, but recently new are the Sam Adams Imperial Series beers. Averaging 9.5 percent a.b.v., these beers pack a punch that's not likely to be forgotten (unless you have too many!) The beers are new and more complex than the regular Sam Adams lineup and are made with the connoisseur in mind. We currently have their Double Bock, Imperial White, and Imperial Stout.

A new arrival from Sierra Nevada is also in the mix this season. After many years of the same award-winning lineup, in

2009 Sierra Nevada introduced us to Torpedo, their so-called "extra IPA," and Kellerweis, their wonderful Hefeweizen. They show no signs of slowing down in 2010, as they are introducing Glissade Golden Bock as their new spring seasonal. Glissade is the brewery's take on the pale bock style from Germany. Glissade, like all bocks, is heavy on the malt without being too sweet, leading to a slightly spicy finish. We should see Glissade sometime early to mid February. With this being Sierra Nevada's 30th anniversary, 2010 promises to have additional exciting things happening for the brewery: intriguing collaboration brews with Fritz Maytag of Anchor Brewing and with Charlie Papazian, founder of the Association of Brewers and respected home-brewing author.

Until next time, "prost" and drink up!

## Promoting the Art of Tea: The Tao of Tea Arrives at the Co-op

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

Portland's The Tao of Tea was founded by Veerinder Chawla in 1997. Since then, they have opened numerous teahouses and developed a full wholesale line, becoming one of the largest organic tea purveyors in the country. Tao has also helped numerous other tea companies start in the industry.

A little about the tea... Tea (*Camellia Sinensis*) comprises a family of plant varieties. Like grapes, the tea plant has several varieties. The categories of tea (white, green, black, puer, oolong) differ as a result of the oxidization of the leaf. Imperative in quality of all tea is its organic nature and freshness, which is short-lived if not stored properly. Each tea-growing region has native varieties, as well as "clonal" varieties that have evolved over time. The flavor varies among varieties due to season, climate, soil, age, elevation, and manufacturing practices. Most of The Tao of Tea's tea selections come from Asia (India, China, Japan, Sri Lanka, Vietnam and Taiwan).

In all cases, Tao maintains friendships with the growers and supports "old-style" tea-making

methods. Handcrafted teas comprise less than one percent of all tea production in the world. These teas represent traditional skills in tea-making. Specifically, these teas have been made entirely by hand and with the tea farmers' true artisanship. In some cases, the leaf undergoes hand-roasting, sewing, or rolling techniques.

The Tao of Tea offers one of the largest selections of Certified Organic teas in the United States. Their facilities have been inspected and certified to meet all the organic standards. Most of Tao's teas are organic, but a small portion of their teas are not organic. Most of those represent either small growers that do not have the necessary capital to undergo an organic certification process or those where their country's national organic standards are still young and in the process of being formulated.

The Tao of Tea pays some of the highest prices per pound of tea in the specialty tea business, and has pledged to help enhance the role of Fair Trade organizations. On all tea imported into the United States, Tao chooses to pay a premium to tea producers

on top of the market price. These additional funds are managed under supervision of Transfair, a non-profit organization. The intent is to help facilitate democratic working conditions, fair wages, improved housing, health care, education, and empowerment of the workers.

We are carrying the following flavors: 500 Mile Chai, Malty Assam, Chamomile Lavender, Tea Forest Green, Jasmine Pearl, Mango Black, Cape Town Rooibos, Hibiscus Ginger, First

Flush Darjeeling, Bergamot Darjeeling, Genmaicha, Moroccan Mint and Pure Tulsi.

All of the tea is in loose-leaf form, with the exception of the Pure Tulsi, which is in unbleached tea bags

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## Staff Profile: Sean Quallen

by Amy Newsome, Co-op newsletter volunteer

Sean Quallen grabbed a quick cup of coffee before settling in for our interview, and it would soon become apparent why this produce stocker considers caffeine an absolute necessity in his life. In addition to his job with the Co-op, he is a full-time student at the University of Idaho earning a Master's degree in Mechanical Engineering. He graduated with a Bachelor's degree in the same field from the UI in 2009. Sean is also married and has a one-year-old son.

Sean was born and raised in the St. Louis area where much of his family still lives. His mom is a surgical assistant and his dad is a golf course superintendent. Upon graduating from high school, Sean attended the University of Missouri for a couple of years. He has had a variety of jobs, including automotive mechanic, delivery driver, and computer programmer, as well as jobs in retail management, restaurant work, and golf course management.

"I met my wife, Sarah, in 2000 at one of my various jobs. We were married about a year and a



***"In addition to his job with the Co-op, he is a full-time student at the University of Idaho earning a Master's degree in Mechanical Engineering."***

half later, a few weeks after the September 11th attack. We were concerned that people wouldn't be able to fly out to our wedding, but it didn't end up being a problem."

Sarah was born in Moscow. She graduated with a degree in psychology from South Oregon State College (now called Southern Oregon University) before they met. She also became certified in massage

therapy while in St. Louis.

They moved to Idaho in the summer of 2006. Sarah's mom and step-dad had purchased a house in Worley, Idaho, but weren't planning on moving into it for a year and a half. They asked Sarah and Sean if they would like to live in it until then. Wanting to live in the west, they agreed. Sarah taught at the grade school in Worley for a while. She finished a degree in American Studies at the UI this past summer and is now staying home with their son, Julius. They now live in Moscow.

Sean began working in the Co-op's produce department as a temporary employee five months ago, but is now hired permanently. He had always loved the atmosphere and the people at the Co-op and knew it would be a great place to work.

When asked why he chose to study mechanical engineering, Sean replied, "Mechanical engineering has the most flexibility in the engineering field. Electrical and chemical engineering have defined roles, but mechanical engineers can fill

gaps. There's a reason to have one of us around in a lot of different work settings."

I asked him if he liked to build things when he was a kid.

"I did some building, but mostly I would take things apart and study how they worked."

When he completes his mechanical engineering studies, he is open to many job possibilities. He wouldn't rule out working in the automotive industry, and would consider dream jobs as either working with Hollywood special effects or in the sports industry.

A huge St. Louis Cardinals fan, Sean has envisioned improving pitching machines by using a robotic arm and

hand, instead of the usual wheel and chute design. He figures this modification could deliver different pitch styles and offer a more realistic experience.

"I am drawn to the refinement of products more so than the invention of them."

He marveled at the paradox that most parents realize in the first year of parenthood: "Last year has been the longest year of my life, but at the same time it has gone by the fastest."

Julius was an early walker, and, appearing to be mechanically inclined like his dad, gets around many of his parents' childproofing attempts. When they have rare downtime, Sean and Sarah enjoy playing card and dice games together.

With that, our interview was over and it was time for Sean to head back to work in the produce department, but not before fortifying himself with one more cup of coffee.

Amy Newsome can remember when her pre-teen and teen daughters were babies like it was yesterday.

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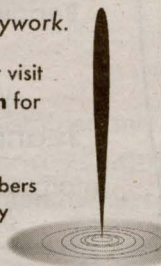
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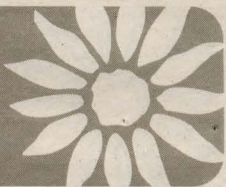
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# Volunteer Profile: Ludmilla Saskova

by Todd J. Broadman, Co-op newsletter volunteer

Ever wonder who volunteers their time to maintain the Co-op's Web site? I was curious and that curiosity led me to Ludmilla Saskova—who goes by her nickname, Lida. Lida has been maintaining the Co-op's site for over a year, adding content, videos, and making it more user-friendly. When I spoke with Lida, she was at her country home in Deary, along with her family and her cats, a dog, and her newest additions: nine chickens.

Talking about the Co-op's Web site led us to through a trail of events and places. Lida comes from a family of artists. "I was 'asked' to leave the Czech Republic, so came to the U. S., traveled coast to coast, and settled in Boston to study film and filmmaking at Boston University." She then set about building her career in filmmaking. Lida was an editor with the station WGBH, the Public Broadcasting Service's single largest producer of Web and television content (prime-time and children's programs). And then for over fifteen years she worked on feature films and television programming for film studios in Los Angeles.

"The schedules were hectic—I worked on films for days at a time with few breaks," said Lida, recalling her work life in Tinseltown. "And then when you finally got a break, you would end up fighting the endless traf-



**"Lida has been maintaining the Co-op's site for over a year, adding content, videos, and making it more user-friendly."**

fic to experience the outdoors." Although she loves the slower pace and wide-open spaces of rural Idaho, she admits to "missing the variety of ethnic food available in L.A."

The search for a more "pastoral life" led Lida here. She began shopping at the Co-op when it was located in the old Kentucky Fried Chicken building. "I am naturally attracted to the community atmosphere, and I feel it is important to support sustainable living practices." Lida has been involved in Moscow's "Buy Local" campaign from its inception.

When she isn't updating the Co-op's website, Lida is kept quite busy with commercial clients in need of Web design services. Lida began working with the Web medium in 1998,

and the company she founded, Buffalo Girls Productions, is a multimedia group of designers, programmers, and filmmakers who design "elegant and dynamic" Web sites and create instructional videos. She credits Robert Dickow, their "programming guru," with much of their success. And as an independent filmmaker, she focuses on documentary work.

Among Lida's accolades, the Idaho Press Club awarded her first place for an online version of the University of Idaho's Programs & People magazine. You can check out Lida's work at: [www.buffalogirlsproductions.com](http://www.buffalogirlsproductions.com) or [www.buffalogirlsdesign.com](http://www.buffalogirlsdesign.com). Also, stay tuned to the Co-op's Web site where Lida (along with Carol Spurling) will soon be adding a blog section for members.

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

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## Local Producer: Amy E's Bakery

by Johna Boulafentis, Co-op newsletter volunteer

Talking about sweets can bring such sweetness to a person's day—well, my day at least. Throughout our interview, Amy Edwards and I shared many smiles and laughs discussing her business, Amy E's Bakery. For the last four years, Amy has provided the Co-op with truffles, and last year she began supplying the store with organic almond toffee and organic peanut brittle. The truffles can be found in the refrigerated case next to the barista bar, and the toffee and peanut brittle near the store's check-out lanes.

Amy started her business in Moscow about six years ago. At that time, she would wake up each morning thinking, "What can I bake today?" and would flip through cookbooks and say, "Ooh, ooh, I'm gonna try this." Since she loved baking desserts and feeding people, she decided to explore her passion and began developing her business. Initially, she made wedding and dessert cakes, but found difficulty in breaking even so she switched over to biscotti and candy. Recently, she legally changed the name from Amy's Cakes to Amy E's Bakery to better represent her operation.

In designing her business, Amy wanted a commercial kitchen separate from her home. She tore down an old garage, moved her garden, and, as a "summer project," built a building behind her house for the business. Amy did all of the construction herself except for the foundation, plumbing, and roofing. She noted that there isn't a ton of room, but ample space for her to create her products, which are certified organic and do not contain corn syrup. In addition to her items at the Co-op, she also makes biscotti, Brazil nut toffee, and cookies.

There's not a typical day at her job. Since Amy is a one-



***For the last four years, Amy has provided the Co-op with truffles, and last year she began supplying the store with organic almond toffee and organic peanut brittle.***

person show and doesn't keep back-stock, when she receives an order, she'll get cooking. She elaborated that "some days are really long, like sixteen hours. Those are a little brutal. And other days I don't make anything at all." In discussing her operation, Amy described the challenges of hand-stirring her pots of toffee and peanut brittle on her stove. She must stir the toffee for 15 minutes to prevent it from burning and the peanut brittle for about 20 minutes after adding the peanuts to prevent them from scorching. After stirring about 100 pounds of peanut brittle, Amy says her stirring arm "isn't too happy." My arm felt tired just hearing about it.

Amy's products are distributed locally in Moscow, Coeur d'Alene, and nationwide through a number of outlets. She works directly with a store in Florida and one in Montana, and last May added 50 stores in California by working with an organic distributor. Recently, BumbleBar added her peanut brittle to their gift packages. I was surprised when she told me

that marketing isn't her specialty and that she just "likes staying in the kitchen." During the time of our interview she was finishing 10,000 candy samples for the Winter Fancy Food Show in San Francisco. One thing is for sure—whatever she's doing in the kitchen is definitely working.

In the near future, Amy will be adding a freestanding, electric "candy kettle" to her operation. It comes with an internal thermometer and an alarm. She hopes this change will increase her production, reduce her hands-on labor, and allow her to multi-task. She also plans to update her website, [www.amy-esbakery.com](http://www.amy-esbakery.com). One day she may

even write down her recipes. Currently, they are all stored in her head!

One of the many reasons Amy enjoys her life as a baker and confectioner is because "it just smells good." Amy is glad that her desserts and candy don't have any "junk" in them. She explained that they must have "real" ingredients, taste good, and they need to be a treat." She further clarified that "treats need fat and sugar." She said that her work is "not gonna change the world, but if it tastes good, and it makes customers happy," then it's worth it. I wholeheartedly agree.

Be sure to check out Amy's products along with other local producers during the Co-op's Taste of Palouse!

Johna loves connecting with the community through hearing stories, especially ones about food.



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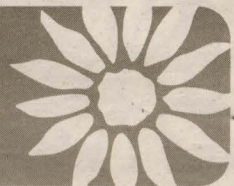


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## The Grass is Always Greener...than GRAS

by Jamaica Ritcher, Co-op newsletter volunteer

I want to feel good about what I eat—to know it's safe and clean and healthy for myself and my family. I imagine you feel similarly. From time to time, I hear about E. coli-contaminated meat, usually ground, and usually associated with a fast food chain. But I don't frequent fast food chains, and I hadn't considered why E. coli outbreaks occur, or how companies attempt to prevent them.

Well, 2010 dawned with some insight from *The New York Times*. According to a Dec. 31 article by Michael Moss, Beef Products Inc. (BPI) developed a process so seemingly effective the United States Department of Agriculture thought BPI probably didn't need to undergo routine safety inspections any more.

BPI's solution? Ammonia. I don't mean they use ammonia to clean the premises, the floors or processing equipment (though they might). According to the article, for much of the last decade, BPI prevented bacterial contamination by introducing ammonia into their ground beef product. Into what consumers eat.

To be fair, according to BPI's website, they're not shooting up beef patties with syringes filled with Parson's. BPI puts their "beef blend" through a "pH enhancement" solution that subsequently forms ammonium hydroxide in "the finished product."

Then we eat it.

