

Community News

FREE!
PLEASE TAKE ONE!

Bad Habits Issue

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

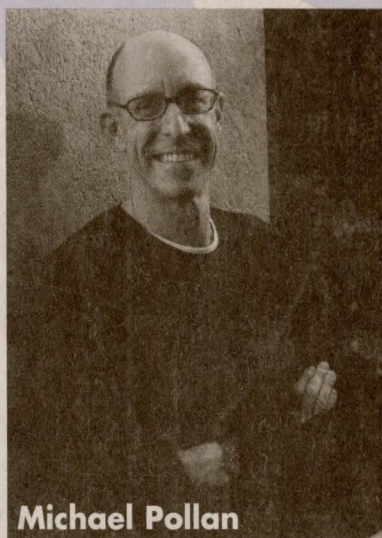
Michael Pollan and “FRESH, The Movie”

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



Start the new year off right with a one-two hit of inspiration about the food we eat. Journalist Michael Pollan, author of “The Omnivore’s Dilemma,” will be speaking at 7 p.m. on Wednesday, January 13, at Washington State University’s Beasley Coliseum in Pullman. This event is free! Please spread the word about Pollan’s appearance and make plans to attend. Not everyone wanted Pollan to come to Pullman (Google “Pollan” and “WSU” to get a taste of the controversy), but I, for one, can hardly wait to see my hero in person!

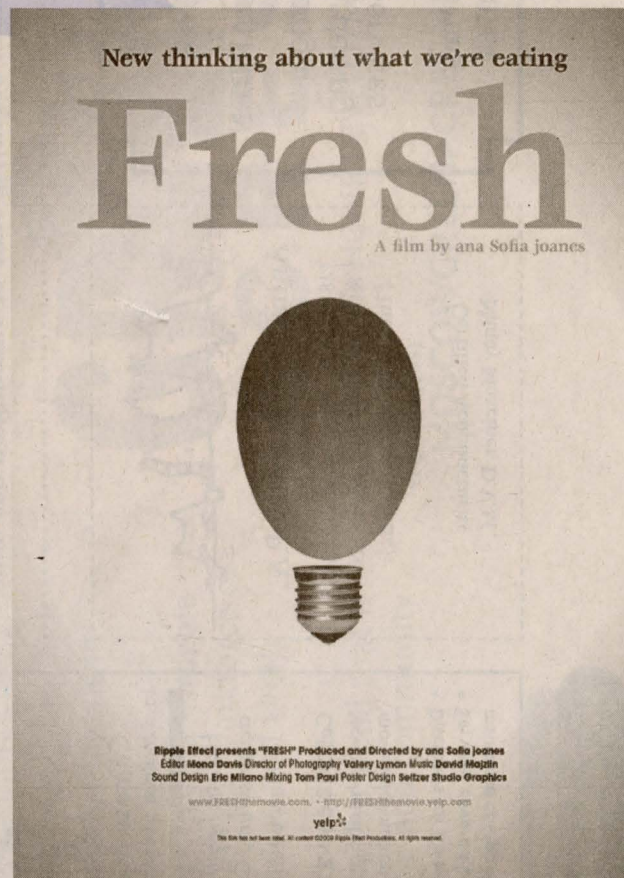
The following week, the Co-op’s “Good Food Film Series” presents “FRESH, The Movie,” by Ana Sofia Joanes. Join us at 7 p.m. on Thursday, January 21, at the Kenworthy Theatre for this new documentary that features Joel Salatin, Michael Pollan, Will Allen, and other farmers, thinkers and business people across America who are re-inventing



Michael Pollan

our food system. Forging healthier, sustainable alternatives, they offer a practical vision of our food and our planet’s future.

If you were disturbed by “Food, Inc.” and “The Future of Food,” some of our recent film series offerings, “FRESH” will be an uplifting antidote. Don’t miss it! Tickets are available at the door and



are \$4 for Co-op members and \$6 for the general public.

www.moscowfood.coop

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Community News



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Bad Habits Issue



Our Best Year Ever

by Kenna S. Eaton, General Manager

2009 was a rock-solid year for your Co-op. We made small improvements in every area of the store. We weathered some uncertainty and ended the year with our best financial performance ever. Because of our very strong month-to-month performance, we were able to return some of our gains to our constituents in December:

Top 500 — We distributed \$10,000 back to our member/owners based on the purchases they made this year at the Co-op. Our top 500 spenders received coupons in our very first rebate to members. Every Co-op member is important to the social and financial fabric of the Co-op. Our Top 500 made a big difference choosing their Co-op as their first place to shop.

Employee Bonus — More than \$30,000 was paid back to employees; they went through a lot this year. When sales started to decline in February, our staff did not receive scheduled wage adjustments, and many voluntarily reduced their benefits and hours. The adage, "work smarter not harder," was realized in every department. Aaron Ament, one of our bakers, worked to reduce waste by improving how we predicted bread sales. We trimmed some hours, got cooperation between departments, and

talked about how we could make things even better.

With loyal shoppers, effective employee effort, great effort from our participating members and the foresight of the Board of Directors, our profit this year will be over \$200,000 compared with a loss of \$44,000 last year. I think our best previous year was a little over \$100,000. With this excellent year under our belts, it is exciting to be planning for next year.

The Member Engagement Committee has been working hard to make the rules we need to formalize potential patronage refunds. The Committee and the Board are looking at the best ways to balance the ongoing financial needs of the Co-op and distribute surplus profits back to members. It is great to have this "problem" to address, and there are a lot of different ideas being considered.

The Board is also considering proposals for saving some money for future needs, accelerating debt payments, and advance work on our strategic initiatives from the perspective of a strong financial position. In our budget, we reinstated our plans for big-ticket items like the Salad Bar; spending that was suspended because we were not sure how the economy would

affect the Co-op.

Look for the installation of the salad bar in the first half of 2010, an update of the Wellness Department and some changes in the layout of the Meat Department. We will pick up some deferred infrastructure projects and make some outdoor repairs. The Sustainability Committee has several project proposals that we want to fund.

The Co-op is over 5,000 members strong. We want to keep reminding you how much we appreciate you. In 2010, we are scheduling more member appreciation days, continuing the trend of having more member specials in-store, we have more coupons in the newsletter, and we continue to beat the prices of our competitors on all of our grocery basket comparisons. We want to make every dollar count. You can help.

In 2010, resolve to have your member card scanned with every purchase you make at your Co-op. We expect to have a good year, and we expect that there will be some member benefits paid based on your Co-op purchases. Your member card is the key to know how much you spend at the Co-op. Make every dollar count.

The Co-op Board of Directors voted in December 2009 to add patronage refunds to our array of Co-op membership benefits. This is a historic moment in our Co-op history! From now on, if the Co-op makes a profit and other financial criteria are met, the Board hopes to give some of that profit back to our members. Look for more detailed information online and in our newsletter in February. And please, remember to give your membership card to the cashier every time you shop!

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

For advertising rates and information:

contact Jyotsna "Jo" Sreenivasan at 892-0730

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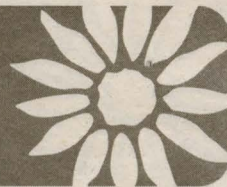
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Gary Macfarlane
Donal Wilkinson
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The Co-op Board of Directors monthly meetings are open to members.



Art at the Co-op

by Annie Hubble, Art at the Co-op Coordinator

We have an exciting show coming up in January in our Art at the Co-op program. William Schlosser will be at the Co-op from 5.30-7 p.m. on Friday, January 8, for the opening of his show of aerial photography. The show will run through Wednesday, February 11. This is not simple two-dimensional photography. He has, in his own words, "draped the imagery over the texture of topography, reproducing it on high quality media, delivering the full 3-D effect of living artwork."

He has written such a great introduction to his life and his work that I am going to reproduce it here in full. Do come and see the show, and if plan to be at the Co-op on opening night; you can meet the artist and talk to him about his work.

"I first moved to Pullman in 1987. I did degree work at WSU and took classes at the UI (the joint listing agreement between the two universities). I received a degree in Forest and Range Management from WSU in 1989, then a Master's Degree in Natural Resource Economics in 1990. I worked in private consulting in North Idaho and then joined the University of Idaho as an Extension Educator in Orofino.

I joined an international consulting firm with a posting in Khabarovsk, Russia, in 1995, working on the Environmental Policy and Technology Project. I led the USAID project's forestry activities there and met the

woman who became my wife! We were married and lived in Russia until 1999, when we moved back to the Palouse with a home in Pullman. That is when we joined the Co-op as members! I attended WSU again from 2000 until 2002 and received a Doctorate in Environmental Science and Regional Planning.

Since that time, I have worked in private consulting doing natural resources and environmental science and management services. I currently work with TerraGraphics Environmental Engineering, Inc., of Moscow, and operate an Environmental Consulting business with my wife called Kamiak Ridge, LLC, located in Pullman. It is in this discipline of environmental sciences that I learned about geospatial analysis and the tools of Geographic Information Systems (GIS). I use these tools to make maps, analyze data about the earth's topography and the interactions of various land features. While doing mainly scientific studies, I have been drawn to the aerial imagery of the land. I have developed techniques to display these images as fine art by draping the imagery over the texture of topography and reproducing it on high quality media, delivering the full 3-D effect of living earth artwork.

We are happy to share these images with others and welcome the opportunity to share them with the Co-op community!"

A New Year for Co-op Kids!

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

A New Year for Co-op Kids! by Rebekka Boysen-Taylor, Co-op Kids! Coordinator
Winter is upon us now in Moscow, and we have some fun activities planned in our cozy Cafe this month. We are also adding a new volunteer, Traci Haselhuhn. Traci is a local artist and mama and all the kids adore her. Co-op Kids! is a twice monthly activity for families in the Moscow-Pullman area. Our activities are free and all ages are welcome, though they best suit 3-5 year olds. If you are new to the area, please stop by and introduce yourself; the Co-op is the hub of our community and a great place to

meet people.

Let It Snow

We will meet in the Co-op Cafe on Tuesday, January 12, from 9-10 a.m. to make a snow scene and easy-to-cut snowflakes together.

Playdough Sculpting

Meet us in the Co-op Cafe on Tuesday, January 26, from 9-10 a.m. to sculpt with natural playdough. I will send you home with a simple recipe to make your own. You can also buy natural playdough at the Natural Abode downtown.

Rebekka Boysen-Taylor is a teacher, writer, geographer and mama to two organically growing little ones in Moscow.



Welcome to Co-op Kids Traci!

Tuesday Music at the Co-op

By Ashley Martens and Noel Palmer, Newsletter Volunteers

Please join us in the warmth of the Co-op Deli this month for free live music. There will be no music on the first Tuesday in January due to holiday break. Also, the music time has been changed to 5-7 p.m., NOT 6-8.

January 12 - Highschool/Junior High String Quartets

Come hear these young musicians perform chamber music. The students are participating in the Palouse Chamber Music Workshop at the University of Idaho on January 23, where

they will be coached by the Borealis String Quartet, one of Canada's most exciting ensembles.

January 19 - Bart Budwig
One thing shines through Budwig's music more than the bounty of original riffs and unique sound — his masterful way of conveying feeling.

January 26 - Natalie Rose
On keyboard and vocals, Natalie's soulful and unique renditions of folk/R&B tunes will surely draw you in.

Co-op Music in January

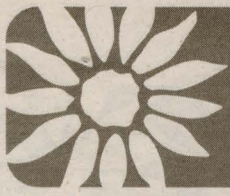
5 - 7 every Tuesday

Jan. 12: Highschool/Junior High String Quartets

Jan. 19: Bart Budwig

Jan. 26: Natalie Rose





Happy New Year — Working Together and Moving Forward

by Bill Beck, Vice President, Co-op Board of Directors

Happy New Year! Our Board of Directors (BOD) accomplished a lot in 2009, and we look forward to another great year in 2010.

Last year, we accomplished one of the greatest financial improvements in our Co-op's history. This is the result of the hard work and cooperation among Co-op management and staff with the support of our BOD. Our management team and BOD have evolved together and improved our financial management tools. We have excellent "state of the art" financial information that helps us manage our Co-op. Understanding and controlling our finances will help us put into practice the strategic plan we completed and approved last year.

Also in 2009, we continued to refine our BOD policy governance process. I believe this process helps us empower management to be creative and better serve our member/owners and the Palouse community. We developed some new committees and have improved the

structure of our meeting to simplify the business and financial oversight functions. This is an idea we learned from other co-op board members at the training in Portland that Kimberly Vincent, Kenna and I attended. The election of two new Board members, Dena Neese and Chris Norden, the temporary appointment of Board member Andrika Kuhle, and the strong leadership of President Kimberly Vincent have especially contributed to our progress last year.

In 2010, we will continue to build on our work last year. We expect to be prepared and ready to adapt to what lies ahead for this volatile economy. We plan for our BOD meetings to include more time for study and engagement to facilitate discussions about philosophical and strategic directions for our store. We are planning a retreat this month to complete rewriting our ends policies. This will help us define and create the future of our Co-op. We are also currently in the process of rewriting our policy regarding our Participating

Member Program (the former volunteer program). This important work is intended to define the creation of new and changing opportunities for member/owners to participate directly in supporting our store.

Currently, as I write this, our BOD is working to add a section to our bylaws that will make it possible to adopt a patronage refund system. This will enable us to give back some of our profit to our member/owners if our BOD determines that it is prudent to do so.

Every year begins with preparation for the Board of Directors election, culminating with new and or re-elected Board members starting their terms in April. Please watch for information about our Board candidates in the February "Community News."

It is an honor to serve on our Board of Directors. It is always fun and exciting to work together to improve our Co-op. I am proud of our accomplishments in 2009 and look forward to another great year in 2010.

Breakfast with the Board: Join the Co-op's Board of Directors for some delicious breakfast pastries, hot coffee, and conversation at 11 am on Saturday, January 23 in the Co-op deli. The topic of conversation will be posted in the store in mid-January. Hope to see you there!

Moscow Food Co-op Board of Directors Meeting

6 pm, Tuesday, January 19, 2009

1912 Center, in the Arts Workshop

Public comment period at 7 pm

Everyone welcome

Agenda items should be submitted to board@moscowfood.coop at least 10 days prior to the meeting for consideration or redirection.



Participating Member Orientations are Starting This Month

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

Participating Member (aka Volunteer) orientations are being offered again! That's right — after not offering them for approximately two years, we are going to have two orientations that you can attend this month. The orientation is necessary if you would like to start participating at the Co-op, and is a great way to learn about positions that are open, the new Participating Member guidelines (similar to the old guidelines), and how you can make a difference both at the Co-op and in our community. Attendance is limited to six participants in order for me to get to know you and answer everyone's questions. We have a sign-up sheet with the two dates available on the bulletin board at the front of the store, or you can e-mail me and I will add you to the list. If for whatever reason you cannot

make it, please let me know so another member can come. The orientation should last about an hour, and we will meet upstairs in the Co-op's conference room. Participating Members who are currently in positions at the Co-op are invited, and the time will count toward your monthly discount.

Participating Member Orientation Dates:

➤ Wednesday, January 6, 6-7 p.m.

➤ Saturday, January 16, 10:30-11:30 a.m.

Also up and running later this month is our FACT's (Farmer Advocacy Co-op Team) program. We have some amazing Participating Members doing both active product demos and cooking demonstrations that highlight our local and regional farmers, and affordable fresh food options. Stop by, say hello,

and taste some wonderful food.

Last but not least, we are moving all of our Participating Members' discounts over to their membership cards instead of using signed paper cards by February 1. Most of our PMs already have a cashier simply slide their Co-op membership card and automatically get their discount any time they shop at the Co-op. All Participating Members will need to give their membership card to a cashier to be scanned or have a cashier look their name up in order to get a discount. This change makes life much easier for our cashiers, there is no more paper card to keep track off, and the PM discount can be used any time, all month. If you are a Participating Member and are still using a signed paper card to get your discount, please contact me at the Co-op or e-mail

me at participate@moscowfood.coop so we can figure out the best way to track your hours. As always, I appreciate hearing comments, concerns, ideas and questions. Hope to see you at an orientation.

Beads & Beading Kits

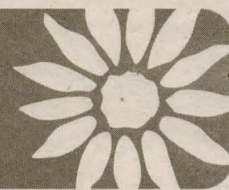
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Co-op Mamas and Papas Begins in February

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

Expecting parents and parents of newborns are invited to join the new Mamas and Papas group at the Co-op. We'll get together around 9 a.m. each Wednesday in the Co-op Deli area to enjoy complimentary drinks from the Deli, informal conversation and laughs, and the presence of one or more Co-op

volunteers or staff who also happen to be experienced parents and can share their experiences and offer moral support. (Please note: Co-op staff can't dispense medical advice!) Occasionally, we'll bring in special guests, too.

If you're interested in joining us, please sign up for our e-mail group by e-mailing babies@

moscowfood.coop. We'll communicate meeting times, info about special guests, and sometimes send you special coupons or offers.

If you are interested in being the coordinator for the group as a Co-op volunteer, a guest speaker, or are an experienced parent who would like to attend, please

e-mail me at outreach@moscowfood.coop.

When you sign up, please let us know your baby's expected due date or actual date of birth, and we'll present you at the appropriate time with a goody bag of samples and merchandise to help you welcome your new bundle of joy!

