

Community News

The Swimming Pool Issue

FREE!
PLEASE TAKE ONE!

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



Co-op Pool Parties in July

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

The Co-op would like to invite all its owner-members and employees to enjoy free admission to the Hamilton-Lowe Aquatic Center, every Thursday evening in July (1, 8, 15, 22, 29) from 8-10 p.m. Every once in a while, we like to surprise our owners and staff with an unexpected perk, and this is one of those times.

Bring your Co-op membership or employee card with you for admission, and enjoy the chance to get wet, cool off, have fun, exercise, relax, and socialize with friends and family! The Co-op will provide some snacks and a non-alcoholic beverage. The pool's snack bar will not be open, so feel free to bring your own snacks, too, if desired.


The HLAC is located at the corner of Mountain View Road and E Street. There is plenty of parking for cars and bikes. The pool's usual foul-weather closure rules will apply to our parties: if there is lightning or if it is raining so hard that lifeguards

can't see the bottom of the pool, the pool will close. If it is simply cold or raining lightly, the pool remains open.

If you've lost your membership card, you can get a new one at the Co-op — just ask a cashier for help. See you at the pool!

**CO-OP
POOL
PARTY**

at the
HAMILTON LOWE AQUATICS CENTER
EVERY THURSDAY EVENING IN JULY
8-10 PM
ADMISSION FREE FOR CO-OP
MEMBERS, EMPLOYEES, & VOLUNTEERS

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121 E. Fifth Street, downtown Moscow
208-882-8542

www.moscowfood.coop

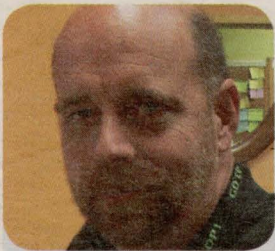
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Community News



The Swimming Pool Issue

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Salad Bar Arrives

By Steve Kobs, Store Manager

Our new soup and salad bar arrived June 15 after a long journey. The bar was manufactured in Buffalo, New York, after several weeks of delay. The bar cost as much as a car, \$20,000, and weighs as much as one too, at 1,500 pounds. The logistics to install this 6 x 10-foot bar were daunting, and our most complex project since we moved to 5th Street.

Preparation for the bar included cutting a trench in the floor to update the utility lines and correct some settling that had occurred. Water and new electrical were added, along with the installation of a drain. We added a scale at the Deli cash register so salads, purchased by the pound, can be purchased at any register. We also added a new service refrigerator so that salad bar fixins can be prepared and stored nearby. The cost of the preparations is a little over \$7,000, some of which was paid for by generous contributions of members.

The mass of the salad bar created all sorts of challenges. Ten staff pushed the salad bar off the delivery truck onto the loading dock. We then used a flat bed tow truck, operated by JR and Jason from Moscow Building Supply, to move the bar from our loading dock to the front door, which was barely wide enough. A forklift lifted the bar off the truck, which created an odd sight. With pallet jacks, we wrestled the bar through the door and into the store.

A few people have asked me, "Is it worth it?" The short answer is, "Yes." The expenses of the soup and salad bar are depreciated month by month. The price of a few salads each



Above: Salad bar being transferred from the semi truck onto the Co-op loading dock. Below: Kenna is the first to try the new salad bar.



day goes toward the purchase cost of the salad bar. We think the pay back will be in about three years. Because of our good cash position, we did not need a loan for the salad bar.

We are really excited to be offering another great option for delicious prepared food at the Co-op. At



the salad bar, eat as much or as little as you want.

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

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

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

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

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Dime In Time Committee: dimeintime@moscowfood.coop
Engagement & Outreach Committee:
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Green Commerce Committee:
greencommerce@moscowfood.coop
Sustainability Committee: sustainability@moscowfood.coop



CO-OPERATIONS

Moscow Food Co-op Business Partners

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

Food and Beverage

One World Café

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

Camas Prairie Winery

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

Childcare and Family Services

Moscow Parent Toddler Cooperative

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

Professional Services

Allegra Print and Imagine

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

Copy Court

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

Krysta Ficca Photography

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

Motherwise Midwifery

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

LET's Coach

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

LDP Academy LLC

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

Retail

Tye Dye Everything

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

Safari Pearl

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

Lilliput Maternity and Children's Boutique

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

Inland Cellular

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

Marketime Drug Inc.

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

Hodgins Drug & Hobby

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

The Natural Abode

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

Sid's Professional Pharmacy

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

Bebe Bella

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

Dance and Theatre

Spectrum II Art and Dance Studio

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

House and Garden Services

Dr. Arbor Tree Care LLC

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

CLEAN GREEN Organic Cleaning Services

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

Green Side Up

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

Mindgardens, Eco-Friendly Residential Building Solutions

1230 NW Clifford St, Pullman, WA 99163; www.buildmindgardens.com
509-595-4444
10% off hourly service rate and free estimates for Moscow Food Co-op members

Spurling House & Garden

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

Wellness Services

Drs. Bailey and Kevin Smith, D.C.

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

Susan Simonds, Ph.D., Licensed Psychologist

619 S. Washington Street, Moscow; www.counselingmoscow.com
208-892-0452
20% discount for initial evaluation for couples or marital counseling when no insurance coverage is available

Integrative Mindworks with April Rubino

3400 Robinson Park Rd, Moscow; www.integrativemindworks.com
208-882-8159
Complementary 30 minute consultation for new private clients who are Co-op members

Andrea Masom, Licensed Clinical Counselor

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

Elements of Wellness Aquatic & Manual Therapy Inc.

Dayna K. Willbanks, OTR/L; 827 Troy Highway Suite 170; <http://web.mac.com/elementsofwellness>; 208-892-8888
10% off the first session which includes a new patient evaluation and initial treatment

Natural Health Techniques

1069 Elk Meadow Ln, Deary, ID; www.NaturalHealthTechniques.com
208-877-1222
\$10 off initial telephone consult with mention of the Co-op Business Partner Program

Healing Point LLC Chinese Medicine Clinic

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

\$10 off initial and 2nd treatments

Moscow Yoga Center

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

Dr. Linda Kingsbury

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

Moscow Felkenkraus

112 W. 4th St., Moscow; 208-883-4395; 208-892-3400
www.moveimprove.net
\$10 off first individual lesson for new clients

Life Compass Institute, LLC

Scott S. Campbell, MS, CPC, CHI; 167 NE Kamiaken street, Pullman, WA
LifeCompass@gmail.com; 509-338-3694
Free 20 minute consultation on hypnosis and life empowerment coaching services. 10% discount on hypnosis and life empowerment coaching services.