Or not. The NYT article alone was enough to turn any realist's stomach. Who wants to consider that their dinner has been swept up off the floor (BPI's "product" is made from trimmings discarded from earlier slaughter), mashed, centrifuged, pH-enhanced and flash frozen? Yet, any one of us who's eaten meat in an airport or a hospital or, until only recently, a public school, has probably had a taste of BPI. BPI's products are used by most "quick service chains," hotel, restaurant and institution suppliers, and food service suppliers. The company estimates their product turns up in about 18 - 20 billion meals per year.

As a culture, very generally speaking, we've become so wary of contamination and, at the same time, so distanced from our food. Perusing BPI's website confirmed this detachment. Nowhere could I find an image of outdoor space, animals, or people. And when was the last time you associated ideas of *nourishment* with terms like "fabrication lines," "establishments," "raw material specifications," "conveyor," "material accumulator," "centrifuge," "pH enhancement" (ahem, ammonia), and—my personal favorite—GRAS (that would be an acronym for *Generally Regarded As Safe*). According to BPI, the beef blend production process—including the use of a product

resulting in ammonia—is GRAS. Hungry yet?

Contrast BPI's list of industrial jargon with a few words I heard in a brief conversation with Brennus, the Co-op's meat department manager: grass (as in grass-fed, not GRAS), animal, muscle, beef (minus the "blend"), shank, grind, here, air, vinegar. Those are words I can relate to. I picture pastures and farm tables at suppertime.

But what about pathogens? What about quality control? Bacteria is no less a concern with Brennus. But consider: the ground beef you purchase at the Co-op is ground on-site, in the meat department. It is ground from the whole muscles of a cow.

This matters because bacteria is a concern on the surface of meat and results from repeated exposure to air. So contamination becomes a question of surface area. If a butcher grinds meat from a lot of little pieces, they deal with a lot of surface area—all those little pieces have sides exposed to air, and potentially, to bacteria.

Brennus avoids this by starting with a large muscle. In fact, 50 lbs of lean ground meat at the Co-op represents beef cuts from 4-6 cows. He rubs the surface with vinegar (of course, this is another sort of pH enhancer—and yes, I've used vinegar to clean—but, well, it's vinegar), then grinds it and wraps it. Air

**“As a culture, very generally speaking, we've become so wary of contamination and, at the same time, so distanced from our food.”**

exposure occurs once.

But the biggest difference, I think, is one of distance. If you're really concerned about quality control, there's no space-age website you have to slog through. Just come into the store and ask Brennus exactly where the ground beef has been. He'll be able to tell you.

Links to article and BPI website:

[http://www.nytimes.com/2009/12/31/us/31meat.html?\\_r=3&hp=&pagewanted=all](http://www.nytimes.com/2009/12/31/us/31meat.html?_r=3&hp=&pagewanted=all)  
[www.beefproducts.com](http://www.beefproducts.com)

Jamaica Ritcher lives in Moscow with her husband and two kids and, after the BPI story, is more thankful than ever for the Co-op.

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## Board of Director Candidate Profiles

by Dena Neese, Co-op board of directors

We are pleased to introduce seven candidates for the four Board of Director seats opening this year. We urge you to read the candidate statements before voting. In their statements/answers, we asked candidates to respond to all of the following questions in 600 words or less:

1. Why are you running for the Board of the Moscow Food Co-op (MFC)?
2. What skills or passions can you bring to the MFC Board that will benefit both the Co-op community and our greater Palouse community?
3. How do you perceive the current role of the MFC in the community? How would you like

this to evolve or change over time?

4. What do you see as the purpose of the MFC Board? Explain the main differences you see between the Board's responsibilities to the Co-op and management's responsibilities to the Co-op.

5. The MFC Board members work in a collaborative environment. Describe your approach to working within a group. How do you reconcile strongly differing opinions?

The Elections Committee has informed all candidates that we encourage them to engage in an open, vibrant discourse during the election season. We discourage candidates from aggressive

electioneering at the Co-op, as well as from distributing leaflets and handouts during the voting period. Interfering with the voting process is prohibited.

### Important election information and dates:

To vote in the Board of Directors election, you must be a member of the Co-op on or before February 28, 2010. On Thursday evening, March 25, from 5:30 - 7:30 p.m., we invite you to attend the CANDIDATE FORUM in the Co-op Cafe. Members of the Elections and Nominations Committee will have prepared questions to ask all candidates (candidates will not receive questions in

advance) and we encourage members to ask your own questions. Voting will take place in the store Thursday, March 25, through Sunday, April 4. Election week will end with a Spring Membership Meeting in the 1912 Center on Sunday, April 4. Further information about voting times and the membership meeting will be provided in the March newsletter.

### Election Dates:

March 25 5:30 - 7:30: candidate forum in Co-op Cafe

Vote Tues. March 25 through Sun. April 4.

### Jaime Bentley:

*Why are you running for the board of the Moscow Food Co-op?*

Food and community have always interested me and been part of my professional and personal life. Since moving to Moscow from a small town in Northern New York, the Co-op has been key in making our new town feel like home and being a part of the board seems natural. I had the privilege of serving on the Potsdam Food Co-op board in Potsdam NY and found it to be very rewarding, I believe serving on the MFC Board would also be a gratifying experience.

*What skills or passions can you bring to the MFC board that will benefit both the co-op community and our greater Palouse Community?*

Primarily, my previous experience sitting on the Potsdam Food Co-op board has given me an understanding of the duties, issues, and time commitment that is expected of a board member. Additionally, my professional experience is rooted in nutri-

tion, sustainability, and overall community health. As a health educator, I coordinated school food service conferences focused on purchasing local foods for 18 school districts in Northern New York. My work required me to manage multi county health campaigns in collaboration with local businesses. My past experiences and my commitment to the community, passion for nutrition, and professional experience as a health educator could benefit the co-op and the greater community by bringing new ideas and support for the initiatives the MFC already implements.

*How do you perceive the current role of the MFC in the community? How would you like this to evolve or change over time?*

In my perception, the current role of the MFC does several things. It makes sustainable, wholesome food accessible to the greater Moscow community, and also serves as a meeting place, educational center, and core of the community. It's

patrons share similar values and enjoy the atmosphere of the store making it a prime location for education and creating a culture and sense of community. As a board member I would support the continuation to offer sustainable healthy foods and products as well as educating and giving back to patrons and greater community.

*What do you see as*



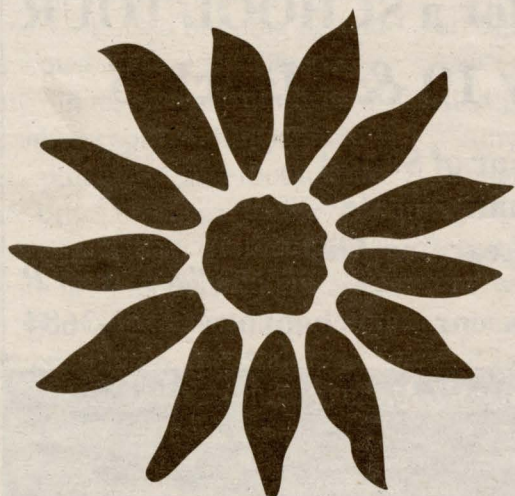
*the purpose of the MFC Board? Explain the main differences you see between the Board's responsibilities to the co-op and management's responsibilities to the Co-op?*

The purpose of the MFC Board is to act as a voice for the co-op membership in a manner that ensures integrity of the MFC mission and vision. I believe it is important for the relationship between management and directors to be open and communicative. The board is there to see the big picture, engage in long term planning, and to ensure the policies are followed. The management is responsible for daily operations and function of the store. As these two roles are highly connected, it is important that each party feels able to voice and listen to the others opinions in order to stay produc-

tive.

*The MFC Board members work in a collaborative environment. Describe your approach to working within a group. How do you reconcile strongly differing opinions?*

In the course of my career I have worked in a collaborative environment with multiple committees and groups. It is important to value and respect all opinions when trying to reach a common goal and when differing opinions are present, it is essential to stay objective, attentive and respectful of each other's ideas. We all have different opinions and the ability to value these ideas, whether you agree with them or not, is necessary in order to accomplish goals.





## Mark Mumford:

Eleven years ago, my wife and I came to Moscow. While Cassie was interviewing for her position at WSU, I spent time in Moscow, trying to decide whether this would be a good place to live. I sat at the (now no longer) Vox cafe observing the life of downtown Moscow. Then Cassie and I visited the Co-op which was on Third Street in the former KFC store. My first cinnamon roll and coffee convinced me that Moscow would be a good place to live. I have been eating cinnamon rolls and drinking coffee at the Co-op ever since. The Co-op has become my second home, my community home. I love this place. A good life in Moscow would not have been possible without the Co-op; Saturday morning breakfasts, Tuesday music, lunches, suppers, good food, great people. Between 2001 and 2004 I served on the Co-op Board. I enjoyed the spirit

of collaboration and the sense of common purpose that motivated the Board. At the time, we were beginning the planning process that eventually led up to the move to the present store. It has been a pleasure to watch the Co-op grow and develop into the wonderful place it is now. I want to rejoin the Board because I care about the Co-op greatly; I care about the people who come here and work here; and I care about my small town and the values the Co-op represents. I am an attorney. I also teach in the College of Business at WSU. I bring to the Board a practical business sensibility and cautious judgment. Business requires a constant eye on the bottom line; careful attention to the market; and care and commitment to service. But the Co-op is much more than a business merely. For me, and for many in the community, the Co-op is an invaluable public place. Much more



than a food store, the Co-op is a locus for the community and an expression of its values. I would like to ensure that the Co-op

prosper, as a business enterprise and as an essential part of what makes Moscow a good place to live.

## Donal Wilkinson:

I am running for the Board of Directors for my third term because the Co-op is my third place. That is, I am here every day, my family is here every day. We purchase our food here, meet up with our friends here, and conduct our business here. My three boys are safe here, and my wife studies for her classes here. The Co-op is the hub of my community and I feel obligated and honored to volunteer my time to serve you, the owner; members of the Moscow Food Co-op.

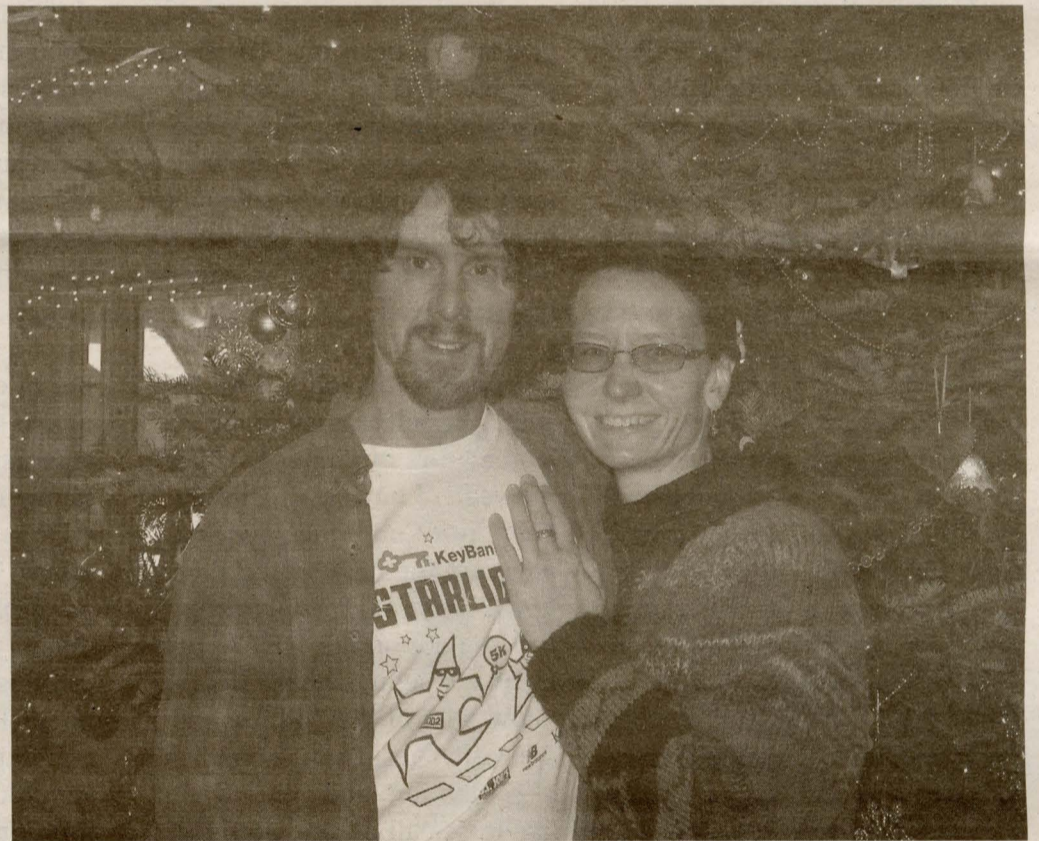
I am running for my third term of the Board of Directors. I have been on the board for the biggest growth period in the Co-op's long and storied history. I have served as the chair of three committees (Membership, Elections, and now the Professional Development committee). I have also served on the Board Policy Development committee, Bylaws committee and the Strategic Planning committee. I have experience in business development, marketing, retail, natural foods, and the environmental ethic that most Co-op members demand. I also bring 20 years of experience in board of directors leadership skills. I am fiscally conservative and progressive with my policy development.

As part of the Strategic Planning committee I spent two and a half years developing

the Co-op's strategic plan that will drive the Moscow Food Co-op to be leaders in our community with respect to food and nutrition, sustainability, workplace practices, education, and buy local community development.

The responsibility of the board of directors is to ensure good sound fiscal management by the general manager and to maintain a positive direction in meeting the goals set by the strategic plan. If you re-elect me I will represent your best interest. I will listen to your concerns and will work hard to keep the Moscow Food Co-op the best food store in town. I will make sure that we continue to be leaders and partners in our vibrant community.

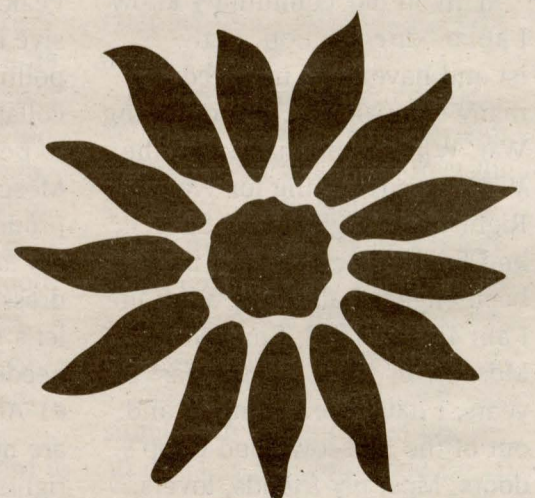
I am currently the Executive Director of the non-profit Adventure Learning Camps. We take children and families on wilderness trips all over the west. My other job is working for the Safe and Drug Free Schools Office at Moscow School District where I work with Jr, High and Sr. High school students in helping them to choose healthy lifestyles. Through that office I also run the Moscow Mentor Program matching adults in the community with children

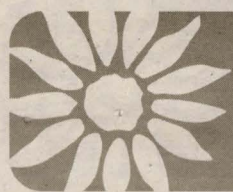


who need more one on one adult time. In my off time I volunteer to be on the board of directors of Audubon, and the Latah County Youth Advocacy council. 100% of my time is spent making our community and the world a better place for all of our children - they are our future.