Price Shopper: New Year's Resolutions and Bad Habits

by Joe Pallen and Amy Richard, Newsletter Volunteers

There are many New Year's resolutions we have made over the years, some realistic, some not. We are not going to go into all of those that have failed or the few successes, but one we do not attempt anymore has to do with our eating habits. They just never seem to last and will no doubt end up on our list of New Year's resolution failures. A look at one of our recent shopping lists shows some of our bad (but oh so good!) eating habits. The shopping list would look similar even if we made a resolution to eat better! We all like ice cream, and one of the best parts, besides eating the stuff, is picking what flavor to stock up in the freezer. Then we each have other weaknesses

for snack foods. Joe's favorite, dark chocolate covered almonds, is frequently on the list. Zoe is a pushover for macaroni and cheese and mozzarella sticks, and Dylan is our chip eater. We are making a champagne reduction sauce to drizzle over shrimp, and none of us can resist the occasional frozen pizza or Taquitos. We split up to shop, thinking we might not find all the items at one store. It turned out we did find all of them at both Rosauers and the Co-op, the big plus being the \$9.91 we saved shopping at the Moscow Food Co-op, the place to shop if your New Year's resolution is to eat the best organic foods and save a little money.

ITEM	Co-op	Rosauers	Difference
Ice Cream			
Aldene's 1.5 Qt.	\$5.69	\$6.99	-\$1.30
Coconut Bliss	\$5.35	\$6.39	-\$1.04
Purely Decadent (chocolate Brownie Almond)	\$3.59	\$4.69	-\$1.10
Julies	\$3.69	\$4.59	-\$0.90
Soy Delicious	\$5.45	\$6.19	-\$0.74
Snacks			
Bulk Dark Chocolate Almonds (Woodstock Farms) lb.	\$13.45	\$15.39	-\$1.94
Kettle Party size potato chips	\$4.75	\$4.79	-\$0.04
Alexia Mozzarella sticks	\$4.59	\$4.49	\$0.10
Amy's Mac and Cheese 9 oz.	\$3.50	\$3.49	\$0.01
Amy's Pizza	\$6.55	\$7.69	-\$1.14
LaRocco Garlic Chicken Parmesan Pizza	\$5.65	\$5.99	-\$0.34
Nates Taquitos	\$4.65	\$4.69	-\$0.04
Champagne Reduction Sauce (what we needed)			
Olive Oil - Spectrum Organic Extra Virgin	\$15.79	\$16.49	-\$0.70
Champagne - Prosecco - Lunetta	\$9.99	\$10.69	-\$0.70
Organic Cream 1/2 pint	\$1.79	\$1.99	-\$0.20
Organic Valley Butter	\$6.15	\$5.99	\$0.16
Totals	\$100.63	\$110.54	-\$9.91

Outreach Report

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

Wow, November and December were field-trip and sustainability-fair season at the Co-op! We had fun welcoming big groups of preschoolers from Emmanuel Preschool and kindergarteners from both Lena Whitmore and Palouse Prairie School. A small learning group visited our bakery, too.

We had booths at both the WSU Sustainability Fair and the Gritman Sustainability Fair, where we gave away Co-op tote bags and samples of Maggie's Soap Nuts, and we were also present at the Buy Local Moscow WinterFest on December 10, giving away delicious satsumas donated by the produce department. Thanks, also, to the outreach volunteers who helped

with these events.

I'm especially proud of the work the Co-op accomplished recently on behalf of the underserved in our community and our own Co-op members with the new Impulse Giving program, updated community contributions guidelines, and the proposal now before the Board to add patronage refunds to our list of member benefits.

During the winter and spring, beginning Jan. 15, the Outreach and Ownership Coordinator, Carol Spurling, will be available at the Co-op from 12:30 p.m. until later in the afternoon, and most of the time, all day on Fridays. E-mail is always the easiest way to contact Carol: outreach@moscowfood.coop.

Correction to December Newsletter Article

by Bill London, Co-op Newsletter Editor

The feature article about the new community group, "My Own Home," that was printed in the December issue of the Co-op's newsletter contained a serious error. The cost of annual membership was incorrectly reported.

Membership fees have not yet been determined, but are cur-

rently estimated to be in the range of \$300 per year for an individual and \$500 per year for a family. These fee amounts were incorrectly stated in the December newsletter as being per month, rather than per year.

Our apologies for any confusion resulting from our error.

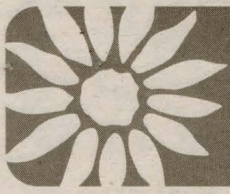


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- Retired UI music professor

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Buy Local Moscow PrizeCard Winners

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

Winterfest was a gala event. For six lucky PrizeCard shopping game participants, it was a winning experience.

Buy Local Moscow's PrizeCard shopping game ended with the selection of those six grand prize winners at the third annual Buy Local Winterfest on December 10. The Co-op was one of 30 local businesses providing samples, gifts and demonstrations at Winterfest.

To be entered into the

PrizeCard grand prize drawing at Winterfest, each participant completed the required stamps on their card. A total of 121 shoppers who completed PrizeCards were entered into the grand prize drawing. Each grand prize winner received gifts from Buy Local Moscow member businesses worth at least \$300. Those grand prize winners included: Sara Cucksey of Moscow, Marcia Gossard of Pullman, Mary Pomes of Moscow, Jeanne Robertson of

Moscow, Eric Werner of Onaway, and Jean Campbell of Moscow. Congratulations to all.

In addition, Walt Spurling, owner of Buy Local member business Spurling House and Garden, won the raffle for a new HP printer donated by Terry Morin, owner of Buy Local member business Printer Pro.

More than 100 Moscow businesses have joined Buy Local Moscow since the organization was formed in 2006. The busi-

nesses are profiled on the website, 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.

Your Dollars at Work

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

The Humane Society of the Palouse received \$432 in Dime in Time money for the month of November. Thanks, everyone, for making this program one of the easiest and most environmentally thoughtful fundraisers around.

December's Dime in Time recipient was Sojourners Alliance, and this month's is Alliance House, an organization serving the mentally ill in our community.

Dear Moscow Food Co-op:

We can't thank you enough for hosting the "Dime in Time" to benefit Alternatives to Violence of the Palouse. More than the generosity of the money donated, we are all so very appreciative of your support of our mission to advocate for every person's right to live safely and free from domestic and sexual violence. Your generosity provided us with a wonderful oppor-

tunity to do some outreach and increase awareness about domestic violence and what our agency can do to help. Thank you for partnering with us to end the violence.

**In peace,
ATVP**

Dear Moscow Food Co-op:

Thank you so much for the Co-op's contributions of scones to Heart of the Arts first Butterfield Chamber Music Tea; they were delicious and the tea was a great success.

**Mary DuPree
HAI Board**

Dear Moscow Food Co-op:

I would like to extend a heartfelt thank you to everyone who participated in the blood drive held on 10/21/2009. There were 19 generous donors registered and we were able to collect 16 units of life-sustaining blood ... The time and effort the Moscow

Food Co-op put forth in organizing this important event is deeply appreciated.

**With gratitude,
Alicia Neely
Inland Northwest Blood Center**

Dear Folks at the Moscow Food Co-op:

Peace and sweet holidays to all. Thanks for being there — for everything organic and clean — for organic flour in the bread — for nice people. And thanks for the rebate coupon — that was a nice surprise.

The Goodes, Clarkston

Dear Moscow Food Co-op:

Thank you for your generous gift on December 8, 2009, to the Palouse-Clearwater Environmental Institute's 2009 Annual Fund Drive ... We are humbled by the outpouring of support that our closest friends and members are providing during this financially difficult time

... Because of contributions like yours, we have been able to connect people, place and community since 1986.

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

Dear Moscow Food Co-op:

Thank you for the donation of a Moscow Food Co-op gift card to the Appaloosa Museum's Holiday Open House event ... With your generous donation, we will be able to purchase many of the needed supplies to help make our event a success. The support shown by the Co-op and other area businesses this year is greatly appreciated and vital to making our special events available to all area residents.

**Kind regards,
Jennifer Hamilton
Museum Director**

New Moscow Food Co-op Community Cookbook in the Works!

by Laurene Sorensen, Cookbook Volunteer, cookbook@moscowfood.coop

As you may have read in the November issue of this newsletter, now that the original Co-op cookbook has become an electronic resource, some of us are starting to plan a second cookbook. We aren't calling it a second volume, because its concept is wholly different from that of the first one, which was written by the Deli staff and local writer and Co-op member Judy

Sobeloff. The new book's working title is "The Moscow Food Coop Community Cookbook," and it will feature recipes submitted by members of the Co-op and the community it serves. My co-editor, Carol Spurling, and I want this to be your book, so over the next few months we'll be soliciting your input on topics ranging from the hot and tasty (food) to the cold and hard

(finance).

This month, we'd like our readers to help us select content from the "What's Cookin'" series and other Coop-sponsored cooking classes. If we used all of these recipes, they'd fill a book all by themselves, so we need to winnow them down. Have you attended any of these classes, or come into possession (by licit or illicit means) of the class hand-

outs? If so, please let us know which recipes have stuck with you, either as favorite things to prepare at home, or because of their sheer exoticism. (Stuffed stomach, anyone?) If you can't locate the recipe or the exact name, just give us a description and we'll take it from there. Please e-mail your suggestions to us at cookbook@moscowfood.coop by February 15, 2010.



Dime in Time January 2010: Alliance House

by Jeana Dewey, Alliance House Board Member

The Alliance House has been in our community for the past 20 years. The mission of the Alliance House is to provide a supportive safe and affordable housing opportunity to individuals living with mental illness. We encourage our residents to reach their full potential through participating in Moscow's community, employment and social service programs. We promote destigmatization of mental illness through community education and awareness.

The Alliance House is a non-profit organization that operates on a skeletal annual budget with income from residents' rent, public donations, and contributions from The United Way and

Latah County.

The residents of this house all have diagnosed mental illness. The house manager, the residents and community service provider's work together to provide a nurturing and safe living environment. This situation allows the residents to live more independently than other living arrangements. The house manager helps the residents in daily living tasks, independence skills, and problem solving of daily challenges. The residents learn and practice skills to maintain their psychiatric stability and achieve their optimum level of recovery.

It is estimated that 20 percent of Americans experience a

mental health diagnosis within a year, and about half of the American population experience a diagnosable mental illness during a lifetime. Idaho is ranked number 49th in the nation for its expenditures towards mental health services. The World Health Organization ranks the burden of mental illness more severe than being a paraplegic. This burden is likely exacerbated by the negative stigma of mental illness and the limited assistance available. The Alliance House is proud to have the opportunity to provide service to individuals who have the capacity to lead satisfying lives. Thank you for helping us to support individuals with mental illness and allowing



them to feel supported by our community.



The Front End News

by Annie Hubble, Front End Manager

On behalf of the Front End crew (and a great crew they are!) I would like to wish you all a very happy and wondrous New Year.

The New Year is when we all traditionally make resolutions, and the Co-op and the Front End team are no exception. During the last couple of months, we have been working on accuracy. Accuracy is, of course, of utmost importance in any work that involves money and the accounting of such. The team as a whole stepped up and worked hard on accuracy and has made wonderful strides.

The other equally important attribute of the cashier's work is, of course, customer service. I have a wonderful team who are able to be playful and fun while achieving a high level of both these necessary traits, but there is always room for improvement. We will be working hard this year, especially in the next couple of months, with videos, workshops and discussions, finding ways to further improve our customer service skills, for in the final analysis, if you, the customer, are not pleased, then we are not doing our job well. We want, above all else, for customers to leave in a happier frame of mind that the one they entered with.

As a team, we are also very involved in the ongoing chal-

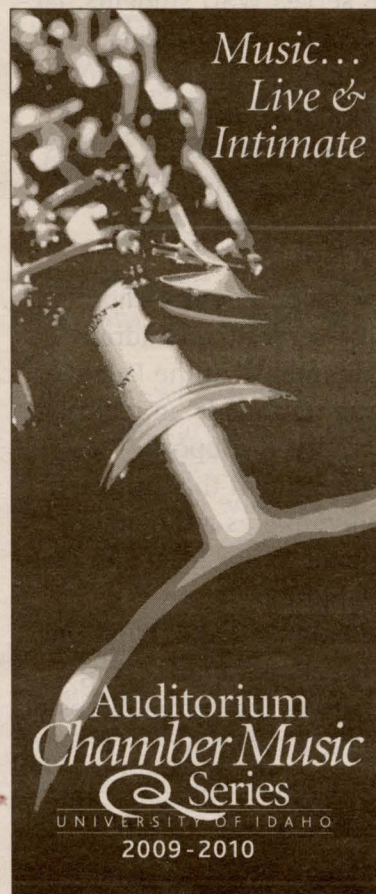
lenge of raising awareness of environmental concerns without actually preaching. You will notice a large array of sustainable bags now on sale at the Co-op (thanks to our awesome Mercantile Department). Our Dime at a Time program, in which we offer a dime for each sustainable bag used by a Co-op customer, has been very successful. Through this program, we have raised about \$400 a month, which is then donated to local non-profits. It is a wonderfully easy way to give to those in need, a dime at a time.

We are planning to give more space and promote awareness of another program that started just a couple of months ago. (By the way, I got a wonderful compliment from a customer one day. She said that the Co-op is the only business she knows that is constantly trying to improve.) There will be a place clearly marked at the front of the store where people can donate cloth bags or any other sustainable bags for re-use. We all have many more bags than we need. So donate your clean bags. If you forget yours on a shopping trip, you can take one of the donated ones. You can keep it or return it. The main objective is to increase the use of sustainable bags and get away entirely from paper or plastic. (When I was in

England this spring, I found that stores there no longer provide plastic or paper!) We will also always ensure a supply of cardboard boxes at the front of the store that you can use for packing groceries. While providing all these alternatives, we do regret that we have decided to stop accepting recycled plastic grocery bags. They have just been too dirty and wet on arrival. Cashiers are very tired of sorting out bags that contain kitty litter

and worse, and we are worried about hygiene. If you are truly concerned about re-use, we urge you to bring in your own bags, use one of the donated ones, or grab a cardboard box!

We are all so proud to be part of such a vibrant community, and yes, we are always striving to improve. Let us know how we are doing. And come in and share the fun!



Borealis String Quartet

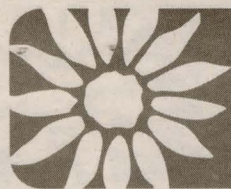
Thursday January 21, 2010

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Individual concert tickets available at BookPeople, through www.auditoriumchambermusic.org or at the door.

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



Impulse Giving Program Launched in December

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

The Moscow Food Co-op engagement and outreach committee is happy to announce that our new Impulse Giving program was successfully launched in December. Now, anyone can give any amount at any time to our program participants at any Co-op cash register.

You might wonder how this program differs from our Dime in Time program. The Dime in Time program is the Co-op's way of encouraging you to use permanent shopping bags by rewarding you in cash; it is your choice to donate these dimes to the Dime in Time recipient or keep the dime for yourself, and our cashiers will ask what you'd like to do with your dimes.

Impulse Giving funds will come from shoppers who decide to give at the register, without being prompted by cashiers; their donations will be rung up just like a purchase.

We are excited to see the response from our members and customers. Just a few weeks ago, I read an article in the "New York Times" that highlighted how important small donations are to non-profit organizations. In many cases, small donations are their main source of support, even for charities that do huge amounts of great work.

Truly, dimes and quarters and dollars add up fast when enough people give, and give often. I think that just as we cooperate to provide ourselves with great food, we can cooperate to serve others in our community.

We started with organizations that have been in the Dime in Time program or are already closely aligned with the Co-op such as PCEI, Rural Roots and Backyard Harvest. Now we are accepting applications for the program, which will be reviewed when necessary by the Dime in Time committee for inclusion in the program. Space is limited, so organizations might rotate in and out of the program depending on the demand in new applicants and the amount of donations received.

Applications for all of the Co-op's community contributions programs are available in the back of the store in the rack near the bulletin board (next to the chilled drinks) or on the Co-op website.

The following are the initial

choices for those who wish to participate in the Impulse Giving program:

► Sojourners Alliance

The Sojourners serve transitional homeless men, women and children. Promoting the personal growth and empowerment to people in transition by providing housing and basic services.

► Humane Society of the Palouse

www.humanesocietyofthepalouse.org

Working to ensure the humane treatment, welfare, and safety of companion animals in Moscow and Latah County.

► Alternatives to Violence of the Palouse

www.atvp.org

AVTP serves victims of violent crimes in the Palouse region. Working to provide a safe, supportive environment where victims and survivors are provided opportunities for advocacy, safety, learning and self-determination.

► First Book Sigma Tau Delta

First Book serves children of limited income. Promoting literacy among limited-income children by fundraising for book purchases and then introducing the books to children, meeting the needs of the communities in rural Latah County.

► Center for Civic Engagement

ccc.wsu.edu
CCE serves WSU students, faculty, campus departments, and community partners. Promoting civic responsibility, community knowledge, and self-awareness through education and action.

► Palouse Prairie Charter School

www.palouseprairieschool.org
PPSEL serves the children and community of the Palouse. Working to provide an inclusive, respectful and supportive learning environment that nurtures the individual as a thoughtful participant in our local and global community.

► The Palouse Land Trust Inc.

www.palouselandtrust.org
PLT serves the communities of the Palouse. Working to conserve the open space, wildlife habitat, water quality and scenery of the Palouse.



► Community Action Partnership

<http://idahocommunity-action.org>

CAP serves the lower income communities of the Palouse. Working to improve the conditions and support the communities of low-income residents in Latah County.

► Latah Trail Foundation

www.latahtrailfoundation.org

LTF serves the citizens and visitors of the Palouse. Working to preserve the historic Moscow-Arrow railroad corridor for non-motorized recreational and transportation uses.

► Backyard Harvest

www.backyardharvest.org
Backyard Harvest serves the region, providing low-income families and older adults with better access to nutritious, fresh foods by encouraging small-scale, residential growing efforts.