Live by Design

1422 Pine Cone Rd; <http://home.rr.com/vickibydesign>; (208)883-8195
Free ½ hour initial assessment plus 10% discount on all sessions: Life Coaching Services to help you define, accomplish & live your most fulfilling dreams and Home Harmony Consultations to create intentional spaces for intentional living.

Farms

RavenCroft Farm

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

SkyLines Farm Sheep & Wool

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

Recreation and Lodging

Appaloosa Museum and Heritage Center

2720 W. Pullman Rd, Moscow; www.appaloosamuseum.org; ; 208-882-5578
The museum offers a 10% discount on the purchase of our gift shop merchandise. We operate a "no-admission cost" museum but do suggest a donation amount.

Little Guesthouse on Adams

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

Peterson Barn Guesthouse

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

Adventure Learning Camps

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

Shady Grove Farm

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

Sixth Street Retreat

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

Willows House

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

Andriette's Bed, Book & Bicycle

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

Join the Moscow Food Co-op and Save!



Members Save:

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

Any cashier can help you join, just ask!

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

Open Daily 7:30 am - 9:00 pm



Subscribe to the Co-op's Community News



Only \$18 per year for 12 monthly issues mailed to any address in the US.

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To subscribe: send check for \$18 (made out to the Moscow Food Co-op) to:
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Be sure to include the full address where the issues will be sent.



Art at the Co-op

By Annie Hubble, Art at the Co-op Coordinator

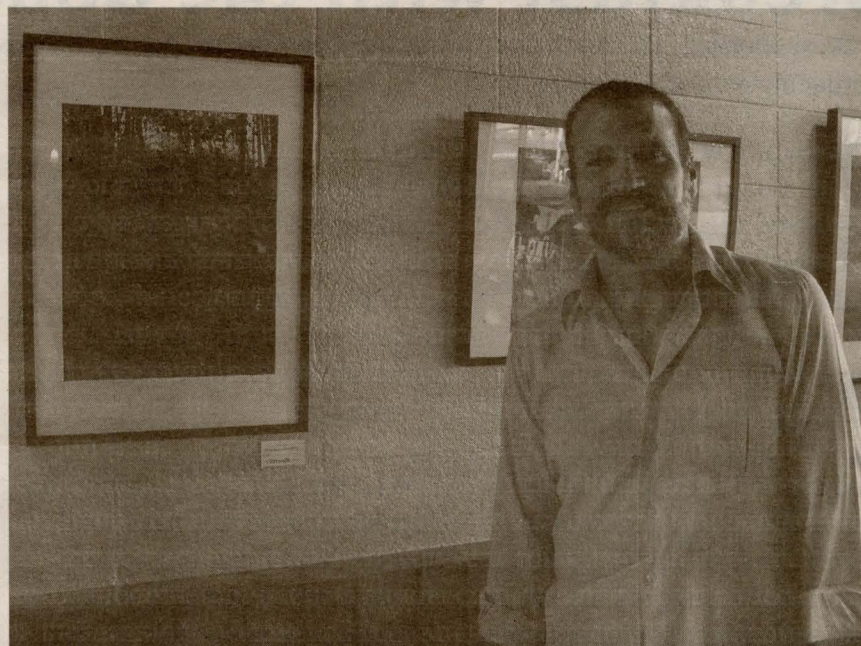
The Co-op's participation in Art Walk continues into early September. Traci Haselhuhn is our second featured artist. Her show will open on Friday, August 6, and run through Wednesday, September 8.

Traci had a show at the Co-op in September of 2009 that was received really well. Her dreamscapes in a mixture of Sharpies, watercolors and acrylic are rich in detail and beautifully rendered. She welcomes the commitment required when using Sharpies — the “unforgiving” nature of the medium, but also loves the “vast space” offered when using watercolors. She speaks about her fortune in being blessed with a “vivid and incredible dream space,” hav-

ing the ability to remember the next day the intense dreams she has had at night. These dreams have been her inspiration for her art for several years.

She writes of her dedication to art, “Art is my passion. I just love to create. Most of my art is inspired by the immaculate dream space that I am so blessed to have. My dreams are colorful and informative, and anything is possible. My art is also meant to be flipped and looked at from every angle to see which you like best ... kinda like life.”

A self-taught artist, Traci was raised in Moscow. She did move away for nine years, but the “lure of the Palouse” pulled her back. She is now happily



Co-op employee Mark Howell's photography will be on display until August 4 as part of Moscow Artwalk 2010.

settled here again, raising her son and loving the area.

She dedicates this show “to the memory of Wyatt Steven Lynas, a little boy with a big message, who inspires everyday, and lights up the hearts

of many. Also to his wonderful family who are so loving and inspire us all with their strength.”

Come and meet Traci from 5.30-7 p.m. on Friday, August 6.

Tuesday Night Music at the Co-op – July 2010

By Dave Billin, Co-op Newsletter Volunteer

It's July and summer is finally in full swing, and Tuesday evenings at the Moscow Food Co-op are the best place to be for enjoying great entertainment from local area musicians while indulging in delectable barbecued fare from the Deli's outdoor grill. Concerts are held outdoors facing the Co-op's parking lot and the Growers' Market every Tuesday from 5 -

6:30 p.m.

July 6 – Daniel Mark Faller
Slick songwriting and a vocal technique likened to that of Waylon Jennings and Willie Nelson combine to distinguish Lewiston's Daniel Mark Faller as a favorite country artist.

July 13 – Tom Drake and Friends

Featuring Tom Drake on guitar and vocals, Tom Carroll on

harmonica and Jerry Cork on bass, this tight little trio serves up a mix of originals in the Americana vein and covers of hillbilly blues classics.

July 20 - Grateful Live
Moscow musicians Grateful Live deliver a pleasant summer evening of your favorite Grateful Dead songs.

July 27 - Turner Jones Connection

An improvisational jazz quartet composed of Moscow musicians, performing an eclectic repertoire for your listening pleasure.

Co-op Music in July


- July 6: Daniel Mark Faller of Lewiston, ID, country
- July 13: Tom Drake and Friends, Moscow ID, acoustic Americana
- July 20: Grateful Live of Moscow ID, Grateful Dead favorites
- July 27: Turner Jones Connection of Moscow ID, jazz

OPEN HOUSE!


Come visit our Growers' Market
Buy fresh produce, taste free samples
Listen to live music ...