If you re-elect me as a board member I can assure you that I will work hard to serve you the customer, doing my part to ensure that your shopping experience is the best it can be. You can contact me for more information at 208-310-

3010 or donalwilkinson@yahoo.com.





## Kim Vincent:

Kimberly Vincent, lifetime member of MFC 22+ years. I first joined a co-op in 1977. I worked at an Organic Grocery. Organic, whole foods and giving back to my community are always an integral part of my life.

1. I served on the Board of Directors (BOD) for six years, 5 years as president. During these two terms, the BOD gained maturity and understanding of our roles and how to provide guidance for the General Manager. We no longer spend our time making Policy governance work; it works for us. We have more time for strategic discussions, thus, I recently began Study and Engagement. We discuss a reading each month. I have the lead the board to this point and am excited to be part of this new phase.

2. As a mathematician and long time member of the Moscow community I am able to understand the financial statements and understand the influences of our community on them. I also bring a long term institutional memory that I think is crucial for any board to operate smoothly. It takes experience to help guide new board mem-

bers. Four new directors would slow down progress. Our current vice president never wanted the presidency so we have not trained anyone to take over my duties as president. It is crucial the next president gets trained by the BOD not management.

3. I see the Co-op as a leader in attending to local, organic foods and sustainability. The co-op should educate the community. The co-op should be a democratically controlled enterprise. We have only 2% to 5% actively involved members. This makes it difficult to represent ALL members well. I would like to see better tools in place to understand what more of our members opinions are on some of the tough issues the BOD is faced with.

4. The BOD provides leadership & oversight so that management has guidance and accountability. BOD also provides strategic goals for the management. The management's role is to run the Co-op and tend to everyday operational decisions. For example, the BOD set policies dealing with fiduciary responsibilities and management provides monthly financial statements to the BOD. We set guidelines for product selection while manage-



ment selects the products.

5. Through my job and being president of the BOD, I have learned how to facilitate groups as they brainstorm big ideas, then tend to details. It is important that all members have time to digest the issues and formulate their ideas, before discussion. Giving folks this time and space may mean asking someone to wait. I also ensure all members have an opportunity to speak. Reconciling strongly differing opinions requires a good facilitator. If there is only one dissenting voice I must judge how much time is enough. Occasionally, groups assume that the majority of *time* supporting one opinion is equivalent to majority of *members* support-

ing the position. So it is crucial to allow all members to voice their opinion. If discussion is not making progress then we have choices: 1. Call for a motion. If there is no motion, we table the issue. Freeing valuable time for productive actions; 2. Ask all board members to send their suggestions to the appropriate committee for further research. The committee then sends a report to help clarify; or 3. Try to find a compromise that can bring the divergent ideas to an acceptable solution. What is crucial is to know when we are wasting valuable time and when the discussion has valuable contributions that need to be heard. I look forward to three more years giving back to MFC.

## Cass Davis:

I'm running for the Board because I am an idealist and a reformer. As a Board Member, I can affect positive social change. The Moscow Food Coop is more than a store; it is an important social hub to our community -- a community I hold near to my heart. I am running for the board because I believe a cooperative is a social movement, and social movements, by design, demand our participation. I believe my participation will benefit the majority of Moscow Food Coop Members, Workers and the Moscow Community we all hold so near.

Many in our community know I am a "direct action" activist and have been involved in many campaigns. From opposing War, White Supremacy, and the WTO, to advocating for Woman's Rights, Gay Rights, Free Speech, and Environmentalism, I have been engaged all of my adult life. I am 45 years old. I moved to Moscow in 1984. For the past 25 years, I have been going in and out of the Moscow Food Coop's doors. Most my friends, lovers, and roommates have all been

involved in the coop. Until last July, I myself was an employee (three years in produce). Over the years, I have learned a lot about our Coop: the good, the bad, and the ugly (and the beautiful). From the friendly faces you see out on the floor to the meetings behind closed doors, I know a lot of the politics, and I am ready. Yes, there are issues of contention, and yes, I would like to see all of us -- Member's, Management, and Workers -- all familiar with these issues, engaging in egalitarian debate, and direct action, adapting, and preparing for our future.

The future is a scary place: Peak oil, global warming, excessive overpopulation, Industrial pollution, war, and financial collapse. It's up to us. We need to be creative. Hopefully the Moscow Food Coop will be proudly setting examples for others to follow. No more 'window dressing' and "catch phrases" let's make it real. Reform is needed. Here are 4 examples: #1 "At will" employment policies are not ethical. Workers deserve rights. #2 Affordable shopping, it is unethical to price the poor

out of eating healthy foods. #3 Transparency is extremely important, knowing the whole truth is an issue of good ethics. #4 the labeling of all products with ethical and carbon foot printing, this is key our understanding of the real impacts of our consumption choices. The future may be unpredictable and scary, but we have nothing more to live for. Let's evolve.

The word ethical is the most important part of the Moscow Food Coops Mission Statement. I believe it is a Boards first Priority to protect its Mission. The Board is you, the Coop Membership, and the Board should be at the wheel, steering the car and giving it gas, choosing the direction and how fast to go. Management should be the engine of that car providing a well-lubed fuel-efficient drive. The workers are the gasoline in the tank and rubber on the tires. All parts are equally important, without good systems of checks and balances, we drive



out of control. Status quo hierarchical systems stifle debate and creativity, as a board member I would steer away from centralized power. I have served on other boards, and I know that all voices belong at the table. Often I find myself in the minority, yet I remain resolute to ethical democratic values. I win some; I lose some, and because I know my "agenda" is ethical one I never give up. You shouldn't either.



## Andrika Kuhle:

I am currently a director of the Moscow Food Cooperative Board, appointed in July 2009, and am eager to continue serving.

I am an ardent supporter of sustainable food systems and have two young children who I strive to keep healthy and model wholesome food practices. Community and the ability to support/grow sustainable food systems are important to me, and as a result, so is MFC. The greatest skills that I bring to the board are a willingness to advocate for MFC, think critically, creatively and intelligently, and work well with people. It takes time for a director to become familiar enough with our policies to effectively participate in the board's governing process. My previous MFC board experience is extremely beneficial to keep continuity within our board. I co-chair the Green Commerce Committee with Chris Norden, and am excited about the potential of that committee.

I perceive the Moscow Food Cooperative as a cornerstone of our community. Because the store has grown, it has evolved over time, and will continue to

do so. There is a challenge to serving a greater number of people while staying committed to our core principles and members. Greater numbers of members and shoppers mean that more people are eating high-quality foods, and give MFC leverage to provide goods at more competitive prices. More members also mean greater diversity and differing expectations from MFC, and therein lies potential tension. Over time, I would like to see MFC increase its emphasis on local agriculture. Presently, we rely on a national natural foods distribution network that gives us access to an incredible variety of high quality food at reasonable prices. I would like to see a strengthening of regional food networks emphasizing agricultural goods from more local sources.

The purpose of the MFC board is to provide oversight and direction to the General Manager, who subsequently oversees the store and the specifics of operations. The relationship between the board and the GM should be one of trust and mutual respect. It is the Board's duty to maintain the vision and values of

MFC, making sure it is financially viable while moving in a constructive direction. It is also the Board's duty to recognize that we have talented and extremely dedicated staff at MFC who, in addition to being committed to cooperative values, know the complexities of running our store, and think about its well being continually. There is a balance between trusting our management with the difficult task of running a store responsibly, and the board steering the "ship" to encompass change, while maintaining the cooperative values, and charting the course based on our Strategic Plan.

The MFC Directors MUST work in a collaborative environment. While all board directors love MFC, they don't necessarily share exactly the same vision of what makes MFC wonderful or how to achieve its long-term goals. Subsequently, it is imperative that directors are able to respectfully listen to each other and direct the GM that in a



way that benefits MFC without becoming divisive. The failure of one cooperative (Berkley Food Co-op) began in large part as a result of factions formed within their Board of Directors. We must strive to ensure that conversations about our direction, or changes in policy take place in an honest and respectful environment. I am an excellent listener and swayed by intelligent, rational discussions. To reconcile strongly differing opinions, I try to take a step back from my feelings and listen with reason.

## Gary Macfarlane:

I'm Gary Macfarlane and I have lived in the Moscow area for about 16 years and have been a Moscow Food Co-op member for that length of time. I grew up in Utah where my immediate family was responsible for running my grandfather's fruit orchard after he died. I was an employee of the Co-op for a few years. Currently, I work for Friends of the Clearwater and my job entails everything from fundraising to strategic planning on how to best protect the Clearwater region's public wildlands.

I am running again because I believe in co-ops and the democratic vision they espouse. I would like to see the Co-op even better serve its members, embody democratic decision-making principles, treat employees as equal partners in its mission, and provide food that is produced with the least amount of negative impact on the natural and social environment (organic, local and fair trade). In essence, I would like to see the Co-op use its newly adopted strategic plan as the guiding document for all

decisions.

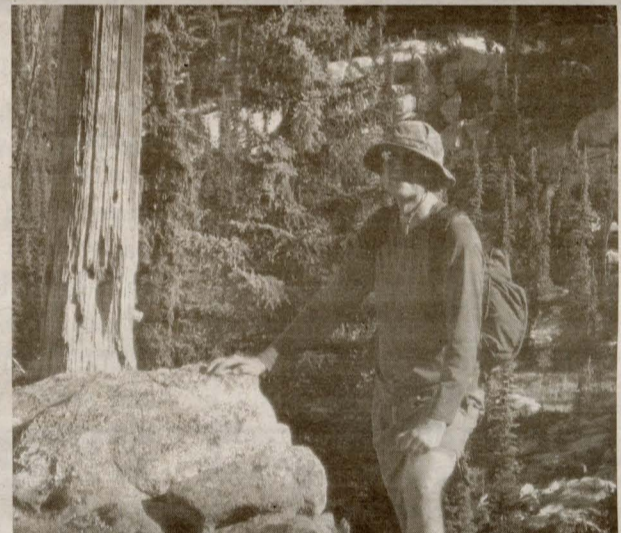
I have served on the MFC Board for one term and would like to serve one more. I believe that my past service on the board and my experience as an employee of the Co-op give me unique insight into the history of Co-op and how it functions. My long-standing environmental organizing and advocacy have taught me organizational skills and given me a strong policy background. I have served on and continue to serve on various boards of conservation groups. My experience growing food also helps me understand the important relationship between the Co-op and local growers.

The Co-op is recognized as providing support to community events and organizations and sponsoring educational programs. These are positive factors in influencing the community and the community's perception of the Co-op. I would like to see the Co-op maintain and increase the excellent educational/community support programs. The Co-op also has the reputation among some people of being an expensive, hierarchical, upper-class food store. I would like to see that perception reformed.

The MFC should become a place where members and the community feel they can obtain healthy food at reasonable prices and where members feel their active participation will shape decisions about the future of the co-op.

The MFC Board is elected to by the owners (members) of the Co-op. Thus it is ultimately responsible and answerable to the membership for the fate of the MFC. The general manager is hired by the board to implement MFC Board policies by dealing with the day to day running of the Co-op. There can be differences of opinion as to roles and responsibilities between the board and management though policies have been developed to minimize any such differences. However, it must be understood that the proverbial buck stops with MFC Board as the elected representatives of the member owners.

It is best for the Co-op Board to work toward mutually agreeable decisions. This is not always



possible. In such instances, a majority vote may be the only option if leaving the issue undecided for the time being is not acceptable. In all instances, the board should seek and encourage member input into the decision-making process.

Finally, members should be actively involved in the decision-making processes that affect the Co-op. A co-operative is a different model than that of a for-profit corporation. Cooperation and democratic decision-making are paramount concerns. So are social and environmental responsibility. In the end, it is up to all of us as Moscow Food Co-op members to determine the future of the Co-op.



## Allergy and Gluten Free: It's What's in the Chocolate

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

It's February, time for love and chocolate—the two things that make the world go 'round!

There is good and bad news about chocolate for those who are allergy-prone. "Chocolate allergy in its true form, that is allergy to cocoa, is something that is possible but is very rare and is virtually non-existent in today's medical literature. When people say they are allergic to chocolate, it is because they are actually allergic to one or more ingredients in the chocolate." ([www.buzzle.com/articles/chocolate-allergy.html](http://www.buzzle.com/articles/chocolate-allergy.html)).

So, the bad news is, there are several ingredients added to chocolate bars and confections that can cause an allergic reaction. Here are some of those problematic ingredients:

**Soy**—soy lecithin is often used in chocolate to keep it solid at room temperature.

**Dairy**—obviously milk chocolate is one variety to avoid if you have dairy allergies, but dairy can also be hidden in regular chocolate.

**Wheat/Gluten**—chocolate manufacturers may add wheat flour as a binder.

**Nuts**—while some chocolates obviously contain nuts, others may be nut-free but still be made on the same machinery as the nutty chocolates.