► Palouse-Clearwater Environmental Institute (PCEI)

www.pcei.org
PCEI increases citizen involvement in decisions that affect our region's environment. Through community organizing and education, PCEI assists members of our communities in making environmentally sound and economically viable decisions that promote a sustainable future. PCEI works throughout Idaho and eastern Washington to connect people, place and community.

► Rendezvous in Moscow, Inc.

www.moscowmusic.com/Rendezvous

www.moscowmusic.com/r4kids/home/asp

RMI serves the children of the Palouse. Working to provide Moscow, Latah County, and the Palouse region with quality summer art and music festival that is accessible, enjoyable and educational for all ages and socioeconomic groups.

► Buy Local Moscow, Inc.

www.buylocalmoscow.com
BLM serves the community of businesses in Moscow, Idaho. Building the Moscow community by supporting and promoting the locally-owned, independent businesses that reinvest their profits within the community, donate consistently to local programs, maintain diverse product choices and strengthen Moscow's unique character.

► R.E.A.C.H. (Retired Equine and Care Habitat)

REACH serves retired, abused, neglected or abandoned equines as an alternative to slaughter. Working to provide loving care and attention while our horses rehabilitate in a safe and healthy environment.

► Rural Roots

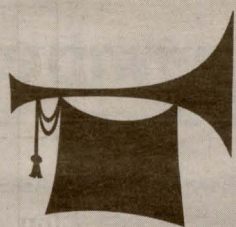
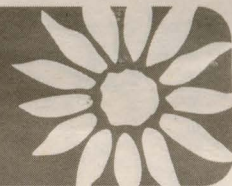
www.ruralroots.org
RR serves the agricultural and non-agricultural communities of the Palouse and the Inland Northwest. Working to support and enhance sustainable and organic agriculture and community-based food systems in the Inland Northwest.

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Co-op Shoppers Speak Out:

Asked by Ashley Fiedler at various locations throughout the store on December 16, 2009

Question: Have you ever kept a New Year's resolution? What was it and when?



"I retired and started a business this summer." **Marty Staley, Professional Organizer, Coeur d'Alene**



"I don't think so. I gave up making New Year's resolutions because it creates an artificial standard that I have to maintain." **Steve DeSoer, Retired, Pullman**



"I don't bother. I don't feed into it." **Shawn Rettkowski, ATK employee, Clarkston**



"I don't believe in New Year's resolutions because it is a set-up for failure. I make the change if I have to." **Gabrielle Schilling, Book Manager, Hastings, Moscow**



"To be a nicer person throughout the year." **Tonia Wallace, Mom, Clarkston**



"Probably not. It's a moot point. I can't keep them." **Joan Alexander, Owner of Wild @ Art, Moscow**



Warming Winter Drinks

by Peg Kingery, Chill and Frozen Buyer

I work in a refrigerator. It's not so bad in the summer, really. When I get chilled, I stand outside in the sun for a while. But it's a different story in the winter. When I'm cold, there aren't many spots for me to go warm up in, other than next to the bakery ovens. Fortunately the Co-op offers a wide variety of hot drinks that warm my tummy and help me get feeling back in my fingers.

The Co-op carries many brands and flavors of teas and coffees, too many to adequately describe in a short newsletter article. I'd like to focus on some of the other cold-weather drink choices available to shoppers.

Who doesn't like hot chocolate? The Co-op stocks three brands of premium drinking chocolate: Dagoba, Equal Exchange and Cowgirl Chocolate. Dagoba offers both authentic

and xocolatl (spicy) chocolate. Equal Exchange also offers a traditional and a spicy chocolate. Cowgirl Chocolates has three flavors: spicy dark chocolate, mild chocolate mocha and mild dark chocolate. The spicy variety of all three brands contains cinnamon and cayenne or chili peppers for an extra rush of heat.

What would a mug of hot chocolate be without marshmallows on top! Try the vanilla-flavored vegan marshmallows from Chicago Soydairy.

Another winter favorite is apple cider. Wilson Banner Ranch in Clarkston, WA, offers it in gallon and half gallon sizes. Warmed and perhaps laced with Cider Mate (in the bulk spices section), it's guaranteed to take the chill away. Another option is to heat R.W. Knudsen's Cider and Spice, which is found in the juice section.

Looking for something a little different? The Co-op carries Third Street Chai, a black tea latte mix. It comes in three delicious flavors: authentic, honey vanilla and spicy ginger. If herbal coffee is more to your liking, try Teccino, a beverage made from carob, barley and chicory. Teccino comes in four flavors: caffe, java, mocha and vanilla nut.

Visit the wine section and you'll find warming adult beverages. Camus Prairie Winery makes a spiced wine that is a blend of cherry and grape wines spiced with cinnamon, cloves, allspice and brown sugar. Also in the wine section, you'll find Nurnberger Gluhwein. This is a German offering usually made from red wine, cinnamon, vanilla, clover and citrus. Gently heated, both of these drinks are guaranteed to warm you clear

down to your toes.

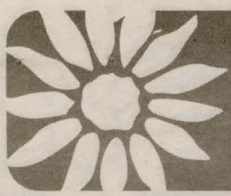
As much as I enjoy hanging out in the bakery (I can't resist the aroma of baking bread), making a mug of one of these hot drinks is a bit more practical when I have work to do elsewhere. Whether it's after a day of skiing, snowshoeing, sledging or working in a refrigerator, one of these drinks will most definitely chase the winter chills away.

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www.moscowyogacenter.com



Co-op Exclusive! Owen Roe Wines

by Julie Gardner, Grocery and Wine Buyer

Recently, I was able to bring one of my favorite Northwest wineries to the Co-op wine shelves: Owen Roe. Without wasting too much space, the wines can be summed up in one word: exceptional. Founder and winemaker David O'Reilly puts everything he's got into each wine that he creates. This is really saying something since he has four different labels, made from many different appellations, from two very different states!

O'Reilly moved to British Columbia when he was a teenager. His parents and 11 siblings fled Belfast, Northern Ireland, due to the continuous violence threatening their safety. O'Reilly landed in California to attend college, graduated with his degree in philosophy, met his future wife, and started working at a small winery. After his first taste of the business, he wanted more. He spent six years at the

Oregon winery, Elk Cove, before meeting up with his business partner, Peter Rosback. Together they started Sineann Winery. Rosback became the primary at Sineann and O'Reilly went on to start Owen Roe.

Owen Roe O'Neill was a seventeenth century Irish patriot who dedicated his life to upholding the highest principles of political equality and freedom. O'Reilly wanted to keep his heritage in the forefront of his business as he believes the struggles he endured in his early years comes through in the quality of the wine he produces. O'Reilly spares no expense to produce some of the most delicious wines in the Northwest. From the grapes he closely watches every year to the art depicted on each label to the hand-numbered bottles on his upper-tier bottling, each wine is of the utmost quality.

What do we have on the

shelves? Wines from all four tiers grace our shelves. It can get confusing as only his highest tier actually states that it is an Owen Roe wine. The rest are under other names. There are 13 different Owen Roe wines on our shelves. Here I have described a few favorites:

Abbot's Table Red Blend: With 24% Zinfandel, 22% Sangiovese, 15% Cabernet Sauvignon, 12% Syrah, 10% Merlot, 7% Cabernet Franc, 6% Blaufrankish, 4% Malbec, this wine is the ultimate mutt. However, every year the blend is different and every year it works out! Personally, I have enjoyed at least one bottle of this wine for the last six vintages and all have been marvelous!

Sinister Hand Red Blend: 62% Grenache, 35% Syrah, 3% Mourvedre. A wonderful rendition of a Rhone-style wine. This wine is very full-bodied, full of deep, dark fruits and pepper. The label is a family crest of the O'Neill/O'Reillys.

Ex-Umbris Syrah-Latin for "out of the shadows," this Syrah is made from both Washington and Oregon grapes. Deep plum aromas and flavors dominate this delicious wine.

Sharecropper Pinot Noir: Made from grapes out of the Northern Willamette Valley, this vintage is well balanced with a lovely plush texture and deep, rich flavors of red cherries, cola and coffee.

O'Reilly Pinot Gris: All Oregon fruit, this wine combines all the richness and balancing acidity of the vintage with the stunning value of the O'Reilly's label.

O'Reilly Pinot Noir: Willamette Valley fruit-raspberry, logan-

berry, strawberry — juicy and fresh. Very subtle cinnamon stick accents carry through on the finish. THE deal in Oregon Pinot noir, every year.

The Crowe White Blend: Sauvignon Blanc, Muscat, Riesling and Pinot Gris. A lively, appealing nose with white grapefruit, pineapple and lime. Crisp and tart on the taste with a lot of apple and lime flavors.

Lenore Syrah: The best in this line (in my humble opinion). Made from rich, juicy fruit grown in Washington State's Columbia Valley, the Cordivae Lenore is a total crowd pleaser.

The Keeper Cabernet Franc: This Cabernet Franc is plush and velvety, full-bodied and easy drinking. The scent and flavors knock you out — spice joins black tea, fresh tobacco, thyme, sweet cedar chips, black berries and cassis. Not just the best deal for a Washington Cab Franc — the best deal for ANY Cab Franc.

The Rook Red Blend: A blend of Cabernet Sauvignon, Syrah, and Merlot. The ripe and rich Cabernet flavors prevail — juicy loganberry, cassis, and a base note of black plum and cherry. Syrah adds richness, and Merlot smoothes the velvet finish. Fruit from both Oregon and Washington.

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Northwest-Canned Tuna Finds Space on our Co-op Shelves

by Julie Gardner, Grocery and Wine Buyer

A team of four from the Grocery and Wellness Departments enjoyed a very successful (and fun) trip to the Seattle area for a natural foods show. We visited eight natural foods stores throughout the area and found some very interesting products; many of the stand-out items were Northwest packaged. Even more, entire families were behind many of the products — generations working together for the good of the family and to produce high-quality products. In the coming months, I will be highlighting several new products produced by such companies.

Fishing Vessel St. Jude, Seattle, WA

The Malley's are a family business based in Seattle. Joe Malley started out salmon trolling in Sitka, Alaska in 1978. From salmon trolling, he moved into long-lining, pursuing halibut, black cod and Pacific cod around the Gulf of Alaska. Presently, Joe owns the 95-foot fishing vessel, St. Jude, which trolls solely for Albacore tuna in the North and Central Pacific. Joe and his wife, Joyce, fished and lived aboard

the St. Jude for 12 years until they started a family and decided to try marketing their own catch.

Fishing Vessel St. Jude touts their product as having three important qualities: low mercury levels, high omega-3 levels, and their product is sustainably caught.

Low Mercury

As a matter of policy, they have tested the mercury level in their catch several times — and will continue to do so every time their boat returns to Seattle. They are pleased to report that, to date, their own tests — conducted by the Food Quality Lab in Portland, Oregon — indicate non-detectable levels of mercury, based on equipment with a resolution of one tenth of a part per million, or .1 ppm. That is substantially less than the threshold of 1 ppm established by the Food and Drug Administration — and is well below the stricter guidelines of .2 to .3 ppm recommended by the Environmental Working Group and other consumer groups. It is, after all, generally accepted in the scientific community that younger and smaller fish lower in the food

chain contain less methyl mercury. The average fish caught by the Fishing Vessel St. Jude is 15 pounds, compared to the average mature fish weighing in around 50 pounds.

High Omega-3's

The family states their fish is higher in omega-3's due to several factors. The fish they catch are different. They are younger at catch time, caught one at a time, caught near the surface and their main diet is of krill. The fish are handled differently between catch time and the cannery. The cleaning is thorough, they are carefully handled to prevent bruising and discoloration and the time they spend on the dock is minimal to prevent decay. The tuna is frozen to its core within 12 hours to preserve texture.

At the cannery, the tuna is thawed in open air, prepared by tossing all bruised, discolored meat out (their saying when sorting the fish is: "if it ain't white, it ain't right"). The raw fish are cooked just once in a pressure cooker through a process called cold-packed.

Sustainability

The Saint Jude participates

exclusively in the troll fishing for albacore. One beauty of this fishing method is that their impact on the ocean's food chain is very specific. Each fish is individually caught, not gathered in giant nets. They estimate that their catch of other species while trolling for albacore averages about two fish per thousand albacore caught. None of the fish they catch are wasted; most provide a welcome change of diet to the crew.

If you would like to read more about the captain's testimonial of sustainability, I urge you to check out www.tunatuna.com/about-us/sustainability.php for Joe Malley's own words.

The Co-op is now proudly carrying four different albacore tuna products from the Fishing Vessel St. Jude family: the original in either 3.5-oz or 6-oz cans, the original with no salt added in 6-oz cans and the Mediterranean-style with extra-virgin olive oil and sea salt in 6-oz cans. You can shop this wonderful, family-owned brand in aisle one of the grocery department. Enjoy!

Suggestion Box: January 2010

I truly want to be an environmentally friendly consumer, but I cannot afford to shop and eat here. This co-op has become so expensive I cannot support sustainable agriculture. I have a small income and I feel incredibly frustrated and angry (that) I cannot live according to my green beliefs. It is unfair and debilitating. Your co-op lifestyle is too rich for my blood and I speak for the majority of Muscovites. Rather than cater to the needs of the many, you exclude us with your fancy store, your overpriced deli food, and your outrageously priced bakery items. I used to praise the Co-op, but coming there is no longer a pleasure. Please consider the needs of the many who struggle with poverty. — Susan

We have plenty of customers who successfully prioritize their shopping decisions to support sustainable agriculture. You included your phone number, so it gave us time to talk about your concerns. You have been doing most of your grocery shopping at Winco. You understand and sincerely want to support sustainable agriculture but say that you just cannot afford it. Please consider this response.

We have a lot of regular shoppers who are committed to eating the best possible

foods on a budget. Some are students, retirees or have larger families. They steer away from packaged and convenience foods, buy from our lowest priced essentials foods, get less expensive cuts of natural meat, get a discount on case purchases and buy organic produce in season. Many of our shoppers reduce food waste by buying just what they need and they reduce packaging waste by bringing their own containers, reuse their shopping bags and walk to the store instead of driving. While a package of Annie's organic macaroni and cheese is indeed more expensive than the nasty conventional version at Winco, remember that buying packaged food is not the only option. You can make mac and cheese with bulk organic pasta, organic cheese and BGH-free milk at a reasonable price and support the "green" values.

The high price examples you gave me on the phone (latte, bread and deli) are just not accurate. The Co-op 12-ounce latte is \$2.59. One World is also \$2.59, Sister's Brew is \$2.55, Wheatberries and Rosauers are both \$2.50. Note that all lattes do not use the same ingredients, and I am not sure if other retailers use fair-trade coffee or reverse-osmosis water.

The Co-op's best selling breads are Daily

Wheat and Salted French; both are \$4. We carry also carry Rudy's organic whole wheat at \$4.35 a loaf. Wheatberries, a place you shop and said was \$2 cheaper than the Co-op, has a 9-grain bread for \$4.

The Co-op Deli offers dozens of reasonably priced meals. Have you ever tried the lunch pocket? The pockets (vegetarian or meat) only cost \$2.99. I eat prepared foods all over downtown Moscow and expect to spend \$6-\$12 for lunch. I can easily be in that range at the Co-op Deli and know that I am getting the best available local and organic ingredients.

Finally, next time you read the Co-op newsletter, check out the shopping comparison column written by Amy and Joe. Joe and Amy compare the costs of organic products sold at the Co-op and sold at supermarkets in Moscow, and every month they discover that the Co-op beats the supermarket price.

All of us make decisions based on our income, our tastes, preferences, lifestyle, values and prices. If the distractions are removed (you mentioned some old and current issues), the truth is that the Co-op consistently offers great value at a good price. The Co-op is a place than anyone can shop and make a difference.— Steve Kobs



Suggestion Box: January 2010

How do you reconcile creating a "at will" workforce with your claim that the Co-op is "the best place to work in Moscow?" As you obviously know at will gives all the power to the employer while disempowering the workforce.
— Kelly

The Co-op is proud to have as part of its strategic plan creating and maintaining the best workplace in Moscow. In a survey taken earlier this year, most Co-op employees said they think the Co-op is a great place to work, but making it the best requires effort and attention. To this end, the Co-op has invested time and effort to make this goal a reality. We created a Human Resources Department responsive to employee concerns. To keep lines of communication open, we have a Workers' Council that meets once a month to air and share employee issues. This summer we created a Best Workplace Committee to examine ways we can improve our workplace in at least five areas: staff development (communications, team building, staff training and volunteer opportunities), compensation, benefits, work-life balance and performance/recognition. And because the Co-op has just finished its most successful year, the Board of Directors recommended and approved a bonus for all employees of 15% of net operating income. One thing to keep in mind, however, is that there are many definitions of "best." What appeals to one person might not appeal to everyone, and with almost 90 employees on the payroll, we know we can't please everyone.

You indicate by your question that you think creating a best workplace is a contradiction to "at will" employment. The laws in Idaho, not the Co-op, have created "at will" employment in this state. This means that either party can end the employment relationship at any time for any reason. Does this disadvantage the employee? That depends on how the employer conducts the employment relationship. At the Co-op, we have policies in place that ensure fairness and equity in hiring and throughout the employment process,

including termination. In my tenure as the Co-op's Human Resources Manager, no employee has been dismissed "at will." All employees have access to a grievance procedure if they disagree with an employment decision, including termination. Should the situation involve the General Manager, the board has discretion to hire an independent third party. - Theresa Nuhn, HR Manager

Is it possible to have more variety with sugar-free candies? Hard candies specifically.
Thanks. — Al

Sugar-free candies and sodas often contain ingredients the Co-op does not support. We are continually looking for healthy products we can bring to the Co-op. New products are being made with stevia and we are hoping it will soon include candies. - Julie, Grocery Buyer

A participating member was in the store just after Thanksgiving and was very unhappy that the turkey she purchased was not eligible for the discount she receives for volunteering at the Co-op. At check-out, she was initially surprised that she did not get a discount. The more she thought about it, the angrier she felt. It was wrong to not get the discount and more wrong to not be informed that the turkey was excluded.
— in-person comment

I agree with you that we made a mistake not being clear that the turkey was excluded from the discount that participating members and employees receive. When you came in to just buy the turkey, it was like a slap in the face to not get the discount. I have posted a list of non-discounted items in the back of the store, near the stairs that go up into the offices. I am open to other suggestions about how to let staff and volunteers know what items are excluded from the discount. Items are excluded from the discount because of our price decisions.