Tuesday, August 3
4:30-6:30 p.m.
Co-op parking lot

The next Board of Directors meeting is Tuesday, July 13, at 6 p.m. in the Fiske Room at the 1912 Center. For public comments, the Member Forum will begin at exactly 6 p.m. and will end at exactly 6:10 p.m. If you have any questions, please feel free to e-mail Christine Locker, Board Administrative Assistant, boardadmin@moscowfood.coop.



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



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Breakfast with the Board

By Carol Spurling, Outreach and Ownership Coordinator, outreach@moscowfood.coop, and Christine Locker, Board Administrative Assistant, boardadmin@moscowfood.coop

On Saturday morning, May 22, Board President Bill Beck asked members, "How can the Co-op better serve its low-income members?" This question was posed by the Co-op's Engagement and Outreach Committee, which is currently considering how to address the issue of the Co-op's affordability for our low-income members.

Carol is especially pleased that several of the suggestions having to do with education about cooking, whole foods, and bulk foods are already being implemented through our Essential Classes offered throughout the year, and our new Essential Menus now being published in the newsletter.

Also, Carol is pleased that the oft-repeated mantra that "the Co-op is too expensive" is often revealed to be misconception by the regular "Price Shopper" column in the newsletter. She'll encourage the Price Shopper to focus on staples like bread, milk, eggs, and produce, mentioned in the list of comments below, and see what the results show about the Co-op's price competitive-

ness.

Other suggestions give us all food for thought. Thanks so much to everyone who took the time to comment!

How can the Co-op better serve its low-income members? Responses:

➔ Lower prices – I am not low income and do not have food stamps, and I can only afford to shop here once in a while. I would love to be able to buy organic more often.

➔ Discounts on items close to or at expiration date.

➔ Have a low-income "sale night" for people with Qwest food cards.

➔ One item discounted every week; more discounted items, especially fruit and vegetables.

➔ Free series of three cooking classes and provide lists of ingredients used, as well as cost of ingredients; focus on simple, nutritious, homemade meals; use one class to show people where ingredients are located, how shopping in bulk saves money.

➔ Continue to encourage and educate how to cook with whole

foods.

➔ In discussions with friends who do not shop at the Co-op "because it is too expensive," they say they are not concerned about buying organic; therefore, they are comparing organic prices with conventional prices. More education about benefits of organic on health and environment.

➔ More articles in the newsletter about basic, low-cost recipes, shopping tips, etc.

➔ Separate produce and have an area of some specially priced items; rotate them weekly.

➔ Produce is too expensive; organic eggs and milk are important, but think maybe conventional produce.

➔ Perhaps consider selling some conventionally grown staple produce.

➔ More coupons – maybe in store.

➔ Cut the cost of produce.

➔ Sage Bakeries is a lot cheaper than our Co-op.

➔ Extra volunteer opportunities for low-income people so they receive the 18% discount.

➔ Emphasis on volunteer pro-

gram to earn discount.

➔ Seniors are often on a limited income – 10% discount for seniors?

➔ Use more sustainable energy implements (solar power, energy efficient lights), which will reduce operational costs so Co-op can keep less of the profit and more can go to local growers; therefore, it will not be necessary to have cost so high because Co-op will require less of the profit.

➔ Ask people for donations at register – maybe \$2, then put donations toward cost of running Co-op and lower prices to decrease profit margins for Co-op.

➔ When a customer fills up their bread card or coffee card with punches, allow them to donate it so a low-income customer can go home with a free loaf of bread or a cup of coffee. Keep a jar with filled-out cards at the Deli register, easily visible with a sign clearly stating what the cards are for.

Board of Directors Appoints New Board Members

By Bill Beck, President, Co-op Board of Directors

We are pleased to announce the appointment of Mark Mumford and Sheryl Hagen-Zakarison to serve on our Board of Directors. Sheryl brings her experience and perspective as a local farmer and university administrator to our BOD. She is especially interested in supporting our goal of developing and supporting the local, organic and sustainable food and goods economy. Mark was a candidate in our recent BOD elections. He served on our Board previously. He will bring his previous experience, practical business sensibility and cautious judgment to our Board. Mark looks forward to once again sharing in the spirit of collaboration and common purpose that motivates our Board.

The recent resignations of Directors Dena Neese and Chris Norden created the need to appoint these new Directors. Mark and Sheryl will serve until our next Board elections in 2011. Interest in serving on our BOD

has never been greater. Having four excellent candidates for these two vacant positions is a reflection of the growth, success and importance of the Co-op in our community. In addition to Mark and Sheryl, Mary Ellen Berwick and Julia Parker submitted applications to fill these vacancies. All four candidates attended our June Board meeting. This gave us an opportunity to meet these candidates after reviewing their candidate statements and resumes. We were impressed by these candidates' experience, professional expertise and commitment to our Co-op. We look forward to working with our new Board members to serve the changing needs of our Co-op community.

MOSCOW FOOD CO-OP

Co-op Mamas & Papas!

For new-ish parents and expecting parents

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

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

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

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

121 E 5th St, downtown Moscow
208-882-8537 • www.moscowfood.coop



Rumor Control: At-will Employment

By Leo M. Zimmerman, Co-op Newsletter Volunteer

“Rumor: All MFC employees are at-will employees who may be fired at any time for any reason.”

Fact: All employees in the state of Idaho must be legally defined as at-will. However, at the MFC, all employees have due process rights and are not fired for no reason.”

Rumors about at-will employment and how it may apply to Moscow Food Co-op have been circulating lately. A topic at Moscow Food Co-op Board meetings and a change in employee orientation policy may have spurred speculation about an oft-misunderstood reality that exists in all 50 states to varying degrees.

An at-will employee is a person whose employment can be ended either by the employer or the employee at any time, with or without cause. Virtually all employees in the State of Idaho are employed at-will, as the state law mandates. Kenna Eaton, General Manager, pointed out that even as GM, she has no contract and is employed at-will. At-will employees need not feel they are at the mercy of unfair management. The policies created by Co-op Board require due process for employees needing to improve. Although nothing changes the at-will status from

a legal standpoint, there is a defined process in the employee handbook for performance improvement. Depending on the specific performance issues, different steps are taken. Actions taken may include counseling memos, documented verbal warnings, written reprimands and coaching sessions. Behavior that is not immediately remedied may require more drastic steps, such as a probationary period. Other actions termed misconduct may require termination. This refers to theft, dishonesty, and violent or illegal behavior. Every step taken is documented to ensure everyone is treated fairly.