**Corn**—some chocolates contain high-fructose corn syrup or are processed on machinery contaminated by corn.

**Berries**—berries are usually easy to spot in chocolate candy since they are likely to be mentioned on the label.

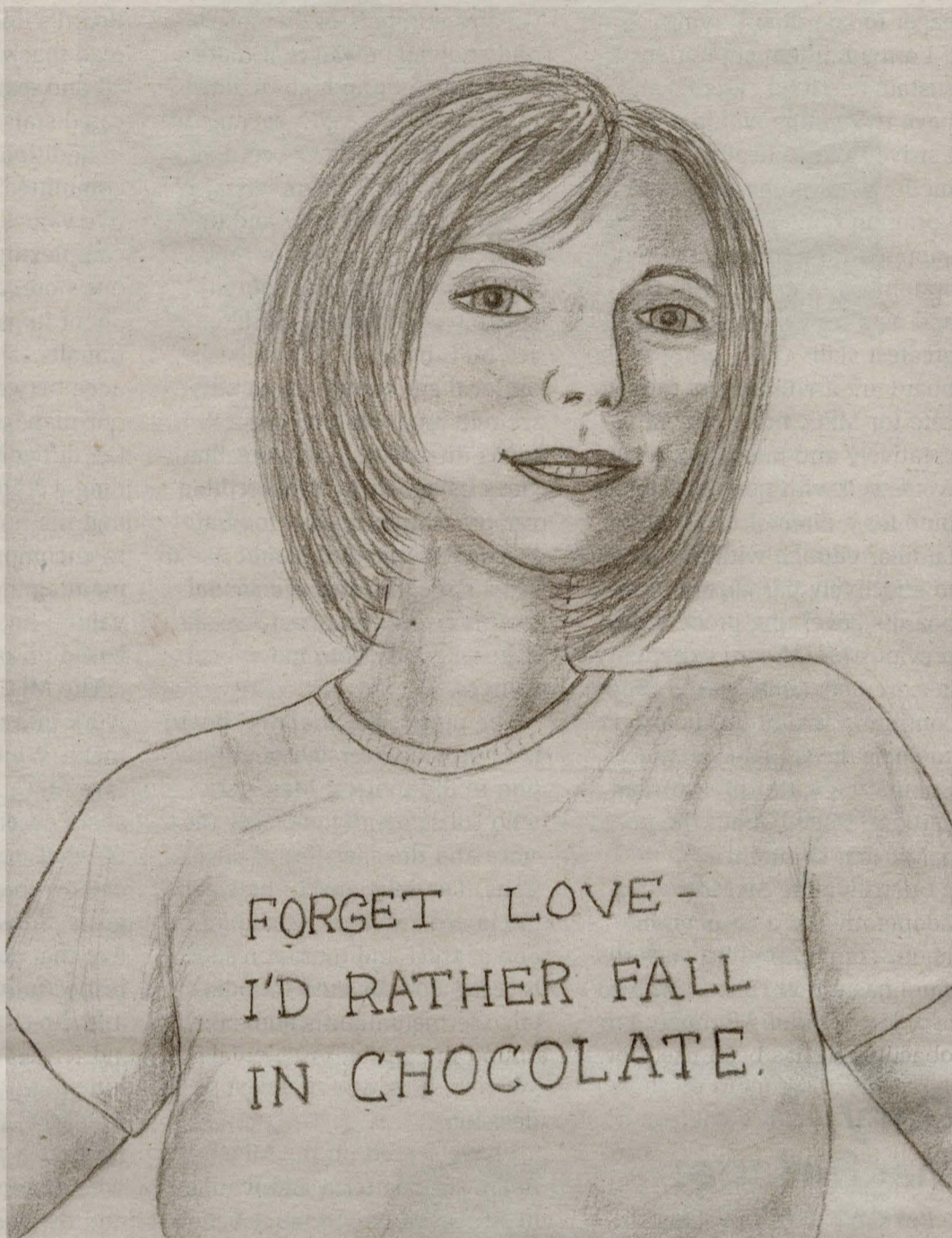
The good news is that the

Co-op stocks several good chocolate treats which are free of most of those allergens. Tropical Source chocolate bars and chocolate chips are gluten and dairy-free. Dagoba Chocodrops are gluten-free. Enjoy Life Soft Baked Chewy Chocolate Chip cookies are free of all top eight allergens. Pamela's Dark Chocolate Chocolate Chunk cookies are wheat, gluten, and dairy-free.

AH!LASKA organic chocolate syrup is free of wheat, gluten, nuts, dairy, and soy. Namaste Chocolate Cake, Chocolate Frosting, and Brownie mixes are free of gluten, corn, nuts, dairy, and soy.

You can also make your own allergy-free chocolate treats to share with your loved ones. The homemade peanut butter cups on this page would be great paired with a Valentine's Day card—delicious for kids and adults alike.

The muffin recipe on this page will satisfy your cravings with a double chocolate hit of cocoa and chocolate chips. They are easy to make and can also be frozen and taken out one at a



time for a tasty snack.

These recipes have a fair amount of sugar, so you wouldn't want to eat them every day. However, chocolate itself can have health benefits. According to Dr. Andrew Weil, "Good dark chocolate (with at least 70 percent cocoa) really is a healthy treat... Chocolate is a source of polyphenols, the same kinds of antioxidants found in red wine and green tea. The fat it contains is mostly stearic acid,

which doesn't raise cholesterol levels. And the flavonoids in dark chocolate are good for the heart" ([www.drweil.com/drw/u/QAA400098/Ideas-For-Healthy-Gift-Giving.html](http://www.drweil.com/drw/u/QAA400098/Ideas-For-Healthy-Gift-Giving.html)). So feel free to enjoy a guiltless bit of daily chocolate.

Terri is looking forward to making and sharing valentines with her preschool classes this month.

### Chocolate Chocolate Chip Muffins

Lisa A. Lundy, *The Super Allergy Girl Allergy & Celiac Cookbook*, [www.thesuperallergycookbook.com](http://www.thesuperallergycookbook.com)

Preheat oven to 350 degrees.

- 2 cups gluten-free flour (your choice or use a blend)
- 2 teaspoons xanthan gum
- 1-1/2 tablespoons baking powder
- 1/2 cup cocoa powder
- 1/4 teaspoon salt
- 1 cup sugar
- 3/4 cup oil
- 6 tablespoons hot water mixed with
- 4 teaspoons Egg Replacer
- 1 to 1/4 cup rice milk or other liquid, more only if needed
- 1/2 to 2/3 cups gluten-free casein-free chocolate chips

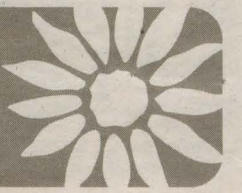
Mix dry ingredients well. Add liquid ingredients and chocolate chips. Mix well. Spoon batter into greased mini or regular-sized muffin tins. Bake at 350 degrees for 15 to 20 minutes or until done for mini-muffins. Bake regular-sized muffins for 25-28 minutes or until done. These freeze well.

### Homemade Peanut Butter or Sunbutter Cups

- 1 (12-ounce) bag Tropical Source chocolate chips
- 24 miniature paper baking cups
- 3/4 cup creamy peanut butter or sunbutter
- 3/4 cup powdered sugar
- 1 tablespoon melted soy-free Earth Balance spread

Chocolate cups: Pour chocolate chips into a microwave safe bowl and heat in microwave until melted. Spread half the chocolate into the little paper cups - coating the sides. Set paper cups into mini muffin pans and cool till solid - about 15 minutes.

Mix peanut butter or sunbutter with powdered sugar and Earth Balance spread. Roll into small balls and place in center of chilled chocolate cups. Press down lightly. Spoon remaining melted chocolate over the top to the edge. Chill for 45 minutes. Store in refrigerator until ready to eat.



## The Alchemy of Food

by Richie Bednarski, Co-op lead cook, deli@moscowfood.coop

Recently, a customer asked me how we cook the pecans used in one of our salads. Having just made the salad, the dry-roasting process we use was fresh on my mind. This sparked an interesting discussion between us. The woman informed me how she soaks pecans overnight in water and whey and then roasts them—allowing more of the nutrients in the pecans to be absorbed by the body. She referenced a cookbook, *Nourishing Traditions*. This conversation inspired me to do my homework. I purchased the cookbook and searched the Internet, learning as much as I could about lacto-fermentation. I saw this as a step closer to controlling what I eat.

Before modern food preservation developed into today's standards, the main method of preservation utilized lacto-fermentation. Lacto-fermentation is the process whereby sugars and starches in food convert into lactic acid by various forms of lactobacillus. It has been used for thousands of years to preserve food. Lactic acid is stable and beneficial to the body because it promotes the proliferation of beneficial bacteria in the stomach. And probiotics in the stomach strengthen the immune sys-

tem. By eating fermented foods, our bodies not only absorb more of the nutrients in the food, but also ingest these healthy forms of bacteria.

Think of cows, with a rumen (or first stomach) used to break down their food—in a sense, lacto-fermentation gives us another stomach, beginning the digestion of the food before we eat it. Lacto-fermentation breaks down food further than our stomachs can, allowing for the absorption of more nutrients.

"The enzymes in raw food, particularly raw fermented food, help start the process of digestion and reduce the body's need to produce digestive enzymes," Sally Fallon writes in *Nourishing Traditions*. By producing less digestive enzymes, our body is able to focus on other things, such as immunity.

The possibilities, I realized, are vast. Sauerkraut, for example, tasty and well known, can be traced back thousands of years. Lacto-fermentation is common around the world; in colonial America, it led to the development of relishes. In Asia, there are kimchi, miso, and tempeh. In India, chutneys accompany most meals. Fermenting goes beyond the use of lactobacilli. Fermented dairy products are as common as

### Sauerkraut

- ▶ 1 large head of cabbage
- ▶ 2 or 3 tablespoons sea salt
- ▶ 1/2 cup whey—which can be extracted from yogurt (see below)
- ▶ 2 - 4 cups plain yogurt

Place yogurt in cheesecloth and hang over bowl for several hours. The liquid in the bowl will be your whey, and the yogurt is now a tangy cream cheese.

Shred the cabbage and place in large bowl. Add sea salt and whey. Add an additional tablespoon of salt if not using whey. Mash cabbage for 10 or more minutes, to release juices. Place mixture in a two-quart mason jar and press down. All of the cabbage should be completely submerged. Add a small amount of water if needed. Close jar and set out on counter for three days. Then place in cold storage. The sauerkraut is good to eat after three days, but best if allowed to ferment for several weeks or months, depending on preference.

cheese, yogurt, sour cream and kefir.

Lacto-fermentation has inched its way into my diet, beyond sauerkraut. Grains contain phytic acid, which inhibits the absorption of many minerals and nutrients. I now soak my porridge overnight in water and whey allowing the phytic acid to break down. According to Fallon, "During the process of soaking and fermenting, gluten and other difficult-to-digest proteins are partially broken down into simpler components that are more readily available for absorption." I also maintain a sourdough culture and yogurt culture.

Lactic acid is in most dairy

products. Whey, the yellowish liquid that gathers on top of yogurt, is a perfect source for lactic acid. Better yet, buttermilk is one of the most potent sources of lactic acid available. Furthermore, lemon juice serves as the perfect substitute for those who are lactose intolerant.

The recipes found in *Nourishing Traditions* make lacto-fermentation simple enough for the home kitchen. With a few simple supplies such as mason jars, a potato masher, creativity, and experimenting, you can begin fermentation. And when it comes to lacto-fermentation, the choice is clear. Healthy, sustainable, and fun for all ages!

## Co-op Crossword Puzzle

by Craig Joyner, Co-op newsletter volunteer

### ACROSS

1. last month's profiled employee, 1st name, last is 1 down
8. Homer's epic
9. draft animal
10. vigor
12. newsletter cover star Michael \_\_\_\_\_
14. indefinite article
17. the language of Kathmandu
20. Co-op Board vice-president, 1st name, last is 20 down
21. military branch
22. single
23. beehive state, abbreviated
24. body art
26. metric measurement, abbreviated
28. goat cheese
29. 50th state java
31. last month's Dime in Time recipient, last word, 1st word is 16 down
34. victory
35. music master
36. bring your own and get or donate a dime
38. cola

39. the voice of Radio Free Moscow, \_\_\_\_\_ Robartes
40. last month's profiled volunteer, 1st name, last is 15 down

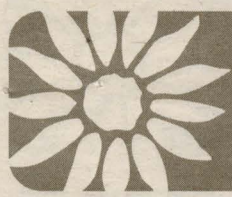
### DOWN

1. see 1 across
2. Above the \_\_\_\_\_ Gallery
3. fifth largest state, abbreviation
4. imbibe
5. the eternal principle of the universe that transcends reality and is the source of being, non-being, and change
6. Eric or lazy
7. fire
9. preposition
11. lethargic
13. friendly cleaning powder Bon \_\_\_\_\_
15. see 40 across
16. see 31 across
18. evening
19. miniscule
20. see 20 across
25. consumed
27. Brown \_\_\_\_\_ Yogurt
28. apple

|    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|
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| 23 |    |    | 24 | 25 |    |    | 26 | 27 |    |
|    |    | 28 |    |    |    |    | 29 |    | 30 |
| 31 | 32 |    |    |    |    | 33 |    | 34 |    |
|    | 35 |    |    |    | 36 |    | 37 |    | 38 |
| 39 |    |    |    |    |    |    | 40 |    |    |

30. seaweed
32. poem
33. colonialism in India
37. ancient Chinese game

Craig's alter ego is an Erisian High Priestess.



## Veganesque: Don't Worry, Eat Chocolate

by Caitlin Cole, Co-op newsletter volunteer

Rejoice plant eaters—the cocoa bean is a vegan superfood. It is surprising to me how healthy these little nuggets are. But what about its by-product, chocolate? Is chocolate always vegan, and is it always healthy?

There is healthy and unhealthy chocolate. The kind of commercial chocolate that is frequently found in vending machines and children's trick-or-treat bags is not healthy and usually not vegan. This past Halloween I found that out for myself by over-indulging in my children's large stash of candy. The healthiest chocolate is dark chocolate simply because it has a much higher content of cocoa instead of the milk that is added to milk chocolate. When seeking the health benefits of chocolate choosing a dark chocolate with a high cacao content is best.

I am sure I don't need to convince most of you that eating chocolate is a delicious, creamy, and occasionally sublime experience, but what are the health benefits? This wonderful seed that comes from the weird-looking oval pod of a tropical evergreen plant is loaded with polyphenols. According to the Center For Human Nutrition and many other studies, these powerful



antioxidants prevent free radical damage to our cells and have been shown to: improve blood flow and elasticity in blood vessels; lower blood pressure; improve inflammatory immune response; and increase alertness, lessen pain, and promote a general feeling of well-being.

The USDA did a study of foods and rated them with a score according to their level of antioxidants. Chocolate was far and away the winner, beating out such foods as blueberries and spinach (see [www.grinningplanet.com](http://www.grinningplanet.com) for more information).

A study performed at the Karolinska Institute in Stockholm and appearing in the Journal of Internal Medicine in September 2009 found that survivors of heart attacks who ate chocolate at least two or three times a

week had one-third the cardiac deaths compared to survivors who did not regularly eat chocolate.

But what about the fat, you may be asking. Chocolate contains three fats. The first is oleic acid, which is a healthy mono-unsaturated fat that is also found in olive. Cocoa also contains stearic acid, a saturated fat but one which research shows has a neutral effect on cholesterol. The third fat is palmitic acid which has been shown to raise cholesterol. Which means that two-thirds of the fat found in chocolate has a neutral effect.