For most of our items, the retail price is calculated on the wholesale price + margin. We can accurately predict the margin we need to pay all of our bills. In grocery, the typi-

cal margin is about 30%. Like our other expenses, we have a pretty good idea of how much discounts will cost and know that our margin will cover that expense. Sometimes, we make exceptions and reduce margin. Why?

One reason some prices are lower is retail price competition. Retail pricing for milk, for example, is a very competitive. No retail store makes a full margin on milk. In our Essentials Program, we also lowered the margin on some basic goods to try to make organic affordable for more of our customers. In our pricing model, we intentionally lowered our margins on some items and excluded them from volunteer and staff discounts because the discount would make the discounted retail cost below our wholesale cost. These exceptions to the discount have been in place for a long time, but when you buy a basket of groceries, you probably would not notice that a couple of items did not get a discount. Since you only bought a turkey, it was glaring that the discount was not applied. How did the turkey get excluded?

Brennus, our Meat Manager, determined that he could offer organic and free range turkeys for 30¢ per pound less than last year if he accepted a lower margin. During Thanksgiving, retailers advertise low prices on turkey to bring customers to their store (price competitive) and Brennus is personally committed to offering the best possible prices. We felt that reducing the price for everyone was a good thing, even though we did exclude the turkey from addition staff and volunteer discounts because of low margin. Then and now, I think that was a good decision that served our members and non-members well.

I felt as though you understood our pricing decisions and it made sense to offer the turkey at the lowest possible price. This logical understanding, however, did not erase the bad feelings we gave you by blindsiding you about the discount on your turkey. I am sorry that happened; we could have done better. I hope the list

of items that are not discount eligible will help prevent future surprises. — Steve

The straps on the kids' shopping carts are genius! — Julia

Oh my, are you ever right about that. One of our cashiers, Belinda, can up with the idea and made the straps. She even improved on the first design to improve it. For a lot of parents, it is really great to be able to grasp the strap and be able to guide the cart. Thanks, Belinda. — Steve

The parking lot design is awful. It is impossible to maneuver when the lot is busy. — anonymous

It is true that, when busy, backing out and waiting for traffic to circle around does require some patience. It can be frustrating. I think the layout is the best we can do given the size of our lot. — Steve

We truly loved the music (on November 17). Most nights it is too loud, but tonight was perfect. Please invite them back. — anonymous

Diana Schaible was performing on Tuesday night. — Steve

The layout for Cheesefest was much worse than last year. Please plan better for next year. — anonymous

I do not know what to say. This year's layout solved some congestion issues and created some different problems. You judge it as being "much worse," but I do not know why or what you would suggest to improve it. — Steve



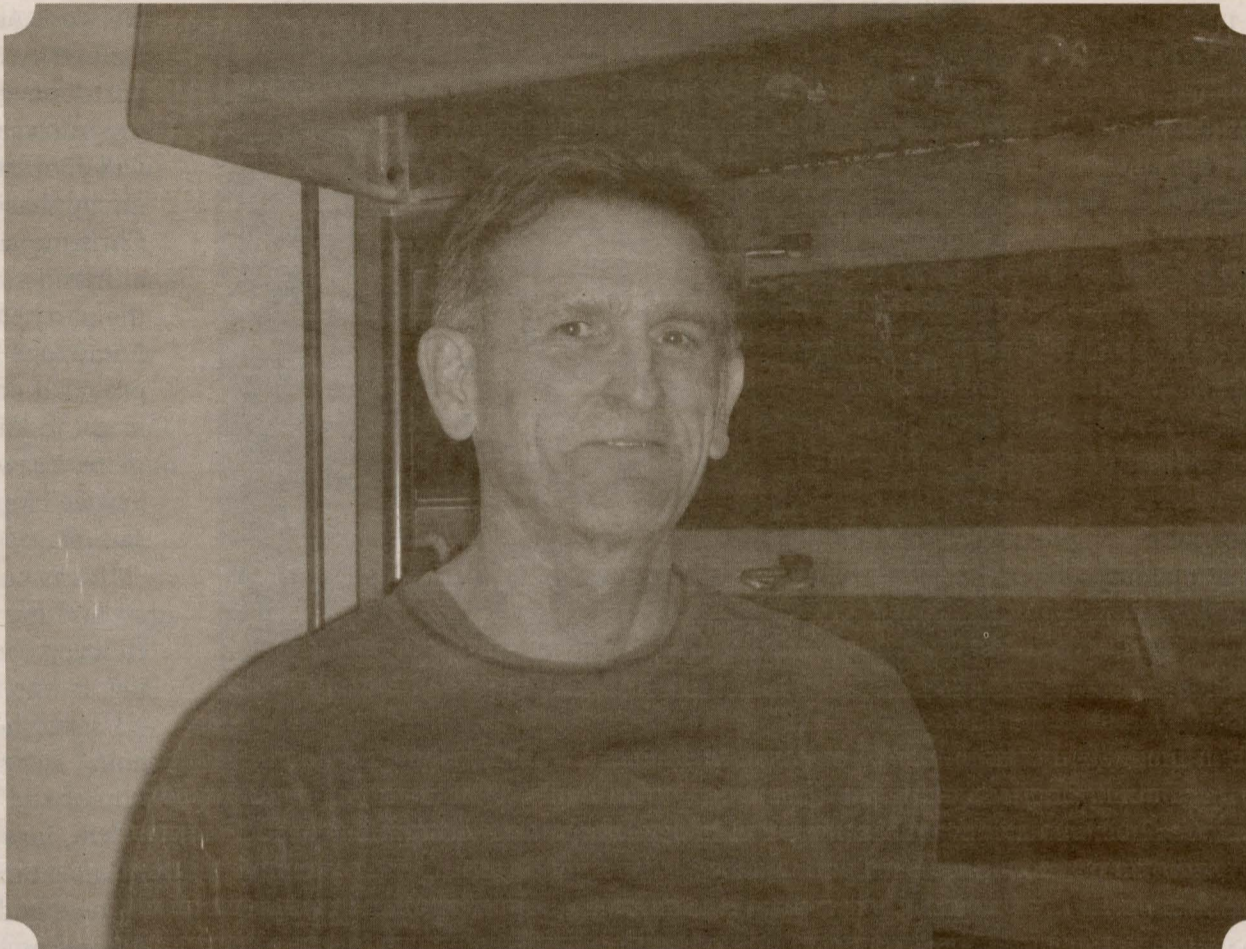
Local Producer: Sage Baking Company

by Johna Boulafentis, Newsletter Volunteer

One cold Saturday morning, I sat down with Bud Tomlinson, owner of Sage Baking Company, to learn about his local business. His bakery supplies artisan bread to the Co-op, and has done so for the last five years. His products compliment the breads baked by the Co-op. You can find Sage's hard crust, soft-centered selections across from the Hot Bar and Deli.

The Sage Baking Company, located in Uniontown, is mainly a wholesale business supplying bread and pastries to local businesses in Moscow, Pullman, Lewiston and Clarkston. Bud started the business about 10 years ago. During that time, the business has undergone many transformations, from a small operation in Clarkston to having multiple stores and back again to a single bakery and store. Bud is content with the current size of his operation and his market area. The brick building in which the bakery is housed provides ample space for Bud and his 10 employees, both half-time and full-time, to complete all of the mixing, forming and baking of the products that so many people adore. Sage's most desired goods are scones, cookies and their eight-grain bread.

When interviewing Bud, I was excited to learn about his history as a baker, as I often wonder how people "end up" where they are. He pointed out that he didn't come from a long line of bakers, but stumbled upon the profession when searching for a new career. Before becoming a baker, Bud worked for the Forest Service for 20 years. Since the agency planned to downsize, he took an early retirement and began dabbling with ideas. Although many possibili-



"Bud started the business about 10 years ago. During that time, the business has undergone many transformations, from a small operation in Clarkston to having multiple stores and back again to a single bakery and store."

ties crossed his mind, he chose baking while in a bakery in Montana. He saw that the workers seemed to enjoy what they were doing, so he thought he'd give it a go. He then moved to Portland for a year to attend baking school and to work at a local bread bakery.

I appreciated discovering the mutual affection that Bud and I have for bread, as well as learning about the joys and challenges of owning a bakery. Bud finds much pleasure in not only eating, but in the daily complexity of, as he called it, "working with bread." Unlike a large bakery where much is mechanized and factors such as temperature and humidity are controlled, Bud explained that when operating a small bakery, the bread is different everyday. Each stage of bread making presents challenges, particularly during the forming stage, which is done by hand. He enjoys the immediate feedback on how well he did, whether it be the gratification of

a job well-done, or the realization that things perhaps didn't go quite as planned.

I asked Bud to explain a key ingredient for the bakery's products that customers may not consider. Bud described using the "right flour" as a necessity. He elaborated that "each brand of flour has its own unique properties, and being able to work with it takes time." When changing flour, a baker must undergo a whole new learning process to resurrect their product. Considering that the business produces 200 to 300 loaves of bread daily (up to 10 different varieties) along with scones, cookies, pies, puff pastries and cakes, it's not surprising that Bud has only changed his flour one time in the last 10 years. Initially, he used the flour he learned with at the bakery in Portland. He switched four or five years ago to using Shepherd's Grain flour, which is grown locally by a cooperative of farmers utilizing sustainable

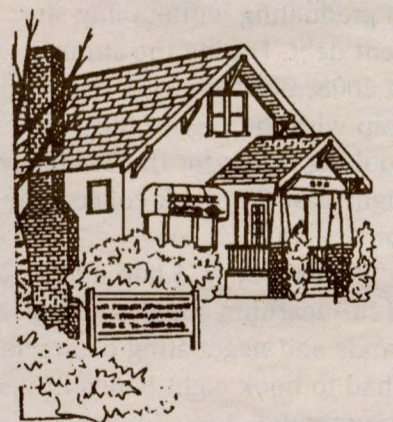
practices. Bud has no plans to change his flour "unless it's absolutely necessary."

Consumers should be happy to know that Bud enjoys all the products that his bakery sells and wants everything to "taste good and look beautiful." He might not nibble all of his sumptuous treats everyday, but he noted that "we don't make unless I like it." That made sense to me—how else would there be quality control?

One final note, Sage is open for a few hours on Friday and Saturday. So if you're having a craving for Sage's bread and the Co-op is out, head on over to Uniontown. You might even indulge in one (or more) delicious, beautiful desserts while sipping on a cup of coffee.

Johna enjoys her bread toasted and smothered with almond butter and homemade apricot preserves.

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Staff Profile: Christine Cavanaugh

by Amy Newsome, Newsletter Volunteer

Christine may or may not have known my name, but she did recognize me instantly as a “12 ounce single decaf latte made with soy milk and a teaspoon of honey”. My friend, Paige, “a 16 ounce double Americana with vanilla and room for cream,” suggested I interview Christine who, in Paige’s opinion, “makes the best coffee.” It’s not by accident that Christine makes such a great cup of coffee.

“I’ve really enjoyed learning about the craft and art of making coffee. I take a lot of pride in it.”

When Christine first came to work at the Co-op two years ago, she was initially interested in being a cook, but instead was assigned as a barista and deli server. However, just last week she added “cook” to her job duties. Christine has always enjoyed cooking and has fond memories of watching Emeril Lagasse with her dad in their Boise home. Christina feels good to be working at the Co-op.

“I really love what the Co-op stands for — its focus on local food and sustainable living. It’s really an iconic symbol of the community of Moscow.”

Just recently, Christine took on another job as an Event Coordinator for Moscow’s 1912 Center. With bachelor’s degrees in Music Business and Music Performance, the job is a great fit for her. She received the degrees, along with a minor in English, from the University of Idaho in 2008. She was very happy to have achieved her goal of graduating without any student debt. During the summer of 2008, Christina had an internship with the City of Moscow booking bands for the Thursday night East City Park concerts and for Art Walk.

“It was a blast, I had a lot of fun learning about booking bands and negotiating contracts. I had to book eight bands in just one month.”

She hopes to attend the University of Oregon in Eugene in the fall to earn a Master’s degree in Arts Administration. In speaking with Christine, I realized that she is one of those rare people that are both right- and left-brained. She’s a musician who plays piano, cello, and other string instruments (most



“Just recently, Christine took on another job as an Event Coordinator for Moscow’s 1912 Center. With bachelor’s degrees in Music Business and Music Performance, the job is a great fit for her.”

recently the ukulele); but she is also very business-minded and organized.

Christine’s parents, Dale and Debbie, still live in Boise and are both music teachers. Her dad teaches general music at the elementary school level and her mom teaches orchestra at both the elementary and junior high level. They are also both University of Idaho alums. Christine has one older brother, Michael, who graduated with a degree in Stage Management from the University of Utah. He spent 10 weeks in Japan studying Bunraku, an ancient form of Japanese puppetry in which three people control one puppet that is about three feet tall. He became completely enamored with the art and is continuing his study of puppetry as a

graduate student at the University of Connecticut.

For over a year, Christine has been dating Joe Gilmore, a

Network Administrator at the University of Idaho. He is also a part-time student there, studying Information Systems, but will soon shift to Business with an emphasis in Technology. Christine and Joe met at a mutual friend’s birthday party. After the party they decided to walk home together. The long walk provided enough time for them to get to know each other a bit more. I saw the dreamy “falling in love” look in her eye when she relayed the story.

“I was cold, so he put his arm around me and held me close. He even carried my purse for me. It was really sweet.”

I asked how he feels about her going away next year to graduate school and she quickly replied, “Oh, he’s going with me.”

Last summer they visited Eugene and the University of Oregon and both really liked the community and the campus.

Joe is from St. Maries and he and Christina visit his family there often.

“His family is awesome, there’s just no other way to put it. I love them.”

After visiting with Christina for nearly an hour, I’m sure the feeling is mutual.

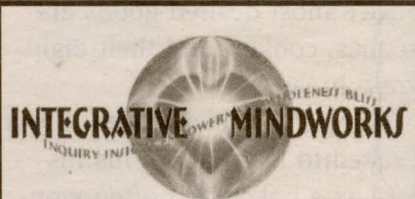
Amy Newsome can’t believe that this article marks two years of writing the Staff Profile. If you have any requests of who you’d like to see interviewed, you can e-mail her at ranewsome@roadrunner.com.



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Volunteer Profile: Jolie Kaytes

by Todd J. Broadman, Newsletter Volunteer

Jolie is the only person I've interviewed who is from Miami; actually she is the only person I know in Moscow who hails from Miami. The contrasts between here and there could hardly be greater, so I knew I was in for an exceptional conversation.

She talked about the job that lured her to this area. "During my interview with WSU, the colleague that drove me down from Spokane basically pointed to Pullman from the car. We then blazed east for a slow tour of Moscow. Moscow's scale, topography, and overall vibe, and the Co-op especially, were (and still are) quite compelling." She emphasized how easy it was to make the decision for Moscow.

Her initial hunch was validated. "This is such a supportive community." She then talked more about the landscape and the beauty of Moscow Mountain, the Arboretum, Paradise Ridge and the remaining parcels of natural prairie.

Jolie has made Moscow home, and the journey here had extended stops in several other places. After high school in Miami, Jolie headed to UC Berkeley in 1988 where she was a Conservation Resource Studies major, and from there to Eugene, Oregon, where she studied Landscape Architecture. When she described landscape architecture as a "generalist's dream profession/field," I wanted to understand more of what she meant. "For me it was a satisfying synthesis of the intuitive and the rational."

"My family is excited by citrus and bananas trees, orchids and roses, figs and basil," she explained, sharing how her interest in horticulture and landscape began. "I learned about composting and seed saving from my Italian grandparents, who lived in New Jersey and grew amazing tomatoes that tasted like they were infused with strawberries and lemon." Most of Jolie's youth was spent under the Florida sun, outdoors. "I still return to Florida each year and consistently discover a new tropical treat growing in my mother's garden."

Those early interests and values carried into adulthood and naturally led Jolie to volunteering with the Moscow



Co-op, where she serves on the outreach committee. She terms herself a "neophyte volunteer," yet has already represented the Co-op at WSU and at Gritman Medical Center as part of larger sustainability events. "I am at the Co-op almost everyday. I am mostly a dedicated customer, rather, a dedicated owner. I truly value the Co-op and wanted to give the Co-op something in addition to my money."

Jolie's faculty role at WSU, where she teaches Landscape Architecture, dovetails well with her pursuits outside the classroom, and also seems to be a blend of the "intuitive and the rational." Her vocations and avocations include: organic agricul-

“Those early interests and values carried into adulthood and naturally led Jolie to volunteering with the Moscow Co-op, where she serves on the outreach committee.”

ture, local food, soil building, perennial food crops, permaculture, painting and writing. As for new interests, she says, "I am now learning and practicing the skill of fermentation and canning," and she has also taken up skiing and yoga.