The Co-op management does not arbitrarily or unfairly single out employees for punishment or termination. Employees are sometimes fired, of course, but only through a fair process and only for job performance. According to Kenna, the Co-op has a “100% record for only terminating employees for perfor-

mance issues.”

What makes the topic difficult is the differences people have; managing people can be a complex task. In all the effort for fairness, there is a huge potential for differing views. Hopefully, a defining factor can be the expectation that people at the Co-op and many other businesses have compassionate managers that act in good faith. It is beneficial to both parties to have a longer employment relationship. It is expensive to hire and train staff, and after the investment has been made and a person’s skills have value, a smart manager will do what’s possible to keep an employee on the team. Mechanical business decisions aside, employment is a complicated, but still human and personal, relationship, founded on mutual respect. One implied departure from at-will status that exists in many businesses is the expectation that an employee will give a two-week notice of resignation, just as the employee expects the chance to improve a behavior before losing a job over it

The Co-op has no choice to recognize employees on an at-will status, but it is within their power to choose to treat their employees in a respectful man-



ner via due process. Theresa Nuhn, Human Resources Coordinator, comments that “Each employee is special and unique. They bring a set of skills that they wish to contribute to this community. The Moscow Food Co-op values the gifts that employees bring.” Just as the Co-op makes an effort to be a positive influence in the community whenever possible, the intention is to be positive towards those who are most integral to the day-to-day operations within the store. It looks like the employees here at the Moscow Food Co-op are in good hands.

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



Sage Bread Saga

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

Sage breads have been sold at the Co-op longer than the four years I have been here. Bud and his crew at Sage Bakery in Uniontown have consistently delivered an excellent product and we have had a great relationship with them. Their artisan breads have a loyal Co-op following; it just hasn’t been large enough. We have been receiving the minimum order, but it rarely sells through. With slower summer sales upon us, we were at a decision point. Last year, we reduced deliveries, but this did not alleviate the issue and we had difficulty gaining sales momentum back in the fall. So,

sadly, we have made the tough choice to discontinue sales of Sage bread through the summer and not pick it up again in the fall. The Co-op bakery is developing artisan breads to offer folks in the not-too-distant future. Sage Bread will still be available at the Pullman Market on Wednesday afternoons and at their shops in Uniontown and Lewiston. Thanks for your understanding with this difficult decision.

Brused Books

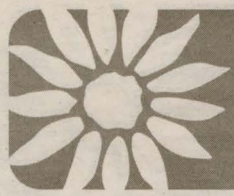


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Tuesday Growers' Market: Growers and July Produce List

By Britt Heisel, Growers' Market Coordinator

With July comes the heat of summer, and the market is the perfect place to cool off with some refreshing huckleberry lemonade or homemade ice cream. There's also meat to grill – lamb, beef, or poultry. And don't forget all of the gorgeous greens. Come by 4:30-6:30 p.m. and pick up everything you need for dinner that night – fresh from the farm.

To get lots-o-info on the market, growers, recipes, and more, please visit our Facebook page at: <http://www.facebook.com/pages/Moscow-ID/Moscow-Food-Coop-Tuesday-Growers-Market/107124975993233> There is also a handy link to our Facebook page on the Co-op website.

See you at the market!

Avon Eggs/Tourmaline Farms (Kyle Bujnicki and Daryl Swanstrom):

Tourmaline Farms will have certified organic eggs, pre-orders for certified organic chicken grown on pasture, also pre-orders for grass-fed and finished beef.

Buffalo Girls Farm and Spring Valley Gardens (Ludmilla Saskova and Bobbi Calentine):

Organic eggs, flowers, raspberry and herb starts, flower hanging baskets and container plants. Dried culinary herbs and herb teas.

Backyard Harvest (Amy Grey):

Providing USDA Food Stamps to Shop the Market! In addition, BYH will be selling flower bunches, raspberries, strawberries, veggie baby hats, t-shirts and notecards.

Elk Meadow Farm and Nursery (Denice Moffat and Michael Robison):

Kale (3 types), mustard greens, bib lettuce, bok choy, collard greens, parsley and chard. Plants-including annual and perennial flowers, herbs, veggies, fruit and tobacco. We also have a set of potted Chicken Soup Herbs, tomatoes in gallon containers,

eggs and beautiful batik iris cut flowers.

Garfield Growers (David and Melody Jones):

Huckleberry Lemonade and fresh huckleberries.

Palouse Prairie Farms (Owners/Operators: Jen Elliott and Chance Chacon):

For Sale: Individual cuts of lamb available weekly. Subscriptions for Meat CSA including beef, lamb, chicken, turkey and eggs. Pre-orders for grass-fed lamb (available this month). Pre-orders for grass-fed beef and lamb (available in the fall). Pre-orders for pastured chicken (available late summer) and turkey (available farm fresh-not frozen-at Thanksgiving).

RavenCroft Farm (Dave and Debi Smith):

Salad mix, arugula, spinach, fresh herbs, kale, chard and hopefully fresh strawberries! We will have a do-it-yourself hummus mix from our dried herbs and dried garbanzo beans.

Sticky Fingers Farm (Amanda Hixson House and Keith House):

Two different flavors of homemade ice cream in homemade waffle cones each week!



Farmer Advocacy Co-op Team (F.A.C.T.) Fridays

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

With the growing season upon us, now is a great time to "go local". On Fridays, you will find the Farmer Advocacy Co-op Team in the front of the store next to the Co-op's produce section from 11 a.m. until 4 p.m. They will be sampling out simple, seasonal, affordable recipes featuring local, regional and bulk foods. The recipe for that week's food is on

the table for you to take home and make. As the team is able to tour our local farms and learn the stories about our local farmers, a photo album(s) will be put together to showcase the members of our community who raise and grow our food. We will also be posting pictures, stories, frugal living tips and recipes on the Co-op website and on the new Co-op blog in the near future.

We look forward to sharing some delicious, locally grown food with you on Fridays; hope to see you soon.

Springtime Local/Regional Produce List

- Asparagus
- Green onions
- Spring garlic
- Napa cabbage
- Bok Choy

- Chives
- Kale (several varieties)
- Fresh herbs
- Lettuce and salad mix
- Radishes
- Spinach
- Morel mushrooms
- Rhubarb
- Strawberries

Moscow Food Co-op Awards \$175 in Gift Cards in Weekly Growers' Market Drawing

By Britt Heisel, Growers' Market Coordinator

Each week, shoppers at the Tuesday Market can enter a drawing to win a \$25 gift card from the Moscow Food Co-op. A container to drop entries is located at each vendor booth. Drawings will be held each week at the market through the end of October.