Of course while enjoying chocolate for health or taste benefits, it would behoove you to be mindful that chocolate is a high calorie food. I recently began enjoying a small amount of high quality dark chocolate in the mid-afternoon when I am tired. Sometimes I eat this pick-me-up chocolate with a few almonds. I eat about 200 calories worth so I have had to increase my exercise routine (dancing to the oldies on the radio with my kids each day) by about twenty minutes. Boy, is it worth it to me!

Have you seen the enormous amount of chocolate the Co-op offers? I like the lavender bar that Dagoba makes and also the Cowgirl Chocolate dark spicy truffles. Come on, don't worry, eat chocolate! You can get some great anti-oxidant health benefits by enjoying the recipes below.

Caitlin Cole wishes her Co-op community lots of love on Valentine's Day.

### Vegan Love Truffles

- ▶ 3/4 cup cashews
- ▶ 3/4 cup cold water
- ▶ 1 pound bitter sweet chocolate, high quality (I recommend Scharffen Berger 70 percent cacao bar)
- ▶ cocoa

Put cashews and cold water in blender and blend for 1 to 2 minutes. This may seem like a long time. Scrape down sides, then blend again until the mixture is like heavy cream. Meanwhile melt chocolate in double boiler in glass bowl set over saucepan of boiling water. After chocolate has melted and cooled, fold in the almond cream, stirring slowly so as to avoid making bubbles. Refrigerate for two hours to set. Form into small balls, either using your hands or a melon baller, and roll in cocoa. Chill until ready to eat.

### Spicy Cocoa

- ▶ 2-1/2 cups soy or almond milk
- ▶ 2 tablespoons cocoa
- ▶ 2 tablespoons sugar
- ▶ 1/2 teaspoon vanilla extract
- ▶ pinch cinnamon
- ▶ pinch cayenne pepper

Combine all ingredients in saucepan and bring to a simmer over medium high heat. Stir with a whisk until frothy.

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## Into the Cupboard: Chocolate is the Issue

by Ivy Dickinson, Co-op newsletter volunteer



Everyone loves brownies! From left to right: Ian McMorrow, Audrey McMorrow, Karen Chojnacki, Nick Chojnacki, and Ken Clark.

Chocolate is absolutely one of my biggest vices. I usually don't have the willpower to turn down any chocolate, but I like it best in a plain, dark, unadulterated form. As Harold McGee writes in *On Food and Cooking*, "Chocolate is one of our most remarkable foods." Not a lightly made claim, as this substance that comes from the bitter seeds of a tropical tree and develops a rich and complex flavor after roasting and fermentation can actually be likened to fine wine. The richness, however, is not where the similarities end. Chocolate, like wine, takes on certain characteristics of the region where it was grown. Several chocolate manufacturers highlight these attributes by developing a line of single country of origin chocolates, where each bar is made from the cacao grown in a single country or region. This allows you to compare side by side the varied taste that can be imparted by a patch of earth.

Chocolate also has a long and distinct history. It originated in the river valleys of equatorial South America, where the moist pulp from the cacao pods was consumed by the Olmecs for nutritional purposes. The Olmecs have been credited with first cultivating cacao and then introducing it to the Mayans, who made it into a drink imbibed by royalty and served at religious ceremonies around 600 B.C.E. Spanish explorers started to spread news of this drink throughout Europe, where it was consumed only as a drink for several centuries.

The 19th century Dutch were the first to press the cacao bean to extract cocoa butter, paving the way for chocolate confections of the future. An English inventor of the late 1800s made the first solid eating chocolate, and within a few years, the Swiss were able to refine the texture and create the first milk chocolate.

My first recipe is one of the most decadent brownie recipes I have ever made. It is dense and incredibly moist, with a very slight hint of coffee flavor. I made these for a social gathering, and we ate them still slightly warm with a small scoop of vanilla ice cream. It was heaven.

I tried the balsamic chocolate truffle recipe below when my friend asked a group of her friends to bring an assortment of truffles to her wedding in lieu of a cake. The sheer number and assortment of chocolates at this wedding was astounding, and tasting a handful of them was a riot. I definitely didn't get a chance to try all of them—I would probably still be sick from the attempt—but these were definitely a top favorite.

For those faithful readers out there, the sunchoke pickles turned out great (a little spicy even), but Ivy still prefers a good solid cucumber pickle any day. Please direct all chocolate-related questions and comments to [ivyrose7@hotmail.com](mailto:ivyrose7@hotmail.com).

### Mocha Brownies

- ▶ 3/4 cup unsalted butter
- 5 ounces unsweetened chocolate, coarsely chopped
- 2 cups sugar
- 1 tablespoon instant espresso powder or instant coffee granules
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 4 large eggs
- 1 cup all-purpose flour
- 3/4 cup semi-sweet chocolate chips

Preheat oven to 375. Grease an 8 by 11-inch baking pan generously with 1 tablespoon butter.

Melt remaining butter with unsweetened chocolate in a large metal bowl set over a pan of barely simmering water, stirring until smooth. Remove bowl from heat and whisk in sugar, espresso powder, vanilla, and salt (mixture will be grainy), then add eggs one at a time, whisking after each addition until batter is smooth.

Toss together flour and chocolate chips in another bowl and add to batter, stirring until just combined.

Spread batter evenly in baking pan and bake in middle of oven until top is firm and edges just begin to pull away from sides of pan, about 30 minutes (do not overbake).

### Balsamic Chocolate Truffles

- ▶ 2-1/4 cups heavy whipping cream
- ▶ 9 ounces high-quality bittersweet chocolate (70 percent cocoa), chopped, divided
- ▶ 1 tablespoon plus 1/4 teaspoon aged balsamic vinegar
- ▶ 8 ounces high-quality bittersweet chocolate (70 percent cocoa), chopped
- ▶ chopped toasted salted hazelnuts

For the truffle base bring cream to simmer in heavy small saucepan. Remove from heat; cool to lukewarm (approximately 10 minutes) then stir in the balsamic vinegar. Meanwhile, stir 7 ounces chocolate in metal bowl over saucepan of simmering water until smooth. Remove from heat. Add 2 ounces chocolate; stir until smooth. Stir in cream. Chill truffle base until firm enough to roll, about 3 hours.

Line rimmed baking sheet with waxed paper. Roll 2 teaspoons truffle base between fingertips into ball. Transfer to prepared sheet. Repeat with remaining truffle base. Chill until firm, about 1 hour.

Line another rimmed baking sheet with waxed paper. Stir remaining 8 ounces of chocolate in metal bowl over saucepan of simmering water just until melted. Remove from heat. Cool slightly.

Scoop some of warm (not hot) melted chocolate into palm of hand. Place 1 chilled truffle in hand and roll in palm to coat, then roll in toasted hazelnuts (it can be helpful to have two people for this step; one to roll the truffle in the melted chocolate, on to roll the truffle in the hazelnuts. Transfer to prepared sheet. Repeat with remaining melted chocolate and truffles, re-warming chocolate if necessary. Chill until firm, about 1 hour.

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## Love Your Locals This Valentine's Day

by Joan McDougall, Co-op grocery manager and Buy Local Moscow representative

A fun—and easy!—opportunity to "Love your Locals" this Valentine's Day is planned for Wednesday, February 10, at Mix, the martini bar located next to Kinkos in the Eastside Marketplace. An evening of fun and fund-raising from 6 - 8 p.m. is on the agenda, with members of the Buy Local Moscow steering committee (me too) stepping up as "celebrity" servers to keep

the party lively.

Mix will donate a portion of the drink sales and tips from the evening to Buy Local Moscow to further our mission of supporting the town's locally-owned independent businesses.

The Buy Local "celebrity" servers will be debuting our soon-to-be-famous uber-hip t-shirt bearing the slogan, "Love your Locals." These shirts and Buy

Local Moscow reusable shopping bags will be available for purchase at the party. You will want one of each, for sure.

More than 100 Moscow businesses, including the Moscow Food Co-op, have joined Buy Local Moscow since the organization was formed in 2006. The businesses are profiled on the website, [www.buylocalmoscow.com](http://www.buylocalmoscow.com).

The mission of Buy Local Moscow is to showcase and to support the locally-owned independent businesses of the community. Moscow continues to be a vibrant community because these businesses reinvest their profits locally, donate consistently to local programs, maintain diverse product choices, and strengthen Moscow's unique character.

## University of Idaho Begins Food Composting

by Jeannie Matheison, UI Sustainability Center

At the University of Idaho Commons food court, disposable plastic utensils are being replaced with compostable "spud ware," potato starch-based utensils. Also, sugarcane-fiber plates and paper-based to-go clamshells are replacing Styrofoam products that could only be tossed into the trash bin.

Campus Dining, in collaboration with the university's Sustainability Center food system subcommittee, is systematically replacing disposable, single-use

food service products with serve ware that is reusable, compostable or recyclable. So, when grabbing that bite to eat at the Commons, customers will find nearly everything on the tray is now compostable or recyclable with the exception of straws, pop and coffee cup lids, chip bags, ketchup packets, and dipping sauce cups.

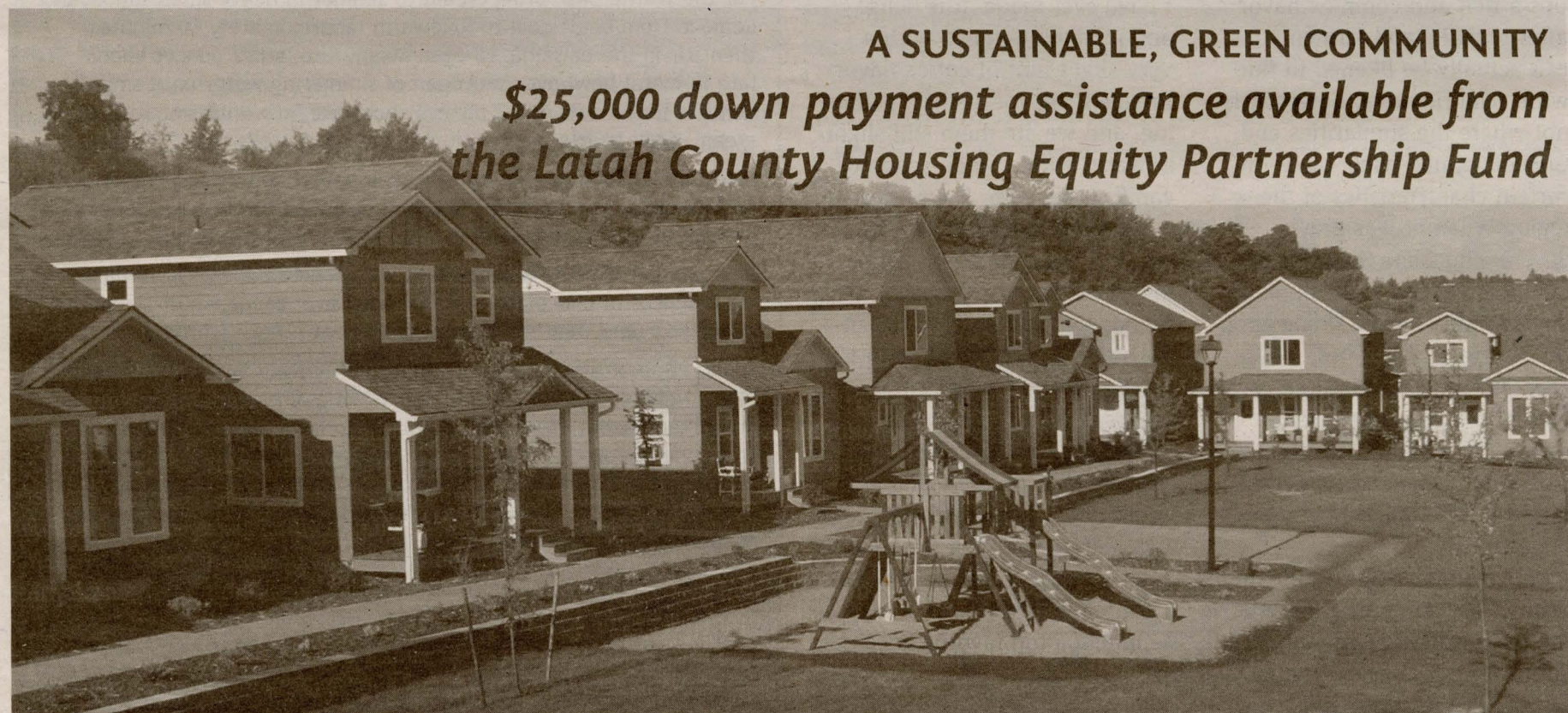
"We have worked for two years to set up composting for Campus Dining on campus, and everything is now coming together,"

said Darin Saul, Sustainability Center director. "All pre- and post-consumer food waste from Campus Dining, including Bob's, the residence halls cafeteria, will now be composted. This will amount to 70 - 100 tons of food waste being composted rather than thrown away, and should amount to approximately a 90 percent reduction in waste from Campus Dining."

Embracing a zero-waste philosophy, the success of the composting program relies on every-

one's willingness to properly sort leftovers. Volunteers will be on hand in the food court to educate customers and demonstrate how to sort materials into recycling, composting, and garbage containers.

To become a food court volunteer helping customers sort leftovers into recycling, composting, and garbage bins, contact Andy Carman at the Sustainability Center at (208) 885-0125 or [uisc@uidaho.edu](mailto:uisc@uidaho.edu).