She was hesitant to answer my question about

what was most needed for our planet. She said that much of her in-class teaching veers onto this very topic and didn't want our chat to turn into a lecture. I appreciated her comment that "individuals ought to examine and consider the big picture consequences of their choices, and then to shift their behaviors accordingly." Jolie bikes from Moscow to her office in Pullman

each day.

You can check out some of her students' works at: "Water Views: Visions of the Snake River and Lewiston Idaho" and "A River Lost, A River Found: Historic Images of a Free Flowing Lower Snake River Landscape," which are both on display at the Sage Baking Company in Lewiston until January 31.

After years of globetrotting and a whirlwind cross-country journey, Todd and Corinna ended up in Moscow. With no energy left to travel, they stayed. When their son Micah was born in 2007, the picture began to make sense. They now split their time between the open spaces of Princeton and the conveniences of in-town Moscow living. Todd is currently writing a novel.



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Omnivoria: Resolving to Eat Everything

by Jamaica Ritcher, Newsletter Volunteer

Not a January 1 goes by that I resist the temptation to make a list of all the temptations I hope to resist in the New Year. Then my husband, Asaph, reads my resolutions and sits back to see how long I to break them.

I think this is because my resolutions tend to be so abstemious. Probably a response to my gluttonous eating habits that start around Halloween, my resolutions tend to be about giving things up. I have, at various points, given up (and then re-adopted) among other treats, chocolate, wine and meat.

If I were living in Britain, I would probably put meat — or maybe sausage — on this year's list of things to go. Indeed, that it was what Britain's Environment Secretary, Hilary Benn, advocated last November. According to an article in "The Daily Mail," consumers were advised to cut their meat intake by a sausage a day, and ranchers were being required to cut livestock numbers by 30% in an effort to stave off global warming.

When I lived in Australia, I resolved to abstain from meat. This was a country where sausages — or snags, as they were called — were served at virtually every social gathering with a lit barbecue (which was most of them). It was, certainly in the experience of my friends and my children, a land of meat pies made with thick golden pastry.

“Grass-fed cattle actually emit more methane than feedlot counterparts, but those emissions are offset by the ability of the pasture to take up and hold carbon dioxide.”

It was also a country in drought (and still is), where one particularly dry summer New South Wales ranchers were killing off their breeding stock because the fields were dry and there was no grain to feed them.

So, environmentally rooted vegetarianism seemed important, if not imperative. Difficult, however, were the myriad times I politely declined a special meat dish that was served at a dinner party, or knowing the host amended her menu because I was coming to the table. Besides a decidedly British-influenced cuisine, Indian and Southeast Asian food is very common. My friends and I enjoyed many a curry night together. As long as there was a vegetarian option, I was good, but looking back, there was a certain element of Aussie culture, if not many recipes, I missed out on.

Then I moved back to the States, and to Idaho. As with most my other resolutions, my

Biryani Rice with Meat

- ▶ 1 pound lean ground beef or lamb
- ▶ 1 small onion, chopped
- ▶ 1 cup basmati rice, rinsed
- ▶ 2 cups water
- ▶ 1/2 teaspoon each of allspice, cinnamon and turmeric
- ▶ 1/2-1 teaspoon salt or to taste

Brown meat and drain fat; add onion and sauté until soft. Stir in rice and spices and brown slightly. Add 2 cups water, cover and let simmer for 20-30 minutes until water is absorbed.

Topping:

- ▶ 1/2 cup pine nuts
- ▶ 1/2 cup raisins
- ▶ 2 tablespoons olive oil

Heat oil in a small saucepan; add nuts and raisins and stir until raisins plump up and nuts start to brown. This only takes a minute or so. Serve rice and meat in a large bowl with topping spread over. Cucumber yogurt sauce goes well with this dish.

vegetarianism began to waver and fade. This wasn't a thoughtless decision, however, a giving over of weak willpower to temptations. It instead had to do with the ability to find local and regionally raised grass-fed meat.

While Britons might be wondering where the bangers to go with their mash have gone, reports on our side of the pond are coming out which suggest raising animals on pasture might have a net benefit on the environment. Grass-fed cattle, for example, actually emit more methane than feedlot counterparts, but those emissions are offset by the ability of the pasture to take up and hold carbon dioxide. The pastures also require far fewer fossil fuel inputs than crops like corn and soy (there is, apparently, far less erosion of pasture land than corn or soy fields).

While grass-fed livestock is better for the land, it's better for our bodies as well. Grass-fed lamb, for example, has less fat, less saturated fat and cholesterol, and more vitamins E and C, beta-carotene and omega fatty acids than conventionally raised lamb.

Finally, and perhaps most importantly, grass-fed meat is produced locally and regionally. The Co-op stocks meat from both Eaton and Alderspring ranches and meat and eggs from other local farms appear when the Growers' Market resumes in May.

For more information about the relationship between pasture and climate change, see the Institute for Environmental Research and Education, www.iere.org

Here is a Middle East influenced recipe I was given while living Down Under. While I initially made it with TVP (texturized vegetable protein), using ground beef or lamb results in a more flavorful and satisfying (and probably more authentic) dish. If, like me, your suffering the effects of holiday overindulgence, try brown basmati rice instead and increase the cooking time.

Jamaica Ritcher is writing today from Berkley, CA, where she is visiting family and enjoying the last few weeks of holiday eating habits before her resolution to observe the adage "all things in moderation" (emphasis on moderation) takes affect on January 1.

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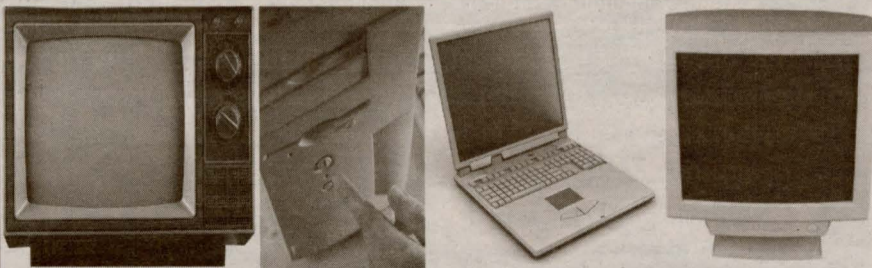
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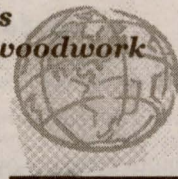
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Into the Cupboard: Exploring New Options

by Ivy Dickinson, Newsletter Volunteer

Goodbye 2009, hello 2010! I cannot believe another year has passed, and we're again at that point where we revisit the accomplishments of the past year, and renew our vows to live better, eat healthier and exercise more. The time for cleansing is upon us, and I think that examining the past year provides



an opportunity for each of us to take the time to determine what else we need to be doing for ourselves, or to recommit to the things that we've done in the past to maintain our health, sanity...whatever.

Since I LOVE food, taking the time to prepare home-cooked meals from healthy ingredients is a resolution that usually rises to the top of my list. It may sound cheesy, but committing to this one simple resolution has really brought me so much joy over the years. My commitment to food has helped me to diversify my diet and to try new things; it has made me pay attention to where my food comes from, and has also helped me to realize the importance of supporting our local economy and producers whenever possible.

For all of these reasons, the ingredient I chose to discuss this month is the "sunchoke" or "Jerusalem artichoke". If you have never had it or haven't even heard of it, I encourage you to try something new, especially since we're lucky enough to have a co-op that carries it (tucked into the produce section by the cabbage and broccoli). The sunchoke is a tuber that is a relative of the sunflower family and is native to the eastern United States (one of the few food crops that is). It was traditionally harvested and cultivated by Native Americans. The look

and texture of it are similar to a potato, but it is more knobby and contains inulin rather than insulin, which breaks down into fructose instead of glucose. Fructose has a lower glycemic index than glucose, and will as a result provide you with longer lasting energy stores. It has a mild flavor that is in fact similar to artichoke hearts, but also nutty and slightly sweet. The sunchoke may be eaten raw, but I prefer it roasted or cooked in soups.

Without further ado, my first recipe is for a simple creamy soup. Most of you have probably had a version of this that involves potatoes rather than sunchokes. I think the sunchokes add a little bit of flavor complexity that potatoes don't have and although this is a satisfying soup that pairs nicely with a large hunk of bread on a cold winter day, it seemed a little less heavy than its potato counterpart.

I found my second recipe for sunchoke pickles on a blog by Chris Pearson and was completely intrigued. I had never heard or even thought about this possibility, and I must admit to having a special place in my heart for homemade pickles. So, I went ahead and made this easy to follow recipe; everything went really well except for the fact that you have to let pickles set for a few weeks in order to get nice and pickly before eating them. My pickles have not had

Leek and Sunchoke Soup

- 1 pound leeks, roots and very dark green parts trimmed
- 1 clove garlic
- 2 tablespoons olive oil
- 1 pound sunchokes
- 1 quart chicken stock
- 1/2 cup half & half
- 2 tablespoons finely grated Parmesan cheese
- Salt, pepper

Slice, wash and drain the leeks. Heat a Dutch oven (or large pot) over medium heat; add the oil, leeks, and garlic. Lower the heat and cook slowly, stirring occasionally. The leeks should not color at all, just become limp — this should take about 10 to 15 minutes.

Meanwhile, scrub your sunchokes well, making sure to remove any grit or dirt that may be trapped between the knobs, and cut them up in even chunks (the smaller the chunks, the faster they'll cook). Add the sunchokes and the broth to the leeks. Bring to boil, cover, and lower the heat. Simmer 15 to 20 minutes or until the chokes are tender.

Puree the soup using an immersion blender, or transfer to a blender in batches, and process until smooth. Use half & half as necessary to puree. Return soup to the pot; add any remaining half n half and parmesan cheese. Salt and pepper to taste, and heat until warmed to the desired temperature. Garnish with freshly ground pepper, grated Parmesan cheese, and a sprig of your favorite herb.

Sunchoke Pickles

- 2-3 pounds sunchokes (choose small ones if possible)
- Juice of 2-3 lemons
- 1/3 cup salt
- 3 tablespoons turmeric
- 4 cups cider vinegar
- 1 cup white wine vinegar
- 1-2 cups sugar (depending on how sweet you want them)
- 2 tablespoons mustard seed
- 1 teaspoon dry mustard
- 1 tablespoon chile flakes
- 1 clove per quart
- 1 bay leaf per quart

Preparation

Cut sunchokes into 1/2 inch pieces and put any cut pieces into a bowl of water with the lemon juice to prevent discoloration. When you have them all cut, mix 4 cups water, 1 tablespoon of the turmeric and 1/3 cup salt. This is your brine. Brine the sunchokes for a day.

To make the pickling liquid, mix the vinegar, sugar, 1 cup water, the rest of the turmeric, mustard seed, dry mustard, chile flakes, cloves and bay leaves (basically everything else) and bring to a boil. Stir well and let it cool to room temperature.

Get your hot water bath ready. Pack each jar with a clove and bay leaf from the pickling liquid. Rinse the sunchokes well, and then pack into jars. Cover with the cooled vinegar mixture leaving at least 1/4 inch of headspace. Process in a hot water bath for 10-15 minutes. Wait at least a week before eating.

long enough to pickle, so I'm going to have to report back on the results.

Sources:

Pearson, Chris. Hunter Angler Gardener Cook [blog on the Internet]. WP-Gravatar c2006-2009 — [cited 2009 December 15]. Available from: <http://www.honest-food.net/blog1/veggie-recipes/sunchoke-pickles-pickled-jerusalem-artichokes/>

Ivy thinks New Year's resolutions

are often hard to come up with and even harder to keep, but one thing everyone can strive to do is to diversify our culinary experiences in the future. If you haven't tried the oft-overlooked sunchoke, do yourself a favor and give it a try. If you have any unique culinary suggestions to pass on, e-mail them to ivyrose7@hotmail.com.



Veganesque: The Wisdom of the Monkey Platter: 4 Health Tips for 2010

by Caitlin Cole, Newsletter Volunteer

I have to confess that I don't usually know what the date is. This time of year is different, especially since at this writing the New Year is a couple of days away. I have never gotten into the New Year celebration mode, to me it is just another date, but psychologically speaking, this date may be good for our health. It inspires a lot of folks to commit to make needed changes in their habits that can improve their health and happiness. I would like to share the five changes I have made over the year in the hope that they can help you too.

Flax

It is rich in omega-3 fatty acids. Our typical Western diet is lacking in essential fatty acids. I eat a teaspoon of flax oil a day usually made into a salad dressing, but flax meal sprinkled on a salad is a good way to boost omega-3 intake. I have noticed an increase in energy and improved skin and hair since taking daily flax oil.

More Movement

Okay, I know you know this one already! One thing I have learned about movement is that you do not have to commit to a long workout to get health benefits. After my treadmill broke last year, I had to come up with an alternative movement plan

in a hurry. My daily solution is I turn on some rocking music and dance freestyle in our living room almost every day. Every bit of movement is helpful, so if you have only 10 minutes to dance around the house, it still will benefit your health. Make sure it is fun for you and not a chore. I also take a dance class once a week at Spectrum Dance Studio with my kids. Spectrum will also continue to offer their weekly community dance "ecstatic dance," which features live drummers.

Big Breakfast

A recent study by endocrinologists recommends that we eat 60% of our daily calories at breakfast. Why? After fasting all night, our bodies are shifting into survival mode, conserving calories instead of burning them. If we don't eat breakfast, our body will not metabolize food as well as it does with a big breakfast. This was hard for me until I gave up coffee, which filled up my belly, making me feel full when I in fact needed food.

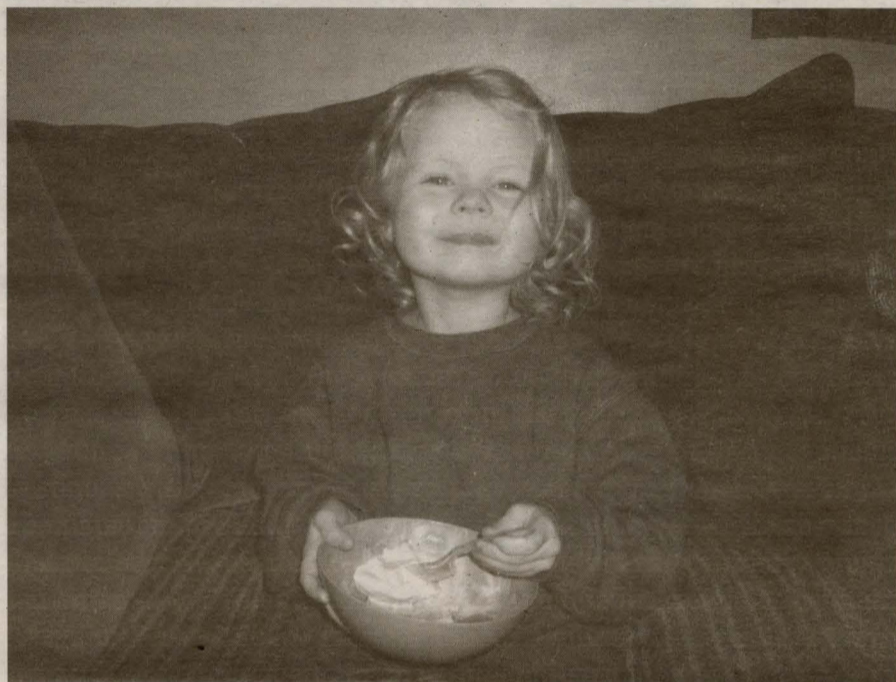
Monkey Platter

I saved the best for last! Monkey platters were inspired by the large platters of cut-up fruit one unschooling mom and her family saw zoo keepers feeding the monkeys. The idea of the monkey platter revolves around

Orange Sesame Dressing

- ▶ 3/4 cup orange juice
- ▶ 1/4 flax oil
- ▶ 3 tablespoons sesame seeds

Combine well and enjoy.



healthy finger foods with dipping sauces for interest. When my kids are doing math problems or building with legos, they do not want to stop to eat. I get out my muffin tin and fill the cups with whatever I have on hand, which typically includes raisins, carrots, sliced apples, pineapple chunks, cereal and dippers. It is a fun way to get more plant food into your diet and you save energy by not having to cook! For

more monkey platter ideas, visit sandradd.com/eating/monkey-platter.

I hope you will enjoy the following recipe. Here is wishing you a healthy 2010!

Caitlin Cole is very grateful for the bounty of the universe, and the bounty of healthy food at our Co-op!

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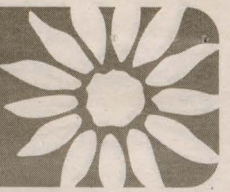
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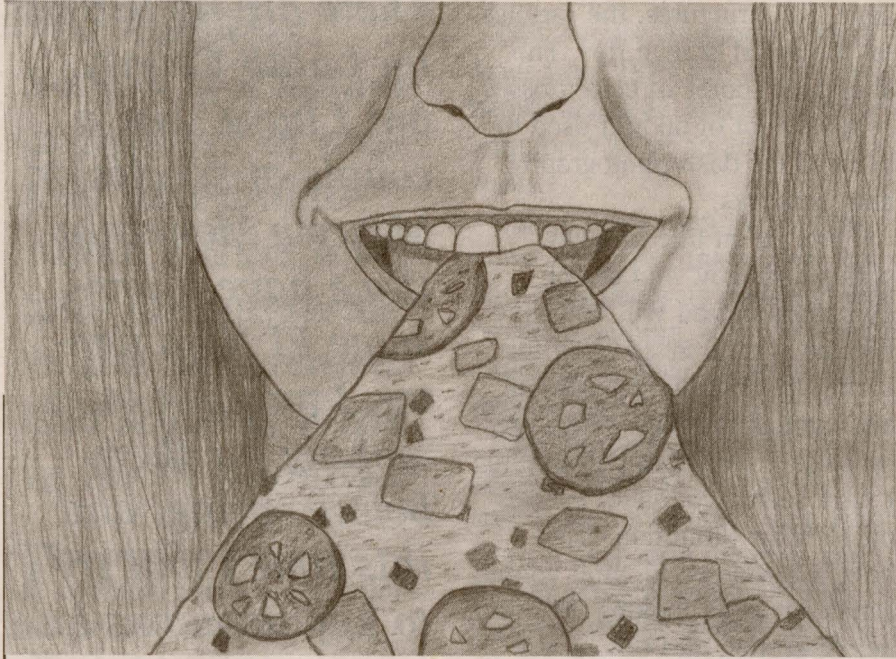
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Allergy and Gluten Free: Resolve to Eat More Pizza

by Terri Schmidt, Newsletter Volunteer



This is the time of year when we talk about New Year's resolutions and changing bad habits, like giving up candy or smoking. But if you are following a restricted food diet, I figure you have already given up enough. So instead, give yourself a pat on the back for having the discipline to stay with a diet that keeps you healthy.