One winner is chosen weekly. The winners selected since the Market's opening 7 weeks ago are Bev Bafus, Molly

Boers, Holly Bambolo, Serena McPherson, and Ben Tschida, Amy Ross-Davis, and Jolie Kaytes.

The Growers' Market is held every Tuesday from 4:30 – 6:30 p.m. in the Co-op parking lot along with the Co-op's outdoor BBQ and music series.



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The New Buy Local Brochure

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

How can we share the story of Buy Local Moscow with both visitors and Palouse residents in an affordable and attractive manner? The answer, we (the Steering Committee of Buy Local Moscow) decided, was a color brochure with crisp wording and fascinating photos.

That brochure is available now at our member stores and other public places across Moscow. Please take one, and take an

extra to share with a friend.

We hope that visitors will use these brochures to find the unique products of our member businesses – so we placed these brochures at places where visitors to Moscow may go, like the Chamber of Commerce office or the hotels in town.

We hope Palouse-area residents will use these brochures to find local sources for products and services they need – so

we placed the brochures at our members' storefronts.

Here at the Co-op, we will put the Buy Local brochures at the registers in the plastic holders that have held the bus schedules.

More than 100 Moscow businesses have joined Buy Local Moscow since the organization was formed in 2006. The businesses are profiled on the website, www.buylocalmoscow.com

The mission of Buy Local Moscow is to showcase and to support the locally owned 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.

Green Commerce: Supporting Our Local Food and Goods Economy

By K. Sequoia Ladd, Green Commerce Committee Co-chair

After months of meetings, lively discussion and thoughtful reflection, the Green Commerce Committee is moving forward to further the strategic plan initiative to “develop and support the local organic and sustainable food and goods economy.” We held a listening session in November 2009 with local producers and another with Co-op managers and buyers in February 2010 to identify the overall challenges of providing local goods to our store. Based on recommendations made by both local producers and Co-op managers and buyers, as well as insightful evaluation by members of the committee, we came up with both short-term and long-term goals as well as an action plan to meet them. The short-term goals include:

1. Increase the percentage of local goods we sell in the store
2. Create sustainable relationships
 - Create consistency
 - Develop fair practices
 - Strive for continual improvement
 - Educate consumers/buyers/producers

- Increase consumer and producer capacity

The long-term goal is:

1. Strengthen and grow the local food systems infrastructure.

Based on the above goals, we developed recommendations to get started:

1. Set goals and review annually.
2. Create a process to connect store buyers with local producers.
3. Develop purchasing/selling guidelines to provide consistency of expectations and accountability.
4. Create more formalized relationships between the store and local producers.
5. Develop an annual reciprocal evaluation process between producers and buyers.
6. Create opportunities for education of our members, shoppers, Co-op staff and producers.
7. Implement managers/buyers training in Co-op values (our mission and strategic plan) and how these values can or should guide specific decisions.
8. Define local. During our listening meetings, we heard feedback from both producers and

Co-op staff that there were many different definitions of “local” and “regional.” The Green Commerce Committee is proposing this consistent definition of the terms to accomplish several things:

1. to make it possible for the Co-op to establish a good baseline and measurable goals for increasing products in these categories,
2. as a way to help consumers be better informed about what they are buying as well as a marketing tool to support local producers,
3. as a way to continue to differentiate the Co-op from other grocery stores.

We came up with a definition that will distinguish goods produced here on the Palouse and our immediate vicinity from more regional products, in order to highlight production that is taking place in our immediate vicinity. We would use the categories of grown, made and distributed within each definition “sphere” to emphasize and market the range of products that are available to us.

- Local: goods produced with-

in about a 50-mile radius

- Regional or Bioregional: goods produced within about a 100-mile radius

- Inland Northwest: goods produced within about a 200-250 mile radius. (This is approximately from the eastern Cascades to the Bitterroot Mountains, and what we would like to call our “food biome”.)

- Pacific Northwest: goods produced in Washington, Idaho, Oregon or Montana

Developing and supporting a strong network of local, regional and Inland NW producers is integral to growing and maintaining a healthy, sustainable community. We are hoping to listen and dialogue with producers, Co-op managers and buyers, and our Co-op members and shoppers to further refine our recommendations and move forward toward our goals. Please send any input, questions or ideas to greencommerce@moscowfood.coop or place suggestions in the suggestion box at the front of the store. Thank you for helping us support our producers and our community.

Wellness Department Facelift

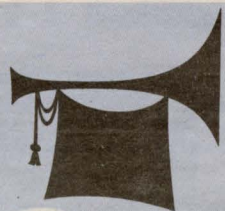
By Steve Kobs, Store Manager

The Wellness Department is expanding. Some of the aisles have been moved so that we can offer more supplement and gift choices. The general merchandise area, in front of the store, is expanded and much easier to shop. Because of the

changes, some of your favorite products might be a new location.

In a couple of weeks, a new Wellness service desk will be added near the greeting cards. The desk will improve the availability of staff for customers who

have questions or are looking for a little advice.



Co-op Shoppers Speak Out:

Asked by Ashley Fiedler on June 17, 2010

Do you plan on attending the free Co-op Pool Parties every Thursday in July from 8-10 p.m. at the Aquatic Center?



"Yeah, Sounds great."
—Brendan Lind, Moscow, UI Student



"I think it is fabulous. It's great when people do things outdoors. But I won't go because I don't go places where I have to wear a bathing suit."
—Louise Ashmun, Moscow, Engineer



"Heck yeah! Awesome."
—Chris Lowe, Moscow, Nursing School Graduate; Musician



"I don't know."
—Anders Horn, Moscow, Citizen of the World



"I didn't know about it, but I will."
—Mauri Olsen, Moscow, Stay-at-home Mom



"I think that's a good time to go swimming. I will go if I am in town."
—Mary Jo Hamilton, Moscow, Retired from WSU Veterinary School

Know Your Farmer Better with Growers' Market Farm Tour August 1

By Carol Spurling, Outreach and Ownership Coordinator, and Britt Heisel, Growers' Market Coordinator

If you've been shopping the Tuesday Growers' Market, you understand the satisfaction of knowing where your food comes from. Now we are pleased to announce you can take this one step further, by visiting our Growers' Market farmers on their farms! Mark your calendar: the tour is Sunday, August 1, in honor of National Farmers' Market Week (first week of August), and in honor of the Co-op's Eat Local Challenge (July, August and September).