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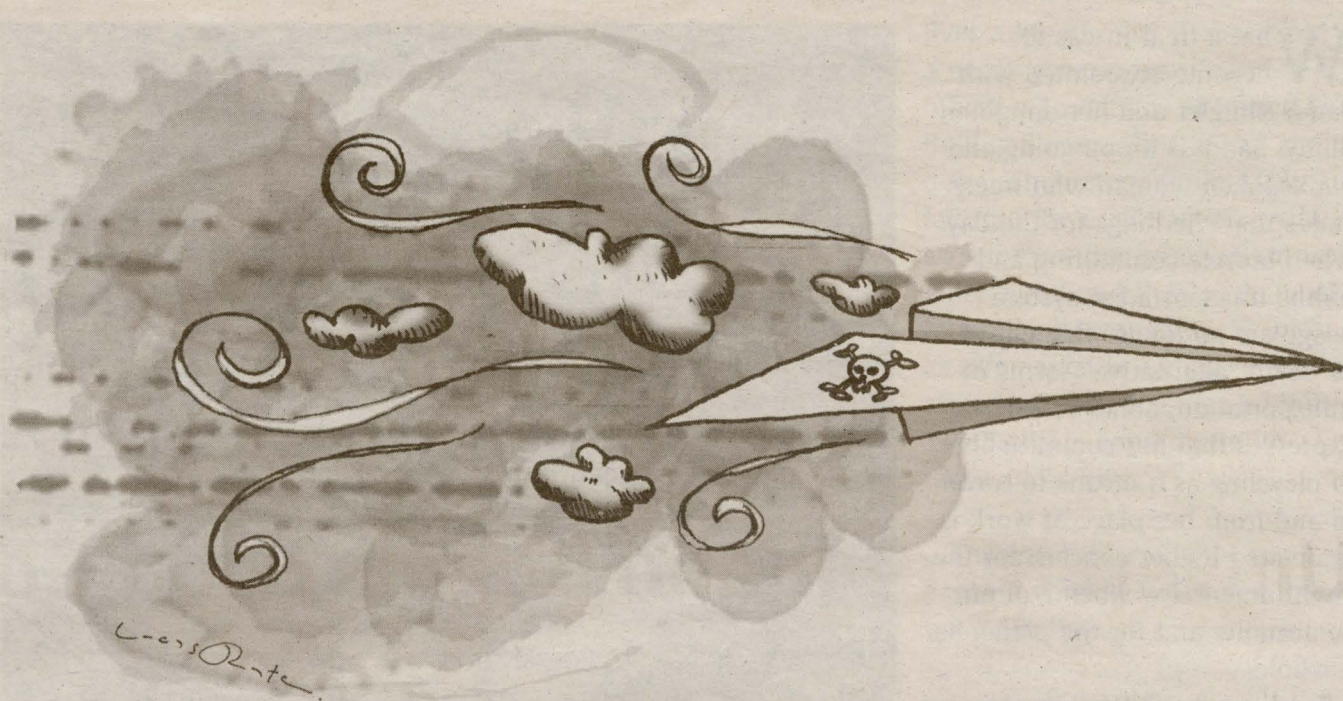
## Magazines and Trees!

by Andy Boyd, Co-op newsletter volunteer

Paper, it's made from trees. Okay, it can be made from other plants as well, but our corporations and government have not developed the infrastructure, created the subsidies, or, in some cases, made it legal, so we are stuck with trees for now. Since we all use paper in our daily lives, it makes sense to attempt to reduce the impacts of making paper from trees as much as possible.

A short background in paper-making will help in better understanding its impacts. Paper is made from a mix of hardwoods, softwoods, tall trees, old trees, young trees, thin trees, and sometimes chips and sawdust. According to Conservatree.org, nearly half of the trees cut in North America go to papermaking. And although the paper industry refers to trees as a "renewable resource," the lands that were once forests often become plantations for the paper industry that are intensively managed using pesticides, herbicides, and fertilizers—and no longer contain the diversity of the forests they replace.

The papermaking process is no friend of the environment either. The biggest environmental hazard associated with papermaking is the bleaching process. Virtually all commonly available paper products, even many recycled-content papers, are bleached using chlorine-based chemical compounds. When chlorine is combined with wood, it produces by-products called chlorinated organic compounds, including dioxins. These are released into our waterways, where they do not break down. The Environmental Protection Agency labeled dioxin "the most potent carcinogen ever tested in laboratory animals" and further research has linked dioxins to endocrine, reproductive, nervous, and immune system damage. When fish eat materials contaminated with dioxins, it bio-accumulates in the fatty tissues of fish, sea birds, and mammals, traveling up the food chain. The average chlorine-based pulp mill releases 50 million gallons of toxic water every single day and in America there are over 80 of these mills. While pollution prevention can significantly reduce the emission of these toxins, it does not eliminate



them. Ultimately, the industry needs to move towards oxygen-based bleaching compounds that require far less water, and produce virtually no pollution.

Even though some recycled-content paper uses chlorine bleaching, it requires less bleaching than virgin paper. Purchasing recycled-content reduces other environmental impacts. An EPA study concluded that using one ton of 100 percent recycled-content paper saves 4,100 kilowatt hours of energy, 7,000 gallons of water, and keeps more than 60 pounds of pollution out of the air. Paper industry representatives have estimated that one ton of recycled paper saves approximately 17 trees.

With this information in mind, I want to bring the conversation to magazines, as the title of this article mentions. United States magazine production uses more than 2.2 million tons of paper every year, primarily made from virgin fiber, equaling 35 million trees per year. Less than five percent of magazine paper has any recycled content. Approximately 90 percent of all magazines are discarded within one year of publication with only 20 percent being recycled. Overproduction of magazines is yet another problem, as publishers want to maximize advertising rates and distributors don't want empty magazine racks.

So what can you do to reduce this impact? Well, assuming you are a magazine reader, you can start by reading only magazines with recycled content. If your favorite magazine is not made with recycled-content paper, contact the publisher asking

them to change this practice and let them know you will no longer purchase their product. You could also read your favorite magazine(s) at your local library, reducing the need for printing so many issues while saving you money. And make sure you recycle your magazines, or better yet, pass them onto a friend so they are read many times before recycling.

For more information about this topic visit [paperproject.org](http://paperproject.org), [conservatree.com](http://conservatree.com), or [mindfully.org/Sustainability/Magazine-Environmental-Impacts.htm](http://mindfully.org/Sustainability/Magazine-Environmental-Impacts.htm). These sites were used in the writing of this article and these groups are committed to helping magazine publishers adopt environmentally preferable printing and distribution practices.

**“According to Conservatree.org, nearly half of the trees cut in North America go to paper-making.”**

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.

### Attention Latah County Residents!

Starting January 1, 2010 the following computer electronics **must** be recycled at Moscow Recycling:

**TVs, Monitors, Laptops & CPUs.**

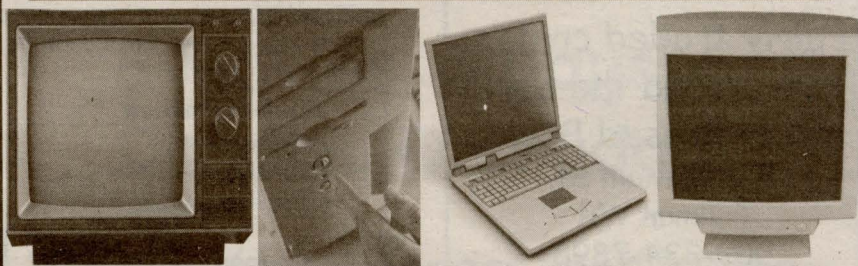
For residents of Latah County, this service is free.

Businesses, schools and organizations must recycle these items at 20 cents/lb.

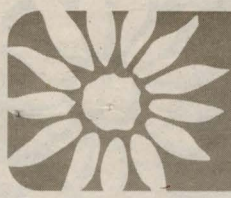
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## Alternative Transportation: Sandi and Molly Klingler

by John Dunn, Co-op newsletter volunteer

What a treat it was to become acquainted with Sandi Klingler and her daughter, Molly. Sandi is an outgoing and plainspoken woman who freely states that she longs for the day when bicycle commuting and public transportation system usage are no longer thought of as being "alternative" forms of transportation. Sandi openly expresses that her commitment to bicycling as a means to travel to and from her place of work is motivated by her concern for the environmental wellbeing of our community and for the planet as a whole.

Sandi works at Washington State University and commutes by bicycle exclusively in the summer months. As the weather changes with the seasons, her means of transport transitions to the busses that run between the Moscow and Pullman communities. In the winter months, she uses her car once or twice per month and only when her schedule demands. She expresses that using the car leaves her with a feeling of guilt and serves to build her need to commute using only her own body-generated power.

Hailing from Wenatchee, Washington, Sandi has lived in Moscow for the past 32 years. Her affinity for the casual pace of life in Moscow combined with the multitude of community events available here on a year-round basis is so complete that she proudly proclaims herself to be a Moscow native. It is the aforementioned casual pace of life that allows her to experience the joy of slowing down. Sandi states that giving herself the opportunity to enjoy the sights, sounds, and smells of the Palouse is good for her soul. It is a joy she shares with five-year-old Molly, and her ongoing goal is to nurture Molly's appreciation



Sandi and Molly Klingler. Photo by Jackson Dunn

of the beauty that only ample time outdoors can bring her. Molly's rides with her mother began at an early age and she is now riding behind Sandi on a tag-along bike. In fact, Molly completed her first ride from Moscow to Pullman this past autumn and is looking ahead to more of the same as the Palouse winter gives way to the upcoming spring.

Sandi is by no means reluctant to try new and different commuting methods. She rollerblades on the bike paths occasionally and has even skied to work when snow conditions allow. Obviously, the current El Nino winter hasn't allowed the opportunity as yet, but hope springs eternal. She relates a story from a couple of years ago when she got up at 4 a.m., proceeded to get ready for work, and left for WSU on her cross country skis by 5 a.m. Three hours later, she arrived at work exhausted. Sandi keeps her eyes open and her

senses alert to see the wildlife along the trails and to experience rare events, such as the time she witnessed the birth of a calf on the trail. Perhaps it is this attitude toward remaining open to new ideas and approaches to the daily commuting problem that allows Sandi to experience the joy of being immersed in nature on a daily basis.

Sandi expresses great appreciation for the Moscow community and the wonderful network of friends and family that have kept her going. She also wants to state that her friends and family deserve to be recognized. In Sandi's words, "They're part of the reason I'm able to maintain this 'alternative transportation' lifestyle because they help me get Molly where she needs to be while I'm getting me to where I need to be."

As always, and as winter begins to wind down, if you are looking for bicycle- and/or commuter-focused events, check

*"Sandi freely states that she longs for the day when bicycle commuting and public transportation system usage are no longer thought of as being "alternative" forms of transportation. Sandi expresses that her commitment to bicycling as a means to travel is motivated by her concern for the environmental wellbeing of our community and for the planet as a whole."*

out the following Web sites for information regarding community events:

- <http://www.bikemoscow.org/announcements.asp>
- <http://villagebicycleproject.org/>
- [www.pcei.org/](http://www.pcei.org/)
- <http://www.wheatlandexpress.com/commuterbus.html>
- <http://users.lewiston.com/valleytransit/>
- <http://www.palouserideshare.org/>

John Dunn is a Latah County resident. He just returned from Ecuador where he took advantage of the country's phenomenal bus system.

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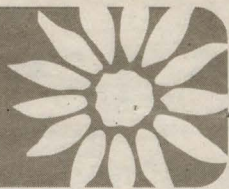
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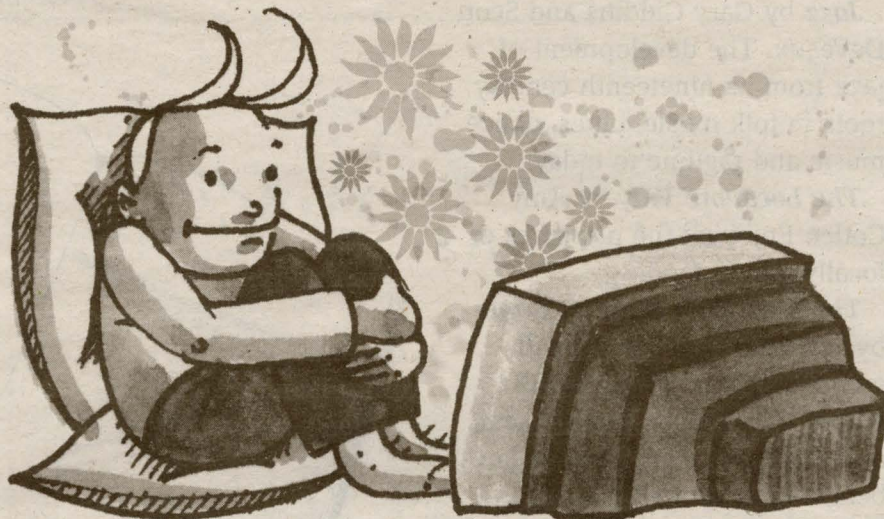
## Fun Flix

by Bill London, Co-op newsletter volunteer

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

**Sweet Land**....This 2005 film is a delightful love story set in rural Minnesota during World War I. A mail-order bride arrives for a Norwegian bachelor farmer (does this sound like Prairie Home Companion?). The big problem, however, is that she's German, and the United States is at war with everything German. The local Lutheran church, and the community, shun them, but love conquers all. It's a sweet tale, rated PG, but appropriate for family viewing.

**Paper Heart** ....Charlyne Yi and Michael Cera (at the time, a couple) created this fun hybrid documentary/comedy in 2009. The documentary portion refers to Charlyne's road trip to dis-



cover what love is all about. The comedy is the story of the romance that flowered with Michael Cera. Together, this film is extremely creative. Especially delightful are the little puppet skits scattered throughout. This film really works because Charlyne is so adorable with her chipmunk cheeks and big black

glasses. The film is rated PG-13 for no good reason.

**The Girl in the Cafe**...This 2005 film from HBO (made for TV) retells the old story of two shy strangers who meet each other and find love. Lawrence

lives a life of quiet desperation, a nerdy government financial officer who dreams of joining the Rolling Stones. Gina is shy and quiet. Their story could easily fall into the easy trap of syrupy sweetness - but an excellent witty script and their pathetically bumbling nervousness, as well as a remarkable ending, make it an inspiration. The film is rated TV-14 and is appropriate for teens and adults.

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

Bill London edits this newsletter and welcomes all the subtle and tender hints of spring.

## Moscow Renaissance Fair Poster Contest

by Marc Fleisher, Fair Publicity coordinator

The 37th annual Moscow Renaissance Fair is coming to East City Park in Moscow on May 1 and Sunday, May 2. The only self-sustaining festival of its kind in the region, the Moscow Renaissance Fair is a two-day celebration of spring with live entertainment, food, and crafts for kids and adults of all ages.

The fair organizers are looking for this year's fair poster, which will be distributed widely in the Northwest. The second-place poster design becomes the cover

for the 2010 fair program. Cash prizes are awarded for winning posters. Anyone may submit a design, and computer-generated or more traditionally-made posters are both accepted.

Poster contest rules and an entry form are available at the Moscow Renaissance Fair website, [www.moscowrenfair.org](http://www.moscowrenfair.org), and at BookPeople in Moscow.

The Moscow Renaissance Fair is always interested in finding new and exciting food and craft vendors. More information about those opportunities can also be found at the fair's Web site.

So, mark your calendar and celebrate spring the first weekend in May at the 37th annual Moscow Renaissance Fair, the premier place for hand-made crafts, great food, music and general merriment.



Howard Hughes  
**VIDEO**

520 S. Main St. | 208-882-3456 (FILM)

Check out our featured  
February sections!

Valentines Day  
Section

Black History  
Month Section

5 Movies, 5 Days, 5  
Dollars. Everyday!

Rent 2 New Releases, get 1 Free.