It helps to be disciplined if you can find substitutes for favorite dishes, one of which is pizza. I don't eat red meat, so I haven't had the classic pepperoni or ham on pizza for years, but I did love fresh tomato pizzas. Then I had to give up dairy, wheat and tomatoes, which makes pizza a little challenging. Fortunately, the Co-op carries some good gluten free pizza crust mixes, so that part was easy to solve.

I then worked on a substitute for tomato pizza sauce. A tweaked pesto sauce worked pretty well. I react to pine nuts but can have almonds, so I mixed almond flour, nutritional yeast, fresh basil leaves, olive oil, fresh garlic and salt in the food processor. It's not as fabulous as regular pesto, but anything with fresh basil is still good.

I had a much harder time with pizza toppings. What's the weirdest thing you ever put on a pizza? I think the strangest and pretty much the yuckiest thing I tried was a sardine and onion pizza. I wanted to like it, I even ate two slices, but the rest went into the freezer where I kept it long enough to get freezer burn and then felt justified in tossing it.

Not being one to give up easily, I kept experimenting. Canned salmon on pizza — better than

“I had a much harder time with pizza toppings. What's the weirdest thing you ever put on a pizza? I think the strangest and pretty much the yuckiest thing I tried was a sardine and onion pizza.”

sardines, but there is something that's just not quite right about fish on pizza. Various vegetables were next. Some were not so great — like cauliflower. Others were pretty good. My favorite cooked vegetables as toppings are steamed broccoli, spinach, fennel, roasted garlic, and canned artichoke hearts. If you do make a New Year's resolution to give up extra sweets, try making roasted garlic — their caramelized sweetness is better than candy. And if you can eat tomatoes and bell peppers, they are, of course, classic and delicious options. Fresh vegetables that work well on pizza are grated carrots and thinly sliced lettuce — just pile them on top after baking.

Somewhere along the line, remembering a pizza from a take-out place, I realized I could cook up free-range chicken or turkey to use on pizza. Another allergy prone person pointed out the soy-free Earth Balance natural buttery spread to me. It is both soy and dairy free — yahoo! It can be used to make a white sauce, which goes nicely with chicken and turkey. So I made the pizza recipe on this

Chicken and White Sauce Pizza

Mix up a Namaste pizza crust or make your own from the recipe below. Bake for 20 minutes. While it's baking, make the white sauce.

White Sauce

- 2 tablespoons soy-free Earth Balance buttery spread
- 2 tablespoons rice flour
- 1/2 cup gluten-free chicken broth
- 1/2 cup hemp milk (or other milk substitute)
- salt to taste

Mix broth and hemp milk. Melt buttery spread in small sauce pan. Mix in flour. Add milk mixture a little at a time while stirring constantly. Cook on a low boil until thickened. Remove from heat. When pizza crust comes out of the oven, brush crust with olive oil. Spread the white sauce over the entire crust.

Add toppings:

- 2 cups cooked and cubed free range chicken
- 1 cup chopped fresh basil
- 1 can artichoke hearts, chopped
- 1/4 cup roasted garlic, chopped
- optional: sliced fresh tomatoes and bell peppers

sprinkle lightly with nutritional yeast or fresh Parmesan

Bake another 10 minutes and enjoy.

Amaranth Pizza Crust

“The Super Allergy Girl Allergy and Celiac Cookbook” by Lisa A. Lundy, www.thesuperallergycookbook.com

Preheat oven to 400 degrees F.

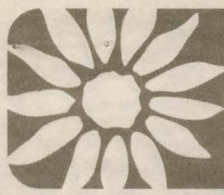
- 1 cup amaranth flour
- 1 cup quinoa flour
- 2 cups tapioca flour
- 1 teaspoon salt
- 1 tablespoon baking powder
- 3 teaspoons dry Egg Replacer powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 1/2 teaspoons dried oregano
- 1 teaspoon dried sweet basil
- 3 teaspoons xanthan gum
- 1 cup acceptable oil
- 2 to 2 1/2 cups water (add half, then remaining as needed)

Mix dry ingredients together in a large mixing bowl. Add oil and half of the liquid. Mix and add remaining liquid as needed to make a creamy batter. On a greased baking sheet spoon the pizza batter into pizza shapes. Use either oiled hands or fingertips or make a rim around the crust. Bake in a 400 degree oven for 15 to 20 minutes depending upon the thickness of your crust and the size of your pizza and which oven rack you are using. The top of the pizza crust should be lightly browned and baked fairly well through. Top with your favorite toppings and return to the oven. If you are using non-dairy (or dairy) cheeses, broil for 3 to 5 minutes or until the cheese is melted. Otherwise, bake an additional 5 to 8 minutes or until the toppings are hot. Makes 8 to 9 mini-pizzas, 4 to 5 small, or 2 larger pizzas.

page. It is my new favorite. I also put some of it in the freezer, but only to keep myself from eating the entire pizza at one sitting. It's good to show some restraint in the New Year.

Terri offers these words from Oprah Winfrey, “Cheers to a New Year and another chance for us to get it right.”

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Letter from the Land: Little Green Wolf Paws

by Suvia Judd, Newsletter Volunteer

One of my favorite books for armchair reading is "Plants of Southern Interior British Columbia."* It includes a lot of plants from our region, and covers wildflowers, trees, shrubs, grasses, sedges, rushes, ferns and their allies, mosses and liverworts, and lichens. Browsing through a while ago my eye lit on club mosses, old friends from my New England childhood.

Club mosses are seedless vascular plants (like ferns and horsetails). In the family *Lycopodiaceae*, most of them are genus *Lycopodium*, which means "wolf paw." I like better the common name "ground pine," which is used for one species, *L. dendroideum*, but also for the whole group. Many ground pine species run along the ground with horizontal stems and upright side branches 6-8 inches high, each of which resembles a small conifer tree in a universe of a different scale from ours. A branch of *L. dendroideum* looks like a solitary white pine in shape, while a branch of *L.*

complanatum ("ground cedar") resembles a tiny cedar crowned mysteriously with pale green candles.

Club mosses, like ferns, have a lifecycle which alternates generations between a conspicuous spore-bearing form which is diploid (has two pairs of chromosomes), and an inconspicuous gamete-bearing form which is haploid (has one set of chromosomes). In club mosses, the gametophyte (gamete-bearing plant) is inconspicuous because it is underground. It gets its nourishment from a mycorrhizal association with fungal mycelium. The gametes (eggs and sperm) are born on the same individual underground plant. When they join to form an embryo, it grows up to be the sporophyte we see in the woods, which sheds spores, which grow into gametophytes.

The name "club moss" refers to the club-like shape of the spore sacs, which sit in the angle of modified leaves, which in most cases are collected into

cone-like structures, the candles, on the aerial branch tips. The abundant spores of club mosses contain a lot of oil and used to be used for flash photography and fireworks.

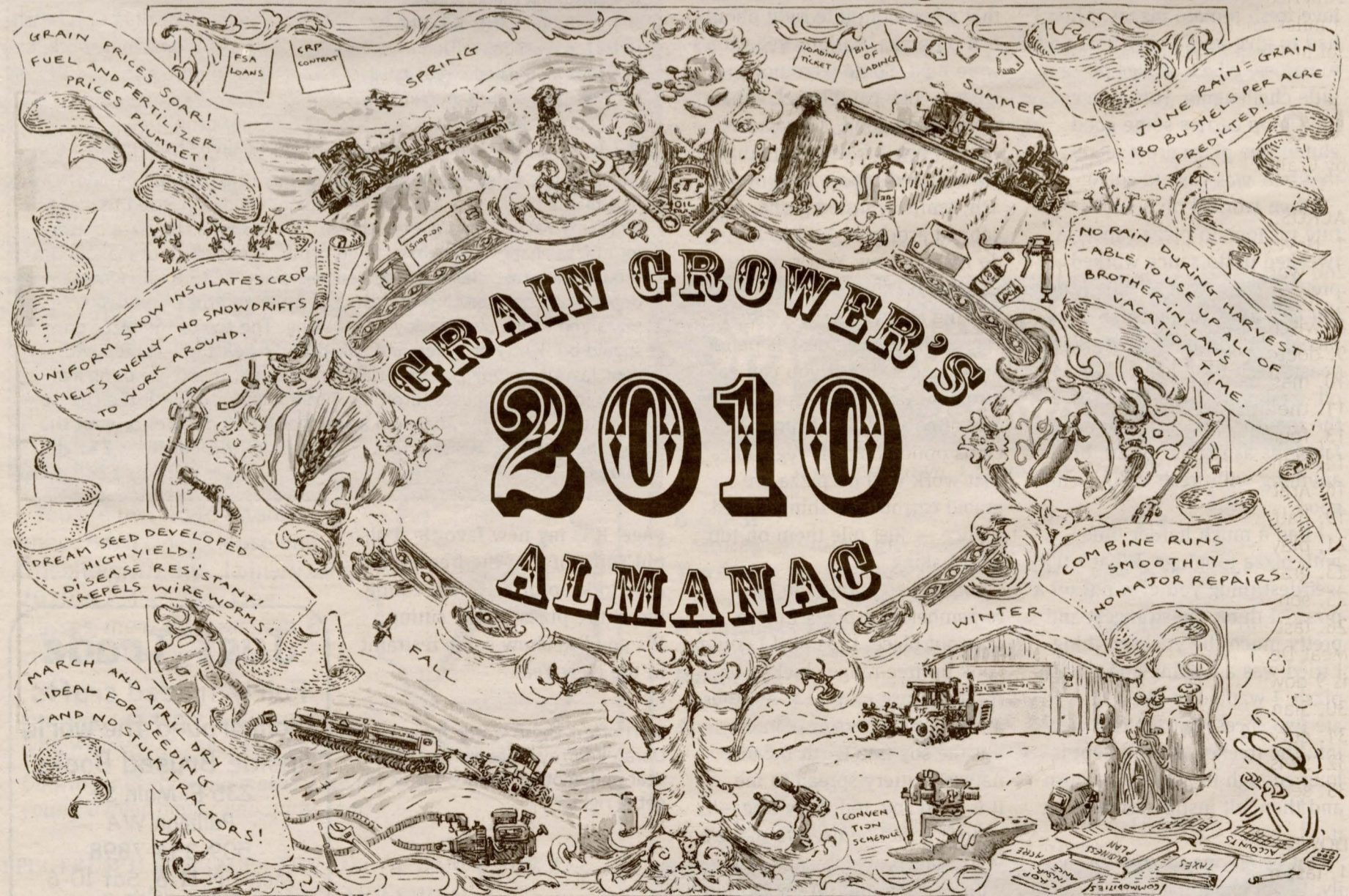
If you go on line to www.plants.usda.gov, and search *Lycopodium*, you will find nine species of club moss listed for Idaho, all of them in northern and central counties. There are no listings for Latah County, but I have seen a couple of species on Moscow Mountain. If we have a low-snow El Nino winter, I may get to go looking for them before spring, and this time I will try to key them out to species.

*"Plants of Southern Interior British Columbia." Parish, Coupe, Lloyd. Lone Pine Publishing. Vancouver, BC. 1996.

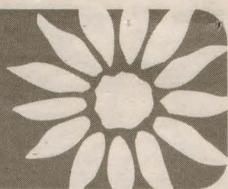
Suvia Judd raises alpacas, squas, and fruit in Moscow, and walks on Moscow Mountain.

There are no listings for Latah County, but I have seen a couple of species on Moscow Mountain. If we have a low-snow El Nino winter, I may get to go looking for them before spring, and this time I will try to key them out to species."

PALOUSE REPORT: Farming Fantasies



THANKS TO KEITH + HEIDI KOPF, JOE + GAYLE ANDERSON AND DAVID LANGE. WWW.FROGBLOG-ACARTOONDIARY.BLOGSPOT.COM © ANNA BREWER JANUARY 2010



Not Just for the Birds: The Palouse Audubon Society

by Sean M. Quinlan, Newsletter Volunteer

The Audubon Society is a national network of amateur and professional nature lovers who are interested in the observation and study of birds in North America.

This month's community spotlight turns to the Palouse Audubon Society.

The Audubon Society is a national network of amateur and professional nature lovers who are interested in the observation and study of birds in North America. It is a venerable, highly active society with a long history in the annals of American science. Moreover, the Society continues to work with Cornell University to track bird species and population trends throughout the country.

The Society is named after the Haitian-born, French-educated John James Audubon, whose gorgeous work, "Birds of America" (London, 1827-38), is a milestone in the story of natural history in the Americas.

The Palouse Audubon Society dates from 1973 and at present it boasts about 85 official members and about 30 or so active enthusiasts.

Before discussing the Society, however, I must make clear just how passionate its members can be about birding. It is a true love and attracts aficionados in ways that are difficult to convey.

"We get together to see all sorts of birds, and especially to spot those rare ones," says Terry Gray, a long-term member and the outgoing president of the Society. "That's what birding is all about."

The Society offers a number of activities for enthusiasts, bringing them out into the local ecosystem to observe and identify bird species.

In the summer, there are excursions every weekend. These can last just a few hours or can be day-long affairs. Enthusiasts can be treated to birding trips throughout Whitman county and eastern Latah county. Moreover, every Wednesday, there's an evening session for interested birders.

In winter, when weather and migration changes the character of the bird population, these field trips are concentrated to the

Lewiston valley or down river towards Walla Walla.

These field trips are open to the public, and can involved 1-3 carloads of people. The only charge, from time to time, is throwing in a couple of bucks to help offset the cost of gas. If you are interested, simply go to the Society's website (listed below) and check out the monthly bulletin.

One of the highlights of the Audubon Society is the yearly Thanksgiving and Christmas Day "counts." The Society members mark out a 15-mile radius and spot and count all the birds they can. These figures are then tabulated and forwarded to the national society, who tracks species trends and habitat conditions.

As Terry points out, these activities form part of a long history of citizen science, in which local enthusiasts and professional naturalists worked hand in hand to understand species populations and habitat.

Nevertheless — and this a critical point, as Terry stresses — the Society is open to anyone and its members are drawn from a large cross-section of the Moscow community, representing different ages and back-

ground. However, all members are united by their common love of one thing: nature.

"In general," says Terry, "most people in the society — or the people who participate in the field trips or evening walks — are out there because they want to have a good time with other people in nature."

Some, he also points out, really love photography, and there's great opportunity for picture-taking in these birding trips.

"You get such a background. Sometimes there's people out there with great knowledge about insects or native plants, or whatever. You end up learning so much."

"The Audubon Society is great for people who are new in the area," he continues. "It's a fantastic way to learn about the Palouse. We're here to have a good time and see what he can find," he chuckles. "It's always a surprise. You never see the same thing twice."

If you are interested in the Audubon Society, please direct your Internet browser to: www.palouseaudubon.org.

Sean M. Quinlan is a historian of science and medicine at the University of Idaho.