The Co-op will not charge for the Growers' Market Farm Tour, but you must provide your own transportation. To sign up for the tour, e-mail outreach@moscowfood.coop or telephone Carol at 208 669 0763 by July 26. We will provide participants with a map to find the farms, the listings of the times they are open to visitors on August 1, a short list of guidelines (such as no pets on the tour), and some paperwork

that each participant will need to sign before embarking on the tour. Please indicate when you contact Carol if you are interested in carpooling.

So far, Kyle Bujnicki and Daryl Swanstrom of Tourmaline Farms/Avon Eggs, Denice Moffat and Michael Robison of Elk Meadow Farm, Debi and Dave Smith of Ravencroft, and Bobbi Calentine of Spring Valley Gardens have all said they will welcome visitors to their farms; there may be more to be announced.



The Growers' Market Farm Tour will give you a chance to meet local growers like these!

Available for sale at various farms will be lamb, chicken, wool, Palouse

prairie native plants, refreshments, produce, vintage fabric handbags, jewelry, scarves, dolls, hand-made birdbaths, and other crafts; several farms will offer short tours.

Some farms are new, some

are old, some are bigger, some are smaller, some might challenge your idea of what "farm" means, but all are part of that all-important network of local and sustainable producers who help our community be healthy, diverse, and self-reliant. We are grateful they are willing to open their gates to us!



Take the Eat Local Challenge with Local Locavores

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

In the summertime, devoted foodies enjoy all the edible bounty available at farmers' markets. For these folks, carrots with a little dirt still clinging to them, greens still damp with dew and the fun of saying "hello" to the person who grew them make thinking about dinner a pleasure instead of a chore.

There is no better time than this to try becoming a "locavore." You can even join the Co-op's official "Eat Local Challenge" during the months of July, August and September. To sign up, e-mail outreach@moscowfood.coop. Official participants will receive menu ideas and recipes, special offers and first dibs to attend the Co-op's Eat Local celebration dinner this fall.

"Locavores" eat food grown nearby instead of shipped in from far away. The term was invented about 10 years ago, when concern began to mount about the high volume of fossil fuels used to transport food across the planet.

Locavores use the term "food miles" to talk about the distance that food travels from the farm to the plate. For most foods, it's around 1,500 miles.

For all the Moscow locavores I talked with – all members of our Co-op – 1,500 miles is just too far, considering that this region is richly agricultural. They all consider eating locally as more than just a diet. It's more a kind of social and environmental activism that also happens to be delicious and good for you.

Farmers Kelly Kingsland and Russell Poe of Affinity Farm spent several months last summer and one month the summer before that eating only locally grown food and a few designated exceptions such as maple syrup, oil, vinegar and spices.

Because they are farmers, Kingsland and Poe eat a lot of their own produce and eggs. They buy beef from a ranch in Wawawai Canyon, wild rice from St. Maries, wheat grown in Deary, honey from Harvard and local wine.

"We felt great! We felt stronger, thinner, and cleaner from our diet of local vegetables, grains and meat," said Kingsland. "With every craving I had for packaged food, it dawned on me

that so much of what we import from outside our region, at the peril of our planet and our own future, are non-essential items that don't even contribute to our health."

Sequoia Ladd, our Participating Member Coordinator, got involved with permaculture design – based on ecological principles – about 10 years ago. Permaculture made her conscious of the eating local concept, but she had done it most of her life without realizing it, living with parents who gardened and raised animals for food.

Now, growing food for herself, her husband, Dave Billin, and their 2-year-old daughter, Aoife, is only natural for Ladd. Even though she lives in town she raises chickens, rabbits, small sheep and geese.

"A lot of that will go into the freezer," Ladd said.

In the garden, Ladd raises "the more expensive vegetables and berries" such as strawberries, raspberries, blueberries, currants, and gooseberries, as well as greens, peas, beans, zucchini and winter squash.

"The things we use a ton of, like onions, beets, tomatoes, apples and potatoes, we buy from local farmers at the market because I just don't have the space to grow enough of them," Ladd said. She keeps these cool on her porch throughout the winter.

The Matheison family, Jeannie, James, and 13-year old-son Reed, is looking forward to upping their commitment to eating locally by taking the Co-op's challenge this summer. For Jeannie, who works at the Sustainability Center at the University of Idaho, the challenge of eating locally is both personal and professional.

"My family is trying to eat more locally at the same time that campus dining services at the University is striving to meet its new purchasing guidelines. Their goal is to purchase 12.5% of their food from local sources and 71% from regional sources," Matheison said. "We're learning as a family and as individuals as well as an institution, which is a lot more complicated." The staff at the Sustainability Center will be eating locally along with Matheison, too.

Matheison notes that eating

What's Available Locally?

Check at the Co-op for local produce, meat, honey, legumes, wheat, milk and eggs.

There are at least two websites besides our own (www.moscowfood.coop) that can help you locate local food: www.ruralroots.org and www.localharvest.org. Rural Roots is a regional organization for sustainable and organic farmers and covers all of Idaho and the Inland Northwest.

Throughout the summer, there's a huge variety of fruit and vegetables available from orchards in the valley and farms throughout the area. Try strawberries, blueberries and greens in June; peaches, cherries and green beans in July; summer squash, peppers and huckleberries in August; tomatoes and melons in September; and winter squash, pumpkins and apples in October. Check the in-season list at the Co-op. Besides the Co-op, stop at roadside stands and farmers' markets.

The locavore has a good variety of local meat available direct from farmers and ranchers in the region, such as beef, chicken, lamb, elk and pork. Ask Brennus or Kyle in our meat department for help in identifying local choices. Country Natural Beef (www.countrynaturalbeef.com) is one local brand to look for. Hunting is another way to eat locally; venison, for example, is plentiful and delicious.

Legumes and wheat are a specialty of the Palouse. You can find lentils, split peas and chickpeas in the bulk section (make sure they're not imported) or in cute cloth bags with the Clipper label from Genesee. Look for Shepherd's Grain flour (www.shepherdsgrain.com), which is from wheat grown on the Palouse and processed at a mill in Spokane. One delicious and healthy local treat: Bronzestone brand hummus from Clarkston. (Hummus is made from chickpeas.) Try it with crusty bread, a slice of tomato, and some olive oil drizzled on top for a summertime lunch. (www.bronzestone.biz)

Spokane Family Farm (www.spokanefamilyfarm.com) is currently the closest dairy that sells milk in this region. Farm eggs are widely available, and it's easy to keep a few chickens for your own eggs. There are several varieties of artisan cheese made in Eastern Washington and also in Idaho that are worth a splurge.