## New at the Library

by Chris Sokol, Adult Services Librarian

**"I love deadlines. I like the whooshing sound they make as they fly by."**

**—Douglas Adams, English humorist and science fiction novelist (1952–2001)**

### FICTION

**The Creed of Violence** by Boston Teran. A saga of the greed of war and foreign intervention for the sake of oil in pre-revolutionary Mexico, 1910.

**Generation A** by Douglas Coupland. In the near future, though bees are extinct, five unconnected people from around the world are stung and find themselves united by their shared experience.

**Muse and Reverie** by Charles de Lint. Urban fantasy set in Newford, a city bursting with music, commerce, art—and magic.

**Pride and Prejudice and Zombies** by Jane Austen and Seth Grahame-Smith. An expanded version of the beloved Austen novel featuring “all-new scenes of bone-crunching zombie mayhem.”

### NONFICTION

**5 Spices, 50 Dishes** by Ruta Kahate. Simple Indian dishes using common spices.

**Alcohol Fuel: A Guide to Small-Scale Ethanol** by Richard Freudenberger. Making and using ethanol as a renewable fuel.

**The American Meadow Garden** by John Greenlee. Creating a natural, sustainable alternative to the traditional lawn.

**Chihuly's Pendletons.** The vibrant color and designs of woolen trade blankets collected by renowned glass artist Dale Chihuly have influenced much of his work.

**Cloud Computing for Dummies** by Judith Hurwitz et al. Understanding and managing the delivery of software, infrastructure, and storage over the Internet.

**Cowboys Full: The Story of Poker** by James McManus. The definitive history of the game, from its roots in China to its status as global phenomenon.

**Jazz** by Gary Giddins and Scott DeVeaux. The development of jazz from its nineteenth century roots in folk music, blues, dance music and ragtime to today.

**The Locavore Way** by Amy Cotler. Enjoying the pleasures of locally grown food.

**The Men Who Stare at Goats** by Jon Ronson. How a small group of men, highly placed within the military, government, and intelligence services, began believing in very strange things. Basis for the new movie.

**On Thin Ice** by Richard Ellis. A celebration and rallying cry on behalf of the polar bear, now threatened by a changing world.

**Revolution in Seattle: A Memoir** by Harvey O'Connor. The Seattle General Strike of 1919 was America's first citywide labor stoppage, chronicled by one of the era's renowned labor journalists.

**State of the World 2009: Into a Warming World** by the Worldwatch Institute. Mobilizing humanity to reverse climate change, using new technology, new policies, and new approaches to consumption and finance.

**Storms of My Grandchildren: the Truth About the Coming Climate Catastrophe and Our Last Chance to Save Humanity** by James Hansen. An urgent manifesto from the nation's leading climate scientist.

### MUSIC CD

**Ein Freund, Ein Guter Freund.** Max Raabe and the Palast Orchester. Songs reminiscent of Berlin dance bands of the 1930s, sung in English and German.

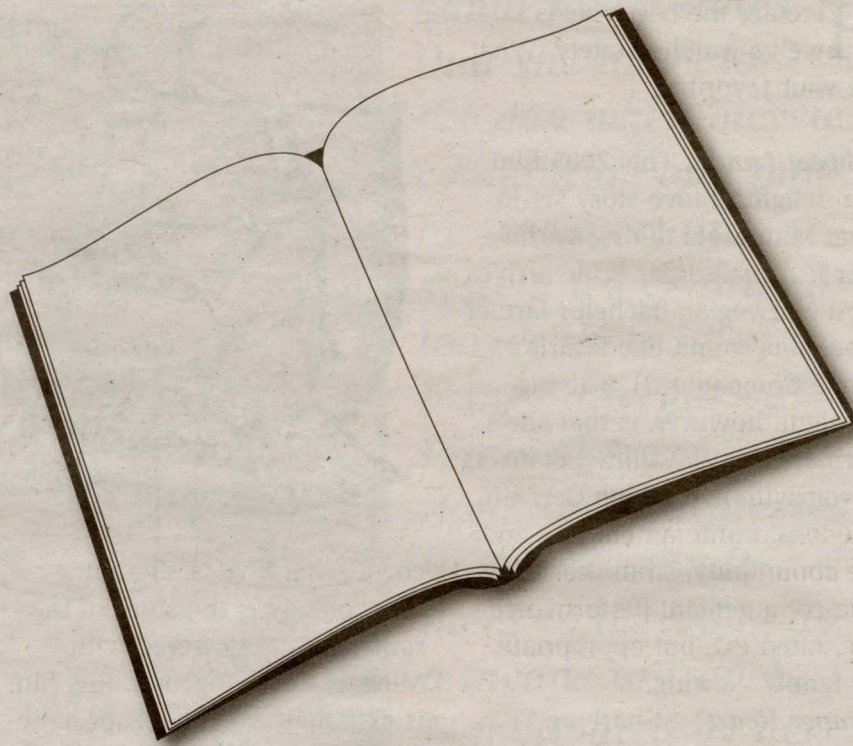
**Zaraza.** Amsterdam Klezmer Band. A Dutch group breathes new life into the Eastern-European Balkan, Klezmer and Gypsy music tradition.

### DVD

**Collision** (U.S., 2009) Political journalist and atheist Christopher Hitchens and Moscow's evangelical pastor Douglas Wilson debate whether Christianity is good for the world.

**The Cove** (U.S., 2009) Activists infiltrate a cove off the coast of Japan to expose secretive abuse of dolphins and related threats to human health.

**Food Inc.** (U.S., 2008) A look inside America's corporate food industry that may make you hungry for change.



**Gypsy Caravan** (U.S., 2006) A chronicle of five Romani bands touring North America, juxtaposed with scenes from their homelands in Macedonia, Romania, India, and Spain.

**Lemon Tree** (Israel, 2008) A Palestinian widow defends her lemon grove when the Israeli Defense Minister moves in next to her and threatens to have the trees torn down.

**The Perfect Server** (U.S., 2007) What it takes to provide excellent service in a restaurant environment.

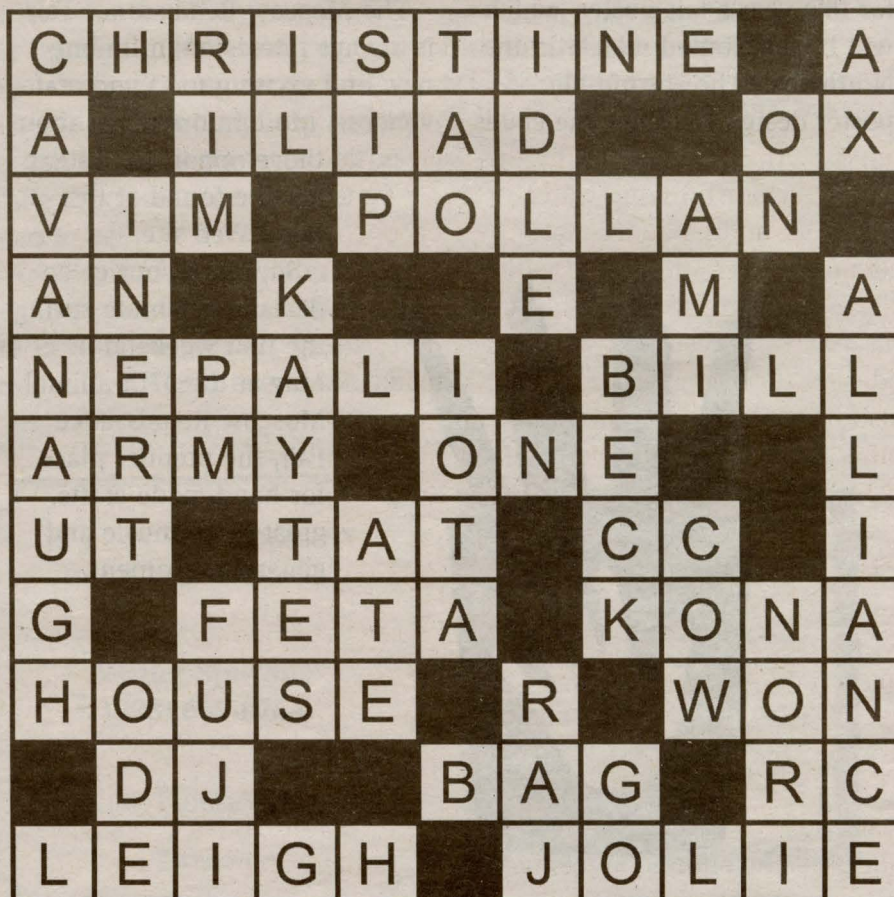
**Rules of the Road** (U.S., 2008) Everything you need to know to become a safe, smart, and skillful driver.

**Star Trek** (U.S., 2009) The early days of Captain James

T. Kirk and his fellow USS Enterprise crew members.

**Whatever Works** (U.S., 2009). Woody Allen directs Larry David as a ranting New Yorker who forms an unlikely friendship with a young woman from Mississippi.

Chris Sokol flaunts the occasional deadline at the Moscow Library, where she is the Adult Services Librarian for the Latah County Library District.





## The Sustainability Review: Rainwater Revisited

by Mike Forbes, Co-op newsletter volunteer

Thinking back, it's been a couple of years since I've written about our water system. I frequently get questions from people around town asking about it and wondering how well it's working. When I initially wrote the articles there were quite a few comments sent to me and questions from people all around town. We've had many visitors as well. It seems appropriate then to give a brief rundown of our system and talk about any lessons learned and give a general performance review.

### Our system:

It is relatively simple compared to some rainwater systems. We collect the water off a 28-by-110 foot metal-roofed building. It is critical that you collect off of metal, tile, or some other material that will not leach toxins into the water. (Three-tab asphalt shingles are not acceptable.) Once the water hits our roof it is caught in the gutter and directed inside the building to the tank. There is a small gutter screen to keep mice and big nasty stuff out. Once inside the building the water runs through a one-sixteenth-inch mesh basket strainer as it enters the first tank. We have four 1,600-gallon tanks that fill simultaneously and overflow when full out a pipe onto the ground. A small, efficient 28 gallons-per-minute pump pressurizes the water to the house. We filter the incoming water first to 20 microns, then five microns, and lastly with a carbon-block filter. Most contaminants, including bacteria, are removed by this point. For our drinking water faucet we add an additional ceramic filter impregnated with silver to ensure complete bacteria removal. I test the water periodically for bacteria and have also had it tested for 300-plus other bad things with the results being negative.

### Do we have enough water?

So far. To date, we have never dipped below 2,000 gallons in reserve (we started in June 2007), even with last summer's dry weather. We are a family of four and have a dishwasher, washing machine, flush toilets, hot tub—the entire complement of water-using appliances. We don't do anything special like

not flushing the toilet for days or not using the dishwasher. I will say that all of our appliances are as water-wise as you can easily get. This is key. Minimize your use, and what you need to store will be significantly reduced.

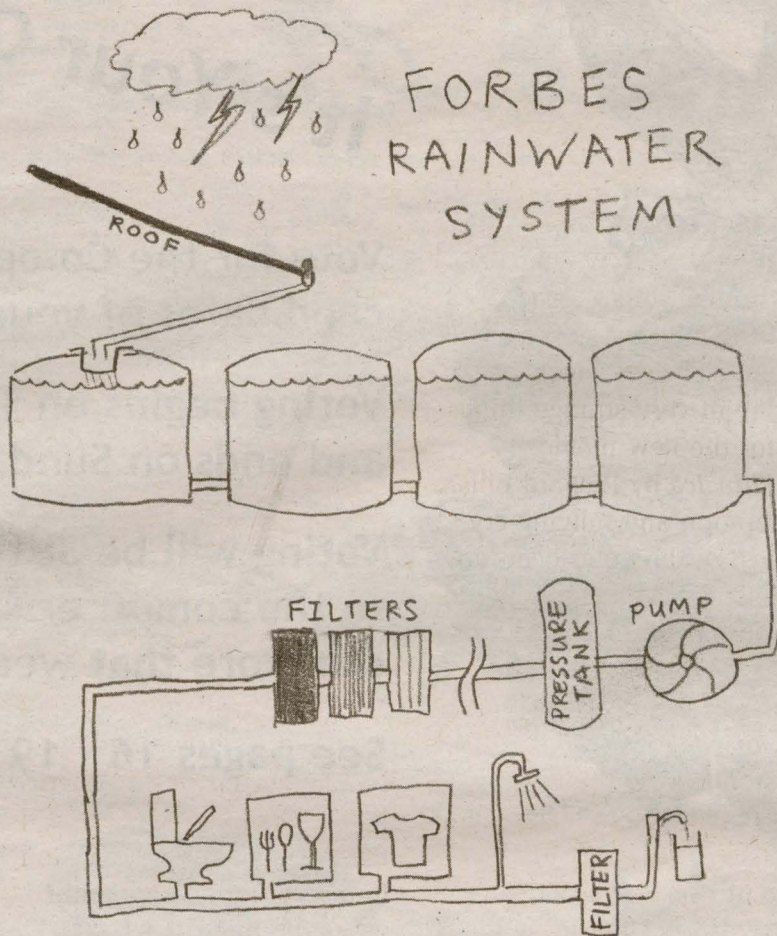
### What have I learned?

- ▶ Our system works well and has had no problems yet. I change the filters every six months at a cost of about \$30 total. I don't change the ceramic filter as it's a cleanable filter.
- ▶ The first tank has developed a fine layer of dust on the bottom. I purchased a swimming pool vacuum brush and plan to clean that layer off this spring.
- ▶ As a safety reserve I close off one tank once it is full in the spring, in case a leak in the system drained the other tanks.
- ▶ With only two inches of insulation and no additional heat in the room in which the tanks are housed, the temperature in there has never dropped below 34 degrees. The water has such a high thermal mass that it would take a serious cold spell to change its temperature significantly.
- ▶ The incoming water is very cold in the winter (just above freezing). This could be an issue with a water heater that only raises the water a fixed amount as some on-demand water heaters do. If your heater always

raises the water 55 degrees you could end up with only 90-degree water in your house, whereas on a well or with city water you'd get much hotter water since your incoming water temperature is usually 40-50 degrees (much greater than the temperature of winter rainwater).

### What's next?

We have never yet irrigated anything consistently with our system. We would not have the water to do that. To have a



*“It is relatively simple compared to some rainwater systems. We collect the water off a 28-by-110 foot metal-roofed building. It is critical that you collect off of metal, tile, or some other material that will not leach toxins into the water.”*

garden this year I'm installing an above-ground pool (24-foot diameter; 13,500 gallons) to catch the spring rains. This will be a seasonal tank that is used only for irrigation so no filtration or freeze protection will be needed. I'll install a small pump and a spigot to run our drip system.