Co-op Crossword Puzzle

by Craig Joyner, Co-op newsletter volunteer

ACROSS

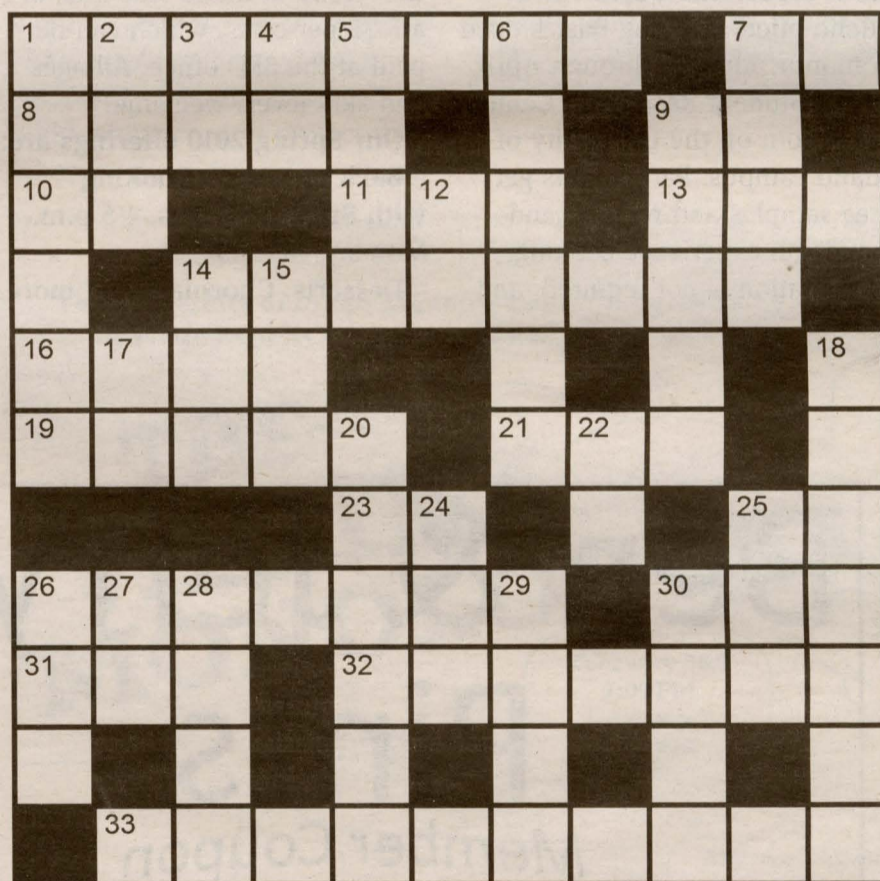
1. November's Dime at a Time recipient, 2nd word, 1st is 33 across
7. for the sake of example
8. witch
9. doctor's degree
10. masculine pronoun
11. the other half of lentils on the Palouse
13. found in cookies, creams, and breakfast
14. shiitake, crimini, or oyster
16. Arab title of high rank
19. half a flower
21. play
23. granting that
25. son named as the father, abbreviation
26. last month's profiled employee and Meat Department manager, 1st name, last is 9 down
30. Siamese or calico
31. curve
32. Swiss hard cheese
33. see 1 across

DOWN

1. last month's profiled volunteer, 1st name, 2nd is 18 down
2. traditional soap ingredient

3. most of the world uses kg instead

4. two in Roman numerals
5. European mountain range
6. dry red wine from Bordeaux
7. mild Dutch cheese
9. see 26 across
12. Canadian interjection
14. actor ___ Farrow
15. samovar
17. metric measurement, abbreviated
18. see 1 down
20. Chinese herb that improves memory
22. caused by
24. fake is the best way to go
25. remember to bring each one back for Virginia
26. Mediterranean laurel
27. train tracks, abbreviated
28. unrequited love for Narcissus caused



her to fade away to nothing but her voice
29. suitor
30. don't do this to the high ground

Craig's alter ego is an Erisian High Priestess.



Moscow Renaissance Fair Booth Applications Now Available

by Marc Fleisher, fair publicity director

Applications are now available for artisan and food vendor booths at this year's 37th annual Moscow Renaissance Fair. The Fair is gearing up for another year of outstanding music and entertainment and is looking for vendors of wonderful food and of unique handcrafted works of art. This year's fair will be held Saturday, May 1, and Sunday,

May 2, 2010, at East City Park in Moscow.

The participation of artisans with unique, high-quality, hand-made wares is a vital part of the festival. Only original work designed and crafted by the artist may be sold. There are special categories for wandering vendors, crafts demonstrators and service providers (massage,

fortune tellers, body art and the like). The Fair maintains a high standard of excellence using a juried screening process.

Food vendors must be non-commercial, non-profit groups providing food service as a fund-raising activity. In keeping with the uniqueness of this valuable community event, only those foods and beverages that are

considered distinctive, tasty and creative will be considered. Food vendor's offerings will be sampled to choose the best-prepared, tastiest and most interesting of the bunch.

Artisan and Food Booth guidelines and applications are available online at www.moscowrenfair.org, where you may also contact us with your questions.

Awakening the Dreamer Symposium

by Francene Watson, Symposium Volunteer

January 9 workshop, "Awakening the Dreamer, Changing the Dream," explores new ways of seeing the big sustainability, wellness and social justice challenges and opportunities of the early 21st century. Empowering participants with a new vision, this is a unique opportunity to share your con-

cerns about the state of the world with members of our community, and offer support to each other in taking steps to effect the changes that you wish to see.

Via video, participants hear from far-sighted community leaders — Archbishop Desmond Tutu, Julia Butterfly Hill, Van

Jones, Paul Hawken and many more — on everything from the planet's dwindling biodiversity to growing socio-economic gaps. The event also includes lively breakout groups and practical tools.

Everyone is invited to attend, January 9 at Wawawai Canyon Winery from 11 a.m.-6 p.m.,

with a reception to follow from 6-7 p.m. Call 206.276.4854 or visit www.awakeningthedreamer.org for details and to register (click "Find a Symposium"). \$25.00 (no one turned away) covers lunch and beverages.

Cooking Basics at the University of Idaho

by Verna Bergmann, MS, RD, LD, CDE, campus dietician, student health services, vernab@uidaho.edu, 208-885-5012

Learn how to cook seasonal, local, and affordable nutritious foods! The University of Idaho offers Cooking Basics once a month, January through April, at the Student Recreation Center classroom on the University of Idaho campus. Participants get free samples and recipes, and hands-on experience cooking. Registration is not required, and

classes are free for Student Rec Center Wellness members and University of Idaho students, or are \$2 per class, which can be paid at the SRC office. All ages and skill levels welcome!

Our Spring 2010 offerings are:
Back to Roots - Cooking with Sweet Potatoes, 4-5 p.m., Monday, Jan. 25.

Desserts, Chocolate and more,

4-5 p.m., Wednesday, Feb. 17
Seasonal Tapas - Small Plates, by Guest Chef John Green, Campus Dining, 4-5 p.m., Tuesday, March 23
Get Lean with Spring Greens, 4-5 p.m., Tuesday, April 20



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A Brief Look at Moscow's Comprehensive Plan

by John Dunn, Newsletter Volunteer

It is cold out there. The snow is beginning to pile up with the advent of the New Year. Bicycling or walking, whether for fun or another purpose, poses some additional challenges when attempted during the winter season here on the Palouse. Public transportation, as always, remains an option. Cooling your heels in a bus shelter, however thoughtfully designed it may be, is still a chilling prospect when the mercury is hovering slightly above the zero mark.

It is those very same bus shelters that have been attentively located along the local transit routes that are tangible symbols of the subject for this month's column. They are a result of the City of Moscow's ongoing comprehensive planning efforts.

Moscow's 1999 Comprehensive Plan defined alternative transportation as involving bicycles, walking and public transportation. It should be noted that the plan also stated that these methods of transport should no longer be considered as alternate. There is considerably more truth in this statement presently than there was in 1999. Evidence of this is seen in the variety of improvements to the city's transportation infrastructure that were called for in the plan and have been completed over the course of the past 10 years. These improvements serve as concrete examples of solid, practical planning efforts having come to fruition.

Key components of the 1999 plan include the recognition that all streets are used by bicyclists and the understanding that the relative skill of bicyclists varies from the very beginners, i.e. children, to the very experienced. Also key, is the attempt to pro-

"Bicycling or walking, whether for fun or another purpose, poses some additional challenges when attempted during the winter season here on the Palouse. Public transportation, as always, remains an option."

vide for all of the skill levels in the development of the planning effort. Among the objectives that the plan addresses is the recognition that all streets are used by cyclists; the need for an effective education program for all those who share the road; to encourage the construction and maintenance of logical, connected, safe bicycle ways; and to promote adequate and secure bicycle parking.

The document also identified projects that were to be considered to implement the plan's objectives. These projects included the creation and installation of bike lanes on both sides of Mountain View Road, a bicycle pathway along Paradise Creek, sheltered bike racks in the downtown area, and other projects in various stages of planning but not yet having been realized.

Although much controversy continues to swirl around the proposed "Ring Road" concept, a large part of the 2010 Comprehensive Plan recognizes the same fundamental issues surrounding community mobility as did the 1999 plan. The 2010 plan also offers statistics that indicate Moscow ranks in the top



Downtown Moscow. Photo by Elizabeth Graff.

1% of communities in the U.S. for bicycle commuters. The plan states "city surveys have shown higher and increasing percentages of bicycle commuters." As recently as 2006, 9% of citywide "journey to work" trips were made by bike. The 2010 plan also makes an attempt at focusing bicycle route development in the city by integrating cycling with the public transportation system. This includes the development of bike routes that lead to bus stops, covered bike parking at bus stop shelters, and working with transit providers to provide bicycle racks on busses.

It is the continued attention to and inclusion of such features within the city that makes it more feasible for more people to choose options beyond the car. And, these features also work to build, enhance, and protect the inherent character of Downtown

Moscow as a unique, attractive and dynamic place.

The current 1999 comprehensive plan can be found here: <http://www.moscow.id.us/CommDev/CompPlan.asp>

The final draft of the proposed comprehensive plan update can be found here:

<http://www.visionmoscow.org/Documents/Final%20Draft/FinalDraftComplete%2010-15-09.pdf>

The City of Moscow Comprehensive Plan Informational Website can be found here:

www.visionmoscow.org

John loves winter on the Palouse, but is looking forward to the warm weather so he can enjoy the biking amenities that have resulted from city and county planning efforts.

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Proceeds benefit V-Day, Alternatives to Violence of the Palouse (ATVP) and UI Violence Prevention Programs.



January Good Food Book Club: It's All About Julia

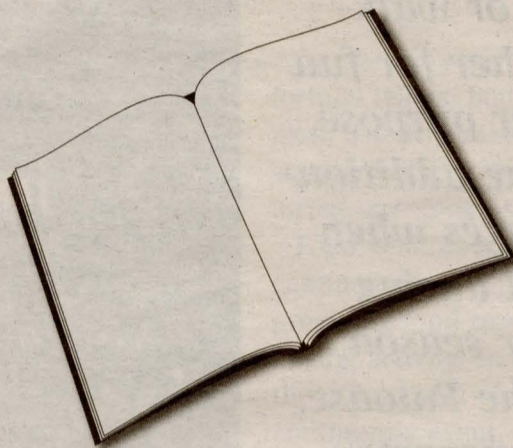
by Colette DePhelps, Good Food Book Club Coordinator

The Good Food Book club is kicking off the New Year with the celebration of one of America's greatest and most well known cooks, Julia Child. For this discussion, we are encouraging you to read one of two books about Child: "My Life in France," by Julia Child, or "Appetite for Life," by Noel Riley Fitch. The January Good Food Book Club meeting is being hosted by a Book Club member at her Moscow home on Sunday, January 24, from 3-5 p.m. E-mail Colette at bookclub@moscowfood.coop to RSVP and for directions.

With the box office smash Julie and Julia, once again our nation's eye is on the wondrous cook, famous author and intriguing personality, Julia Child. Perhaps best said in a 1997 "U.S. News and World Report" cover story, "Julia Child invented Modern Life, she made America mad for food and changed

notions of class and gender." A face familiar to most Americans (at least those over 35!), Child inspired millions with her best-selling books on French cooking and her television show *The French Chef*.

Child's nationally best-selling book, "My Life in France," written with the help of her grand nephew, Alex Prud'homme, chronicles her years in France — her entrance into French culture, cooking and, ultimately teaching. A well-written, wonderful story, this book captures "one of the most endearing American personalities of the last 50 years." "Appetite for Life: The



Biography of Julia Child," written by Washington State University alumnus Noel Riley Fitch, introduces us to the young Julia — the adventurous, outgoing, enthusiastic woman who volunteered with the OSS (Office of Strategic Services) in India and China in World War II, during which time she began her almost 50-year romance with her husband, Paul Child. Fully endorsed and supported by Child, Fitch draws upon numerous interviews with Child, her close friends and family, the diary of her late husband, Paul, and even government wartime records. *Appetite for Life* is fasci-

nating and well written story.

Books are available at BookPeople of Moscow (with a 20% book club discount), at your local library and in the book section of the Co-op.

If you don't make it through all of the book (or books), or even the movie, don't be deterred — you'll still enjoy the Book Club discussion! So, please join us for tea and a French dessert in Moscow on Sunday, January 24 from 3-5 pm. RSVP and get directions from Colette at bookclub@moscowfood.coop.

At the time of writing this article, Colette was spending an early Christmas with her extended family and dreaming of the wonderful French dessert she's going to bring to the January Book Club meeting.



Essential Cooking Classes

Essential Cookery

Want to cook more deliciously and healthily at home and save money at the same time? The Moscow Food Co-op's Essential Cookery series is for you. Make it a morning out with a friend or an older child and add to your culinary repertoire, and then enjoy eating what the instructor has demonstrated. Recipes to take home included. Register for these classes through Moscow Parks and Recreation Department, phone 883-7085. All classes unless otherwise noted are held at the Hamilton Indoor Rec Center in Moscow and are for ages 10 and up. The cost is \$15 for residents and \$17 for non-residents. The Co-op, with the support of Backyard Harvest, offers scholarships for these classes for Co-op members on a limited budget. Please contact Carol Spurling, Co-op outreach coordinator, for more information: outreach@moscowfood.coop or 208-669-0763.

New Comfort Food: *Pancakes, Waffles, Crepes*
10 am - noon, Sat. January 23

New Comfort Food: *Soups and Stews*
10 am - noon, Sat. February 6

New Comfort Food: *Beyond Tuna Casserole*
10 am - noon, Sat. February 27

Cooking for the Week: *The Whole Chicken*
10 am - noon, Sat. March 6



Essential Wellness Classes

Essential Wellness

Christina James, RN, is a wellness coach who specializes in personal and business transformation, partnering with folks who want to express and enjoy their entire potential. She also has over 500 hours of meditation and stress management training with lots of simple, fun, and powerful tools to share. Register for her Co-op Essential Wellness classes through Moscow Parks and Recreation, phone 883-7085. Classes are for those age 18 and up, take place in the Hamilton Indoor Rec Center, and cost \$15 for residents and \$17 for non-residents. Scholarships available for Co-op members on a limited budget; contact Carol Spurling, Co-op outreach coordinator, for more information: outreach@moscowfood.coop or 208-669-0763.

Being Well!

10 am - noon, Sat. Jan. 30
Being Well is much more than just the absence of disease. It is enjoying vibrant energy, creativity, and fun in all areas of our lives. Using a combination of interactive learning, inventory questions, and centering techniques, you will see where you are and where you want to be. Along the way we will show you how to dissolve blocks to success and design a template for your unique and fulfilling life.

Nourishing Meditations for Busy People

1 - 3:30 pm, Sat. Jan. 30
Want to boost your productivity and fun? Wish there were more hours in the day or more days in the week? Then this session is for you! Meditation is the key to developing your peak potential! It's not serious and doesn't have to be done on a riverbank somewhere far away. There

are many techniques that are easy, fun, and can be done anytime, anywhere, even while eating chocolate! Join us and feel the stress melt away.

The Clean Sweep

10 am - noon, Sat. Feb. 27
Ready to clean the cobwebs from your life and get your health, finances, relationships, and living spaces working for you? Join us for an action-packed session when we will take stock of those areas and create a plan for success that really work!

Introduction to the Wellness Inventory

1 - 4 pm, Sat. Feb. 27
The Wellness Inventory is a holistic assessment and life-balance program designed to help you gain personal insight into your state of physical, emotional, and spiritual wellness. The on-line program offers guidance and tools to transform this new awareness into sustainable lifestyle change, and

a renewed sense of health and well-being.

What Are You Tolerating?

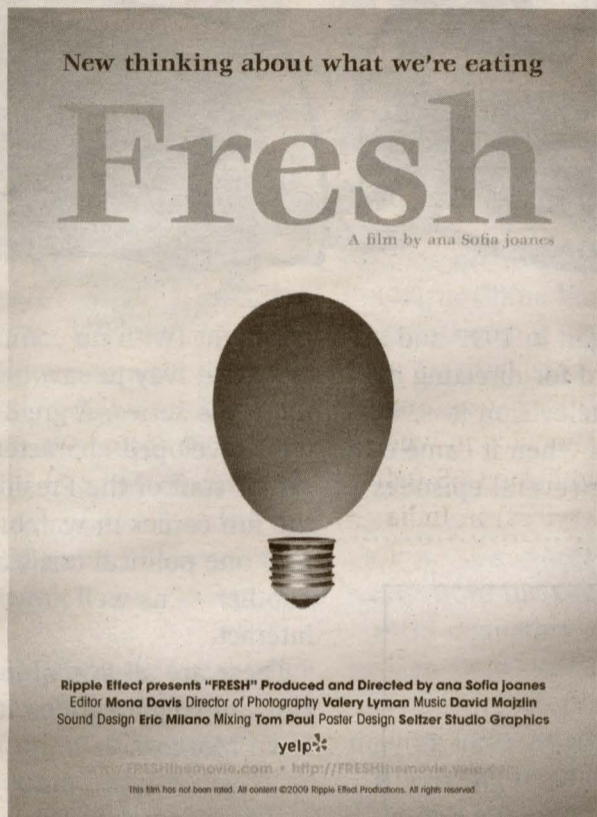
10 am - noon, Sat. April 24
Tolerations are those things and situations that continuously drain our energy and prevent us from living at our optimum potential. In this lively session we will figure out what our tolerations are and develop a fun, rewarding plan to clear them out once and for all. Yes, it is possible!

Mealtime Mindfulness

1 - 3 pm, Sat. April 24
Mealtime Mindfulness for health and weight management reminds us that how we eat is just as important as what we eat! Let's forget about organic, calorie counts, carbs, and bad fats for a while to focus on bringing awareness and gratitude to our mealtimes. Join us for a delicious and relaxing session that is sure to change how you approach your meals.



The Co-op's Good Food Film Series presents "FRESH, The Movie"



7 p.m. on Thursday, January 21, at the Kenworthy Theatre

This new documentary features Joel Salatin, Michael Pollan, Will Allen, and other farmers, thinkers and business people across America who are re-inventing our food system.