Bread made from Shepherd's Grain flour is available from Sage Bakery in Uniontown and Clarkston ((509) 229-3716), and from Panhandle Artisan bread in Moscow (panhandlebread.com).

Go Easy

If you're trying to eat locally, there's no need to make it too hard on yourself. As with any diet, if you deprive yourself too much you won't stick to it.

In Idaho and Washington, you're simply not going to find cooking oil, chocolate, coffee, sugar, spices, salt, rice, oats and pasta from local sources, or such things as avocados, citrus fruits and bananas. It's okay to decide what you absolutely cannot live (or cook) without, and keep them on hand as usual.

If the locavore concept is new to you, start slow. Try one local ingredient each week. Then try one meal a week.

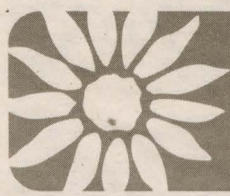
If you want more inspiration, there are several good books written by people who have gone all-out, such as *Plenty* by J.B. MacKinnon and Alisa Smith, *Animal, Vegetable, Miracle* by Barbara Kingsolver, and *Coming Home to Eat* by Gary Paul Nabhan. Or check out www.eatlocal.net or www.eatlocalamerica.coop.

locally not only reduces our ecological footprint, but "is a powerful economic driver" that can create jobs and economic resilience, while providing us with fresher, more nutritious and better tasting food.

The Matheison family has raised backyard chickens for eggs for eight years. They are experienced gardeners too, and during the bountiful late summer months, Jeannie gets "buckets

of ingredients for homemade minestrone soup" at the Farmers' Market that she makes and freezes for the winter.

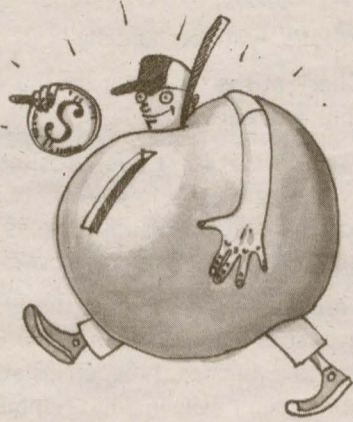
"Last summer, we were at Lake Chelan and we went to a U-pick blueberry farm and picked 90 pounds of blueberries that we froze and shared with family and friends," Matheison said. "That was really fun – we'll do that again this year."



Price Shopper: Salad Fixings

By Joe Pallen and Amy Richard, Newsletter Volunteers

The warm weather is upon us and we sure enjoy it—hope you are! To us, summer means working out in the garden, planting and harvesting the early crops of lettuce, spinach, arugula, mustard greens, and more. Combine that with the CSA we purchase every summer, and that means lots of salad for us. We like to have a variety of fixings on hand during the week so we don't get bored with the same old salad. We decided to stock up on bottled dressings, oils and vinegars to make our own and other miscellaneous toppings. This weekend, we're also planning to make a potato salad to add a nice touch to our Saturday evening barbecue. We put our



shopping list together, and while Amy went to the Co-op, Joe went to Rosauers to compare. We found all of the items on our list at both stores, but it was the Moscow Food Co-op where we found the best prices. We saved a total \$8.76. With a little exercise in-between eating our

ITEM	Co-op	Rosauers	Difference
Dressings			
Drew's Sesame Lime 12oz	\$3.09	\$3.69	-\$0.60
Annie's Cowgirl Ranch 12oz	\$3.85	\$4.39	-\$0.54
Annie's Naturals Goddess 16oz	\$5.49	\$6.39	-\$0.90
Seeds of Change Greek Feta Vinaigrette 13oz	\$3.95	\$3.99	-\$0.04
OrganicVille Sun Dried Tomato Garlic Vinaigrette 8oz	\$3.59	\$4.19	-\$0.60
Simply Organic Ranch Dressing Mix	\$1.45	\$1.69	-\$0.24
Oils and Vinegar			
Napa Valley Organic Extra Virgin Olive Oil 25.4oz	\$13.29	\$14.99	-\$1.70
Spectrum Organic Balsamic Vinegar 16oz	\$7.59	\$8.79	-\$1.20
Misc Fixings			
Mediterranean Organic Sun Dried Tomatoes 8.5 oz	\$6.85	\$7.29	-\$0.44
Mediterranean Organic Kalamata Pitted Olives 8.4oz	\$5.55	\$4.99	\$0.56
Organic Walnuts (Bulk) per lb.	\$10.15	\$10.19	-\$0.04
Pecans, Halved Conv. (Bulk) per lb.	\$9.49	\$9.79	-\$0.30
Cashews Raw, Organic (Bulk) per lb.	\$6.05	\$6.29	-\$0.24
Sun Flower Seeds, hulled, organic (bulk) per lb.	\$2.99	\$3.29	-\$0.30
Westbrae Salad Beans, 15oz	\$1.85	\$1.89	-\$0.04
Organic Valley Buttermilk, 32oz	\$3.55	\$3.59	-\$0.04
Potato Salad			
Spectrum Mayo, Canola 32oz	\$6.39	\$7.89	-\$1.50
Woodstock Farms Yellow Mustard	\$2.99	\$3.59	-\$0.60
Russet Potatoes Organic per lb.	\$0.99	\$0.99	\$0.00
Totals	\$99.15	\$107.91	-\$8.76

salads, we are slimming down our waistlines, and by shopping

at the Co-op, we are fattening up our pocket books!

July Outreach Report

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

School is out, but outreach hasn't slowed down any. Our May Dime in Time recipient, the Moscow Jr. High School Problem Solvers, earned \$567.30 for their program. Thanks to everyone who chose not to use a paper or plastic bag, and donated their dimes to support this organization. The June DIT recipient was Friends of the Library (Moscow), and the July recipient (read their article in this issue) is The HOPE Center.

Early in June, I demonstrated "Cooking with Grains and Greens" at the Senior Fair at the Palouse Mall – what fun! It's not so often I get to cook on a stage, speaking into a microphone. Everyone loved the Jeweled Quinoa Salad, the Green Tabouli, and the Spring Spinach Frittata that I cooked and then sampled out. Thanks to the FACT program for some of those great recipes.

We hosted a blood drive on June 2 and as always provided fabulous cookies, organic fruit and a variety of healthy beverages for people who took the time to donate blood. Thanks to those who participated.