Mike misses the skiing this year but not the snow removal and can be reached at [biodieselmike@gmail.com](mailto:biodieselmike@gmail.com).



## Kenworthy Performing Arts Centre

Your Downtown, Community Theater

UI Women's Center presents:

**Vagina Monologues**

Feb 5-7

**An Education (PG-13)**

Feb 12-14

Coop Good Food Film Series:

**Dirt**

Feb 18

**Up in the Air (R)**

Feb 19-21

**The Blind Side (PG-13)**

Feb 26-28

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

[www.kenworthy.org](http://www.kenworthy.org) • 882-4127 • 508 S. Main Street



# COMMENTARY



## It's Your Co-op, Vote!

Vote for the Co-op Board of Directors candidates of your choice

Voting begins on Thursday, March 25, and ends on Sunday, April 4.

Voting will be at the Co-op (just come to the computer station at the front of the store that week)

See pages 16 - 19 for candidate profiles

## Taste of the Palouse

Meet a dozen local producers and sample the delicious foods and beverages they create

Two Saturdays: February 27 and March 6, at the Co-op from 11am until 3pm

Meet and greet and eat, so sweet!



## Health Screening!

**Cholesterol \$39** HDL, LDL, Total Cholesterol, Ratio, Triglycerides, and glucose.

**CardioVision \$45** Measures plaque in the arteries, blood pressure, pulse, pulse pressure, and arrhythmia.

**CRP \$55** C-Reactive Protein tests for inflammation that can lead to a heart attack. Must not be on anti-inflammatory drugs.

**Bone Density \$40** Ultrasound scan of the heel bone.

**ALT/AST \$39** liver enzyme test.

**A1c \$39** 2 to 3 month blood sugar average.

**PSA \$60** Prostate Specific Antigen.

**Thyroid \$60 TSH** Test for over or under-active thyroid.

### SPECIAL PACKAGE PRICES

**Pkg 1 \$70** Cholesterol, CardioVision, Cardio Risk Assessment.

**Pkg 2 \$115** Cholesterol, CRP, CardioVision, Risk Assessment.

**Pkg 3 \$165** Cholesterol, CRP, Thyroid or PSA, CardioVision and risk assessment.

**To any package add:** Bone density test for \$30

Liver Enzyme for \$29 Food Allergy for \$229

16 Inhalant for \$99 Celiac for \$195 Candida for \$149

Cash, Checks, Visa, MC & Discover Cards accepted.  
Sorry, we do not accept Medicare or Medicaid.

**Food Allergy \$249** Tests for 96 common foods.

**16 Inhalant Allergy Test \$109** Dog, Cat, dust Trees Etc

**Celiac Antibody Profile \$209** Gluten sensitivity.

**Candida \$159** IgA, IgG, IgM antibodies

### Moscow Food Co op

Wed Feb 10th

9am-1pm

121 E. 5<sup>th</sup> Moscow, ID

Please call for appointment:  
866-861-0918 (walk-ins also welcome)

CardioQuick Health Resources LLC

Download our flyer at:

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

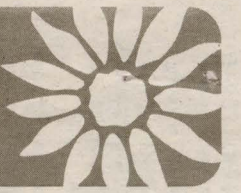
### Join the Co-op Mamas and Papas

for expecting parents and parents of newborns

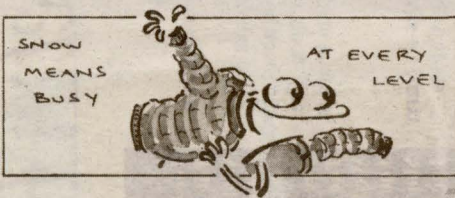
free beverages, free-fun, free networking

join us every Wednesday at 9am at the Co-op Deli

show up or sign up — email [babies@moscow-food.coop](mailto:babies@moscow-food.coop)



## PALOUSE REPORT: Snow Shifters

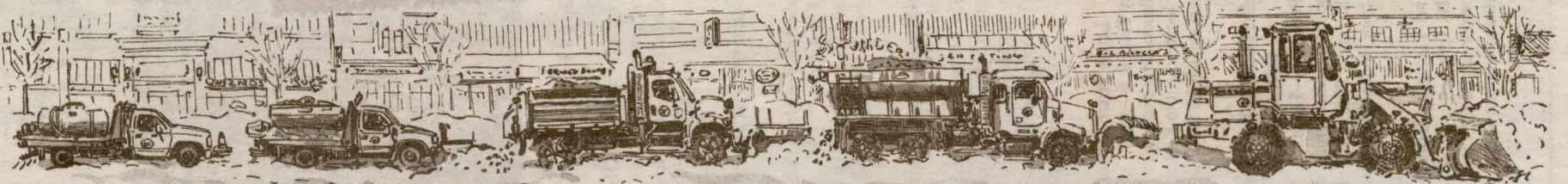


TOWNSFOLK MUST SHOVEL THEIR SIDEWALKS BY LAW

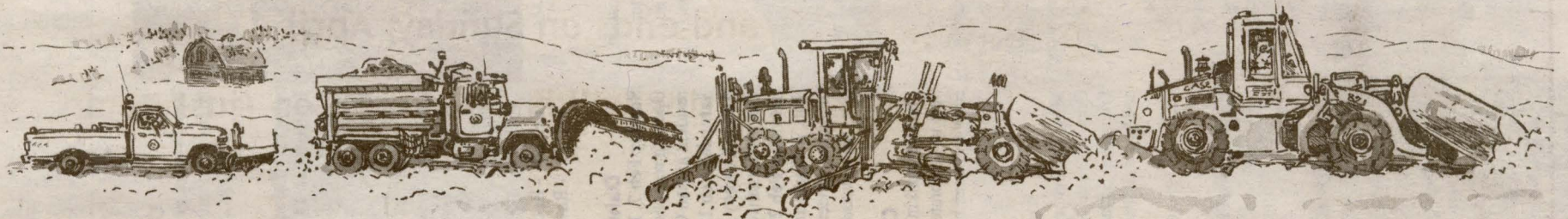


AND RURAL RESIDENTS PLOW THEIR DRIVEWAYS WHEN THEY'D LIKE TO GO OUT.

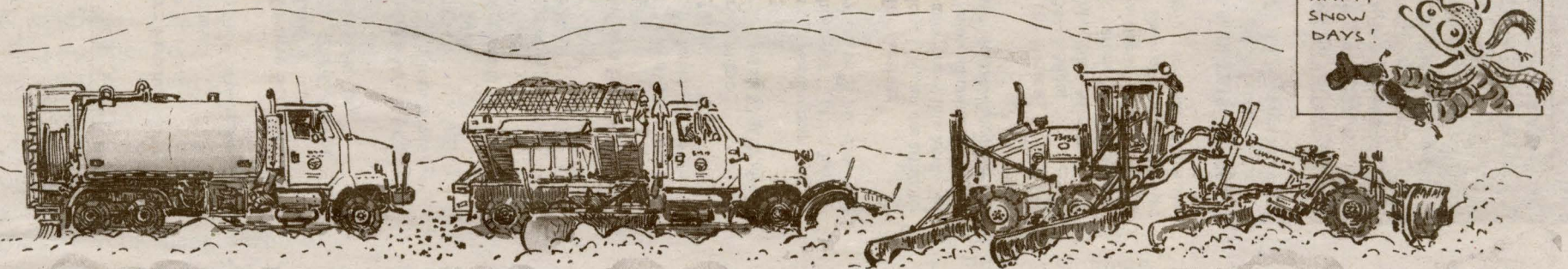
CITIES CLEAR MAIN ROADS AND BUS ROUTES FIRST, THEN TACKLE SIDE STREETS,



THE COUNTY TAKES CARE OF SMALL TOWNS AND BACKROADS,



AND THE STATE KEEPS MAJOR HIGHWAYS OPEN.



THANKS TO TERRY SCHIERMAN, PULLMAN PUBLIC WORKS, STEVE SALZMAN, WHITMAN COUNTY PUBLIC WORKS AND PAUL AHMANN, WASHINGTON STATE DEPARTMENT OF TRANSPORTATION. WWW.FROGBLOG-ACARTOONDIARY.BLOGSPOT.COM FEBRUARY 2010 © ANNA BREWER

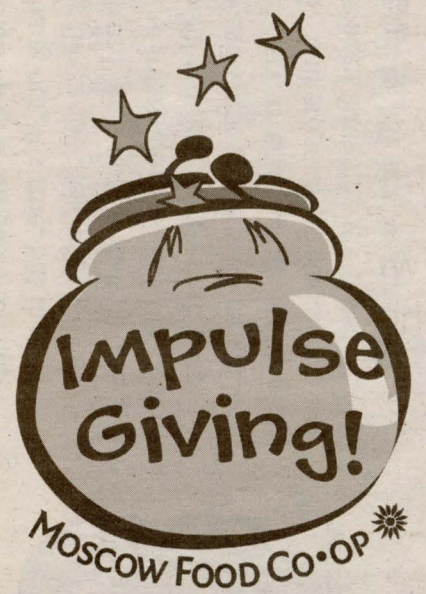
### Impulse Giving – *it's your choice*

Donate any amount of money to any of a list of local non-profits.

Donate at the Co-op cash register while checking out.

It's like having a whole counter full of collection jars, without taking up any space.

Ask any Co-op cashier.



## Save 10% on all organic citrus

One coupon per customer only at the Moscow Food Co-op. No rain checks or price adjustments, no other discounts. Expires February 20, 2010. Cashiers: See discount menu, co-op coupon \$ key.





# Bulletin Board

MOSCOW FOOD CO-OP

## Co-op Events

### Participating Member Orientation

Wednesday, Feb 10, 6-7pm

If you would like to become a Participating Member this orientation will tell you about our guidelines and the positions that are open. A sign-up sheet is located on the bulletin board at the front of the store near the deli.

### Co-op Kids - Meet Tuesdays at

**Feb 9:** Be Mine - meet in the Co-op Cafe and make fabulous pop-up Valentines using lots of glitter and imagination.

**Feb 23:** Make a Tabletop Greenhouse - meet in the Co-op Cafe and make a tiny garden to take home.

### Art at the Co-op

Friday Feb 12, 5:30-7pm.

Meet the artist at the opening night for Feb artist Gerry Queener. He will be showing a beautiful collection of photographs of local wildflowers.

### Co-op Essential Classes

Register for these classes through Moscow Parks and Recreation ☎ 883-7085

**Saturday Feb 6, 10am-noon:** New Comfort Food—Soups and Stews.

**Saturday Feb 27, 10 am-noon:** The Clean Sweep—Help create a plan to clean the cobwebs from your life and get your health, finances, relationships, and living spaces!

**Saturday Feb 27 10 am-noon:** New Comfort Food—Beyond Tuna Casserole.

**Saturday Feb 27, 1-4pm** Introduction to the Wellness Inventory—A holistic assessment and life-balance program designed to help you gain personal insight into your state of physical, emotional, and spiritual wellness.

### Beer tasting

Wednesday Feb 17, 6 pm

The Old Schoolhouse Brewery (from Winthrop) will be here with three of their beers to taste.

### Good Food Film Series

Thursday Feb 18, 7pm

DIRT! Showing at the Kenworthy Theatre.

### The Taste of the Palouse

Saturdays Feb 27 + Mar 6

Come and taste products provided to the Co-op from local and regional producers.

### Tuesday Night Music Series

Note new time! 5-7pm

Feb 2 - Daniel Botkin

Feb 9 - Dave Roon

Feb 16 - Alana Leonhardy

Feb 23 - Dan Maher

## Co-op Events at a Glance

Music—Daniel Botkin

Essential Cookery Class

Co-op Kids—meet at the Co-op

Participating Member Orientation

Art at the Co-op—Gerry Queener

Music—Dave Roon

Music—Alana Leonhardy

Beertasting

Good Food Film—Dirt!

Good Food Book Club

Co-op Kids—meet at the Co-op

Music—Dan Maher

Essential Wellness Class

Essential Cookery Class

The Taste of the Palouse

### Good Food Book Club

Feb 21, 3-5 pm

Book: "Farm City: The Education of an Farmer" by Novella Carpenter. Author's Brew Coffee House. Free.

[bookclub@moscowfood.coop](mailto:bookclub@moscowfood.coop)

## Community Events

### Palouse Folklore Society

Thursday Feb 4, 7pm

Yellow Dog Flats in The Attic St in Moscow  
Admission by free-will donation.

### Slideshow and Lecture

Monday Feb 8, 7pm

"Hawking Radiation: Are Black Holes Really Black?" A slideshow presentation by Phil Deutchman, Emeritus Professor of Physics, UI, at the 1912 Center. Free and open to the public.

[chriss@latahlibrary.org](mailto:chriss@latahlibrary.org)

Wednesday

A fun and martini bar Eastside M

Ren

Saturday

Dance at the providing tips per couple

Thi

February

Istanbul: M Pamuk at M welcome.

Moscow Food Co-op

121 East Fifth

Moscow ID 83843

[chriss@latahlibrary.org](mailto:chriss@latahlibrary.org)

## UI Jazz Festival

Feb 24 through 27

Nightly concerts and music.

☎ 885-6765 or [www.uidaho.edu/jazzfest](http://www.uidaho.edu/jazzfest)

## Palouse Prairie School

Fridays Feb 19 & Mar 5

School Tours: RSVP to: ☎ 882-3684 or [sclayton@palouseprairieschool.org](mailto:sclayton@palouseprairieschool.org)

## Music at the One World Café

First Thurs of each month is Irish Music

Feb 5 - Tom Drake

Feb 6 - Hillfolk Noir

Feb 12 - Christopher Hawley

Feb 19 - Tim Kinkeade

Agency  
olf

## Barn Events

"Point of View" by Whitcomb of Lewiston.

30pm

ry & Music

all ages, is \$7 at the door.

30pm

avel Road to play

cost is \$8 at the door.

n.org or ☎ 509-229-3414.

## For Artists

ry, LLC. invites artists to anniversary this April. The entry form can be downloaded online at:

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

## Vigil for Peace

Moscow: Fridays 5.30-6.30pm

Ongoing since November 2001. Meet in Friendship Square. Resources, encouragement, and opportunities for action.

Dean or Gretchen Stewart

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

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

Under the clock by the Public Library.

☎ 334-4688, [nancycw@pullman.com](mailto:nancycw@pullman.com)

**We want to hear from you!**  
Send us your community announcements by email to [events@moscowfood.coop](mailto: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!