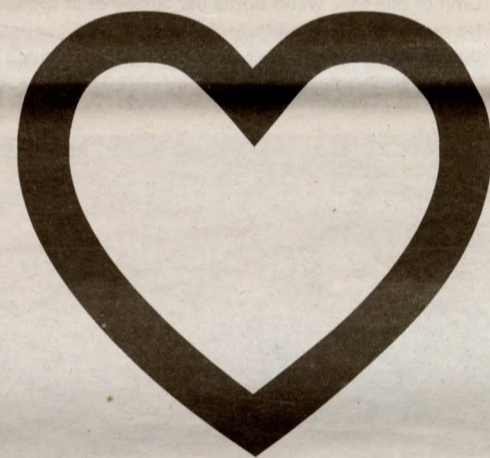
Tickets are available at the door and are \$4 for Co-op members and \$6 for the general public.

Expecting? Have a Newborn?

Join with other new parents at the Co-op Mamas and Papas

This free program begins in February, 9am on Wednesdays at the Co-op Deli.

Sign up by e-mailing babies@moscowfood.coop.



Brused Books



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

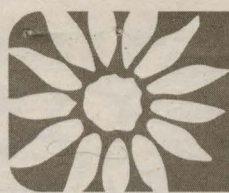
Hours:

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

509-334-7898

235 E. Main
Pullman, WA 99163

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COMMENTARY

Fun Flix

by Bill London, Newsletter Volunteer

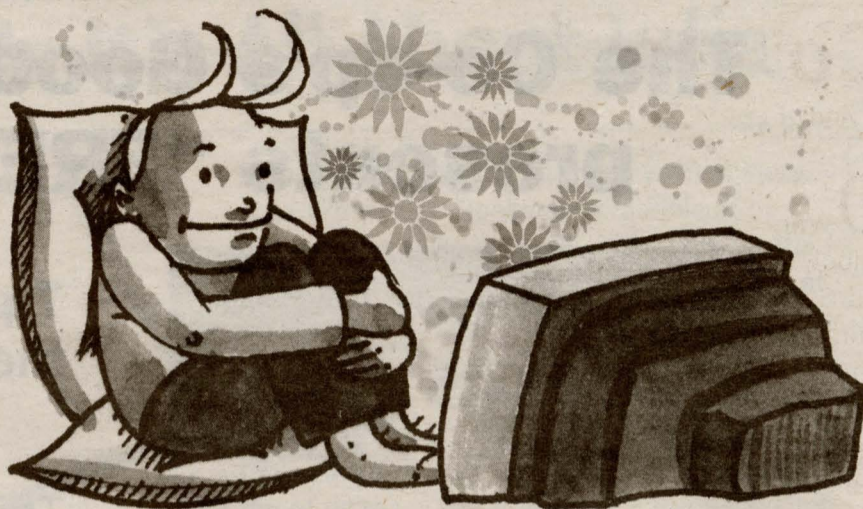
Here's the best videos we've watched lately. What are your favorites?

Grey Gardens...This 2009 made-for-TV drama tells the true story of two high-society women (mother and daughter who were cousins of Jackie Kennedy Onassis) who opted out of the New York scene, retreated to their mansion, and were discovered decades later living there in squalor and seclusion. The women are spectacularly demented and their portrayal excellent. The film is not rated,

but deserves perhaps a PG rating.

Away We Go...This 2009 film follows a young couple who decide (now that she is pregnant) that it's time to settle down. So, they set off across America looking for a place to nest. Along the way they meet a menagerie of oddballs. This Indie comedy is well-written and surprising. Even though the film is rated R, it is actually mild and upbeat.

West Wing...OK, this is not a film. West Wing is a television



series that began in 1999 and set a new standard for directing and acting. Being television-less, we never saw this when it came out. Now watching several episodes

per night (with no commercials) is a great way to savor the quality of the series. A great set of well-developed characters fill the senior staff of the President, and the fun comes in watching them face one political crisis after another — as well grow and interact.

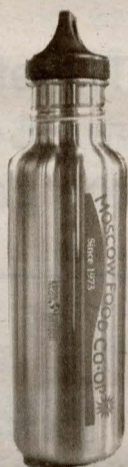
These are all available at Howard Hughes Video in downtown Moscow.

Bill London edits this newsletter and begins the new year with hope and contentment.

Members save \$1.00

in addition to the current member sale price on 27 ounce Kleen Kanteen Co-op water bottle.

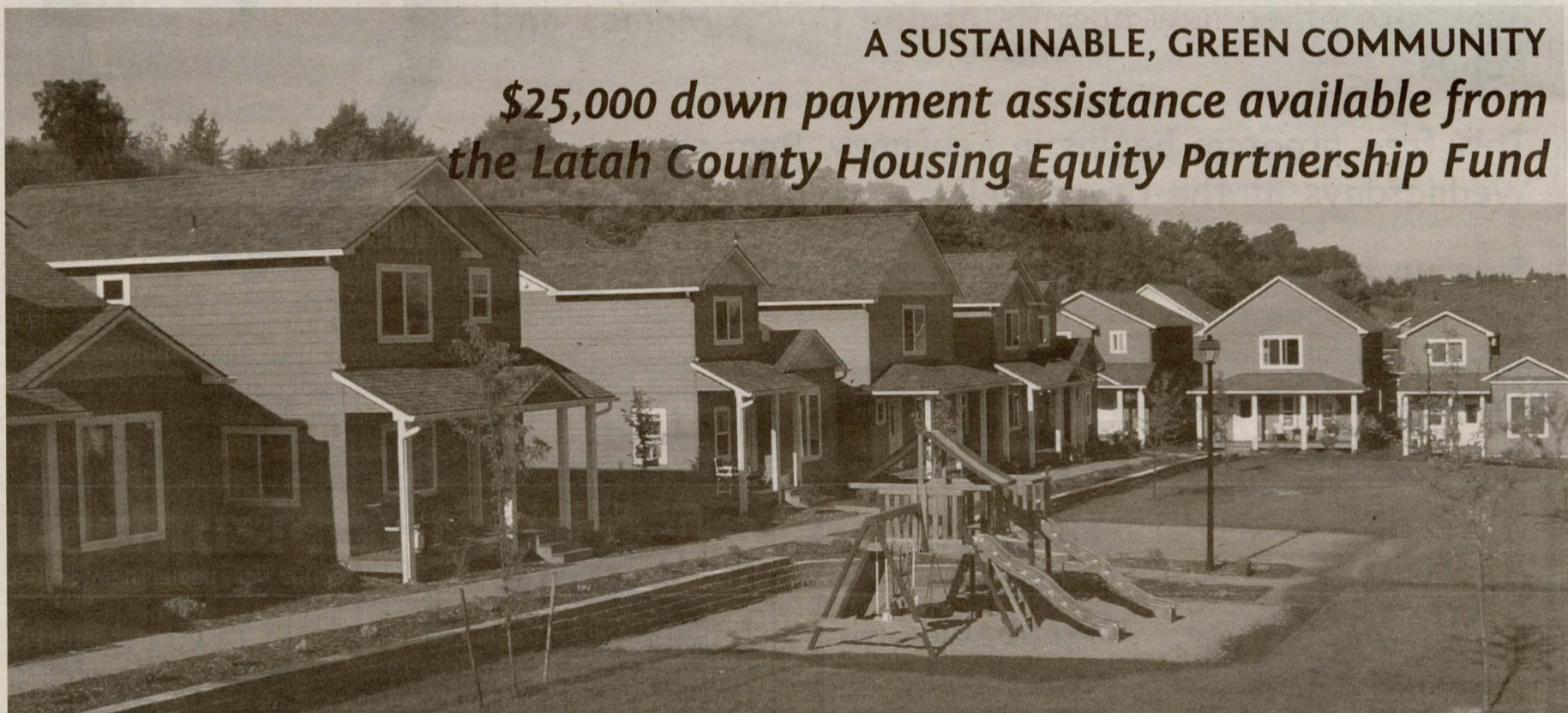
Discount good only for members of the Moscow Food Co-op, must show card w/ coupon. Limit of one MFC water bottle per customer at the Moscow Food Co-op. No rainchecks, not valid with other discounts. Supplies limited. This style only. Good until January 23, 2010.



MOSCOW FOOD CO-OP

A SUSTAINABLE, GREEN COMMUNITY

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



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

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

GREEN ACRES

COMMUNITY HOME DEVELOPMENT

MOSCOWGREENACRES.NET

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

Contact Christin N. Beebe
509-330-0635



Consumer Electronics Recycling

by Andy Boyd, Newsletter Volunteer

Ok, I'm going to date myself. When I was a senior in high school, the Commodore VIC-20 and Commodore Max Machine could be found in the newly formed computer lab. A year later, 1982, the Commodore 64 appeared featuring 64 kilobytes of memory with sound and graphics performance. It's hard to believe that only 27 years ago the personal computer was born (at that point mainly a gaming system). Since then, the amount of consumer electronics in our lives has expanded exponentially and many people can not imagine a world without them.

The main problem is that when these devices have outlived their usefulness this electronic waste (e-waste), to one degree or another, contains hazardous waste such as lead, mercury, acids, cadmium, chromium, brominated flame retardants and PVC plastics. As you can imagine, these elements can contribute to ground water contamination when thrown away while recycling them reduces the need for more resource extraction.

However, not much e-waste ends up getting recycled. According to the EPA, in 2007 there were 2.25 million tons of TVs, cell phones and computer products ready for end-of-life (EOL) management, 18% were collected for recycling and 82% were disposed of in landfills. And even the materials reported as being recycled may not end up being recycled in an environmentally sound manner.

In 2005, a coalition of environmental groups released a report through the Basal Action Network revealing that huge quantities e-waste were being exported to China, Pakistan and India where they are processed by men, women and children in operations that are extremely

harmful to human health and the environment. These operations involve open burning of plastics and wires, acid works to extract gold by riverbanks, melting and burning of toxic soldered circuit boards and the cracking and dumping of lead-laden cathode ray tubes. The situation in Guiyu, China has become so devastating that potable water must be trucked in from 30 kilometers away for the entire population.

Unfortunately, the US government has done little to help improve the situation. In 2008, a report from the GAO concluded:

- ▶ US regulatory controls do little to stem the export of potentially hazardous used electronics, flowing virtually unrestricted.
- ▶ Existing regulations focus only on CRTs, but companies are confident that they will not get caught.
- ▶ EPA has done little to enforce the CRT rule and has no plan or timetable for developing an enforcement strategy.

So here's the good news. Many states, in absence of US regulations, have started to implement mandatory collection and recycling programs for the most hazardous electronics, making the producers of these electronics responsible for the cost of the program. This type of approach is referred to as Product Stewardship: manufacturers being held responsible for all costs of their product from cradle to grave creating the incentive to limit the use of toxic materials, make their electronics easier to upgrade and ultimately make their products easier to recycle. In these situations, the materials and their final destinations for recycling are required to meet rigorous standards regarding worker safety and the environment.

In Latah and Whitman County,



"In 2005, a coalition of environmental groups released a report through the Basal Action Network revealing that huge quantities e-waste were being exported to China, Pakistan and India where they are processed by men, women and children in operations that are extremely harmful to human health and the environment."

residents are able to recycle TVs, Monitors, CPUs and Laptops for free at Moscow Recycling (882-0590) and Pullman Disposal (334-1914) respectively. The primary reason for this is that the State of Oregon has banned these items from their landfills, where Latah County's Municipal Solid Waste (MSW) is shipped. Whitman County also sends their MSW to Oregon but the State of Washington has imple-

mented a state wide program to see that these items are recycled. Other e-waste may be recycled at these establishments but a fee is required. Please call ahead for drop-off hours and fees.

Unitarian Universalist Church of the Palouse

A welcoming congregation

Sunday Service 10:00 to 11:15 am

Coffee & Fellowship after service

Nursery & Religious Education

420 E. 2nd St., Moscow

208-882-4328

Rev. Kayle Rice, Minister
uuchurch@moscow.com

www.palouseuu.org



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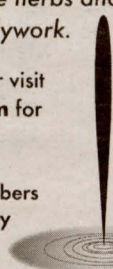
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Lauri McKean, LAc • Meggan Baumgartner, LAc

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Bulletin Board

MOSCOW FOOD CO-OP

Co-op Events

Board of Directors Meeting

Tuesday Jan 19, 6pm
1912 Center, in the Arts Workshop
Public comment period at 7pm.

Breakfast with the Board

Saturday Jan 23, 11am
Join the Co-op's Board of Directors for some delicious breakfast pastries, hot coffee, and conversation in the Co-op deli. The topic of conversation will be posted in the store in mid-January. Hope to see you there!

Co-op Kids - Meet Tuesdays at 9am

Jan 12: Let it Snow
We will meet in the Co-op Cafe to make a snow scene and easy to cut snowflakes together.
Jan 26: Playdough Sculpting
Meet us in the Co-op Cafe to sculpt with natural playdough. I will send you home with a simple recipe to make your own. You can also buy natural playdough at the Natural Abode downtown.

Art at the Co-op

Friday Jan 8, 5:30-7pm
Opening reception for William Schlosser and his show of aerial photography.

Co-op Essential Classes

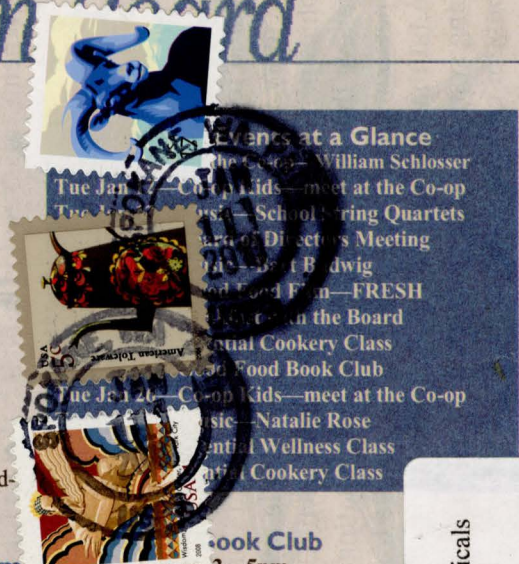
Register for these classes through Moscow Parks and Recreation 883-7085
Sat. January 23, 10 am - noon
Essential Cookery: Pancakes, Waffles, Crepes
Saturday Jan 30, 10 am - noon
Essential Wellness: Being Well!
Saturday Jan. 30, 1 - 3:30pm
Essential Wellness: Nourishing Meditations for Busy People
Saturday Feb 6, 10am - noon,
Essential Cookery: Soups and Stews

Good Food Film Series

Thursday, January 21, 7 pm
Join us at the Kenworthy Theatre to see FRESH the movie by Ana Sofia Joanes.

Tuesday Night Music Series

Note new time! 5-7pm
Jan 12 - Highschool/Junior High String Quartets
Jan 19 - Bart Budwig
Jan 26 - Natalie Rose



Events at a Glance

Tue Jan 19 - William Schlosser
Tue Jan 23 - Co-op Kids—meet at the Co-op
Tue Jan 26 - School String Quartets
Jan 26 - Board of Directors Meeting
Jan 26 - Bart Budwig
Jan 26 - FRESH
Jan 26 - in the Board
Jan 26 - Natural Cookery Class
Jan 26 - Food Book Club
Tue Jan 26 - Co-op Kids—meet at the Co-op
Jan 26 - Natalie Rose
Jan 26 - Essential Wellness Class
Jan 26 - Natural Cookery Class

Book Club

Jan 23, 3-5pm
Discussion Books: "My Life in France" by Julia Child and "Appetite for Life: The Biography of Julia Child" by Noel Riley Frenkel. Where: Private residence, Moscow. French dessert provided. To RSVP and for address, email: bookclub@moscowfood.coop

Co-op Mamas & Papas Begin

Expecting parents and parents of new babies are invited to join the new Mamas and Papas group at the Co-op. We'll get together around 6:30pm each Wednesday in the Co-op deli for complimentary drinks from the deli, in conversation and laughs, and the presence of one or more Co-op volunteers or staff who also happen to be experienced parents who can share their experiences and offer moral support. (Please note Co-op staff can't dispense medical advice!) Occasionally we'll bring in special guests. If you're interested in joining us please email the group by emailing: mamasandpapas@moscowfood.coop

Thursday
Music
Admission

Saturday
Workshop
Wine
the Deli

Reception from 6-7pm. (206) 276 4854
www.awakeningthedreamer.org

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

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

Author Michael Pollan

Wednesday Jan 13, 7pm
Journalist Michael Pollan, author of The Omnivore's Dilemma, will be speaking at Washington State University's Beasley Coliseum in Pullman. This event is free!

Palouse Folklore Society

Saturday Jan 16 7:30pm
Contra dance with Out of the Wood and caller Mitchell Frey at the 1912 Center
All dances are taught. Singles, families & couples are always welcome.
Admission is \$5 for members, \$7 for non-members & \$4 for first time beginners.
www.palousefolklore.org

Burns Night 2010

Jan 22, 6pm
at the University of Idaho SUB Ballroom.
Tickets are \$25 each, which includes haggis, dessert and entertainment. For more information about the pre-dinner scotch (starts across the street at St. Augustine's Episcopal Church) tasting or to reserve a table for yourself, visit www.moscowburnsnight.org.

Cooking Basics Cooking Class

Jan 25, 4-5pm
with Sweet Potatoes: Held at the Student Recreation Center. UL campus. Participants get free samples and recipes, and hands-on experience cooking. Registration is not required, and classes are free for Student Rec Center Wellness members, or are \$2 per class, which can be paid at the SRC office. All ages and skill levels welcome!
(509) 885 5012

Transformative Communication

Monday Jan 25, 6:30 - 9pm
Free Introductory Workshop, Location: TBA
ddougan@roadrunner.com, (509) 330-1718

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
(509) 882-7067, sperrine@potlatch.com

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

Under the clock by the Public Library.
(509) 334-4688, nancycw@pullman.com

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