Our Dime in Time/Impulse Giving Committee met in early June, evaluated applications, and awarded DIT for August, September and October. Our next meeting will be in September to decide the recipients for the months of November, December and January. We have also added the Genesee Valley Daoist Hermitage and the Friends of the

Library to the Impulse Giving program. Remember, it's easy to donate any amount at any time to your favorite non-profit – just tell the cashier you want to "impulse give!"

Our Engagement and Outreach Committee has a new Co-chair – board member Jamie Bentley (I'm the other Co-chair) – and several new participating members on board. We will be doing some education efforts related to patronage refunds this fall, and working out the details of some kind of assistance program for our Co-op's low-income members, among other tasks, like helping organize our Fall Ownership Meeting! If you have suggestions for us or just want to get in touch, please e-mail engage@moscowfood.coop.

In August, I'll have a report on my trip to the Consumer Co-operative Management Assn. conference in Bloomington, along with news about more classes that I'll be offering, including Co-op 101 (a store field trip and orientation for any member, offered weekly or monthly) and Co-op Shopping on a Budget (a store tour focusing on strategies to save money every time you shop, offered weekly or monthly.) If you're interested in having news about our classes and events delivered to your e-mail inbox, e-mail outreach@moscowfood.coop to sign up.



Dear Moscow Food Co-op:

Thank you for your generous gift of one large tray of cookies on April 24, 2010, to the Palouse Clearwater Environmental Institute in support of the 20th Annual Paradise Creek Stream Clean-up.

This year's Paradise Creek Stream Clean-Up was a huge success! 143 volunteers turned out to remove 1,580 lbs of trash and 105 lbs. of recyclables from Paradise Creek and Hog Creek.

We recognize that there are many organizations that also deserve your support and we are thankful you have chosen to donate to our grassroots environmental institute to make a difference right here at home.

Yours in stewardship,
Thomas Lamar, Executive Director

Tracy Brown, Watersheds Program Director

Dear Moscow Food Co-op:
The Moscow CommUNITY Walk would like to thank the Moscow Food Co-op Dime in Time program for their contributions to making the 2010 Moscow CommUNITY Walk possible. Thank you for your commitment to building community and friendship in Moscow.

The Moscow CommUNITY Walk planning committee

Dear Moscow Food Co-op:
Thank you so much for your generous gift donation of one beautiful chocolate sheet cake! We also appreciate your gorgeous gift basket of assorted items.

Your contribution to our May 21st senior celebration is very much appreciated! It is wonderful to receive community support towards this great even that honor seniors in our community. Thank you for your generosity!

Amy Turner
Good Samaritan Society

Dear Moscow Food Co-op:
Thank you for your donation to our 2010 Wild Game Feed fundraising event. Your generosity helped us raise over \$5,000 in profit this year. Student volunteers are responsible for carrying out Palouse Unit American Fisheries Society activities both locally and statewide. However, we cannot do this without generous contributions from people such as you.

Money raised from this year's event will be used to fund activities that will take place during the upcoming academic year. Planned activities include guest speakers, participating in kid's fishing day, hosting fisheries students from western states for a symposium, and much more.

On behalf of the members of our society, I would like to extend our gratitude for your generous help this year. We hope that we can continue to rely on you in the future and develop a beneficial relationship. Thanks for your support.

Amy Long
American Fisheries Society – Palouse Unit; College of Natural Resources, University of Idaho



Dime in Time: The HOPE Center

By Nancy Payne, Member, HOPE Center Board of Directors

The HOPE Center is grateful for the opportunity to receive the Moscow Food Co-op Dime in Time funds for the month of July. We are pleased to be able to share our vision with Co-op members as we work together for a common mission.

The HOPE Center, located at 1212 W. Pullman Road in Moscow, is an inter-denominational Christian organization that exists to meet the immediate, short-term needs of low-income families in. Our desire is to move beyond immediate, needs, however, to help our clients achieve their long-term goals and independence by serving the whole person, including physical, emotional, spiritual and relational needs. Each month, we serve 400-500 individuals through our food bank and 30-40 families through our Mercy Ministries,

which provides emergency financial assistance, as well as financial and budget counseling. We have mentoring and tutor programs, and are involved in preliminary planning for subsidized childcare for low-income mothers who want to work or return to school.

A significant portion of The HOPE Center's ministry revolves around our food bank. We understand the importance of good nutrition in the development of healthy individuals and families. We cannot expect to Help Others Pursue Excellence when their bodies are not nourished well. We go beyond the act of simply distributing food. We make every effort to encourage healthy eating for our clients. We have brought in dietetics students and faculty from the university to give cooking dem-

onstrations and provide samples, and handed out recipes to encourage the use of some food items unfamiliar to our clients. We have also participated in the Backyard Harvest program to provide fresh vegetables, again offering recipes for those items that are less commonly used.

With healthy eating as our goal, it is important that we maintain the nutritional value of our food by storing it properly. We currently have several donated freezers and refrigerators that are very old. Not only are they power hungry, but one just died, and others could go at any moment. We feel it would be good stewardship on our part to replace them with more energy-efficient and reliable appliances. Any money that the Moscow Food Co-op would donate toward the \$550-\$600 needed to pur-



chase a new refrigerator or freezer would be most appreciated. Money that specifically supports our infrastructure allows us to use the remainder of our funds to directly help people. Thank you for your support.

Downsizing and Upskilling: Essential Living Food Preservation Workshop Series

By Carol Spurling, Outreach and Ownership Coordinator

In the Palouse climate, knowing how to preserve summer's bounty to last throughout the year is an essential skill for living sustainably and eating deliciously! This year, the Co-op will offer a new series of Saturday afternoon hands-on workshops in which participants will work together to can, freeze, or prepare foods for drying. Everybody who participates will go home with a quantity of food for his or her pantry or freezer.

The workshops will be led by me, with help on occasion from Lauri McKean. Both of us are experienced home canners and have completed the University of Idaho Extension's extensive food safety course on preserving at home.

The base fee for each workshop will be \$15, and there will be a surcharge for each workshop to cover the cost of the food, jars, freezer containers and the propane. (The fun is free!) The surcharge will vary according to the cost of the produce and the number of participants involved. Scholarships are available; please ask. You can sign up for as many or as few workshops as you like; please note that due to the limited space,

and the amount of boiling water and sharp knives involved, these workshops are only suitable for participants over the age of 10 who want to work.

Workshop content and final dates will depend on produce availability but our tentative schedule is as follows:

- July 17: Jams, Berries, Greens, Cherries**
- July 31: Green Beans, Peaches**
- Aug. 14: Pickles, Sweet Corn**
- Aug. 28: Chutneys and**

Relishes, Pesto

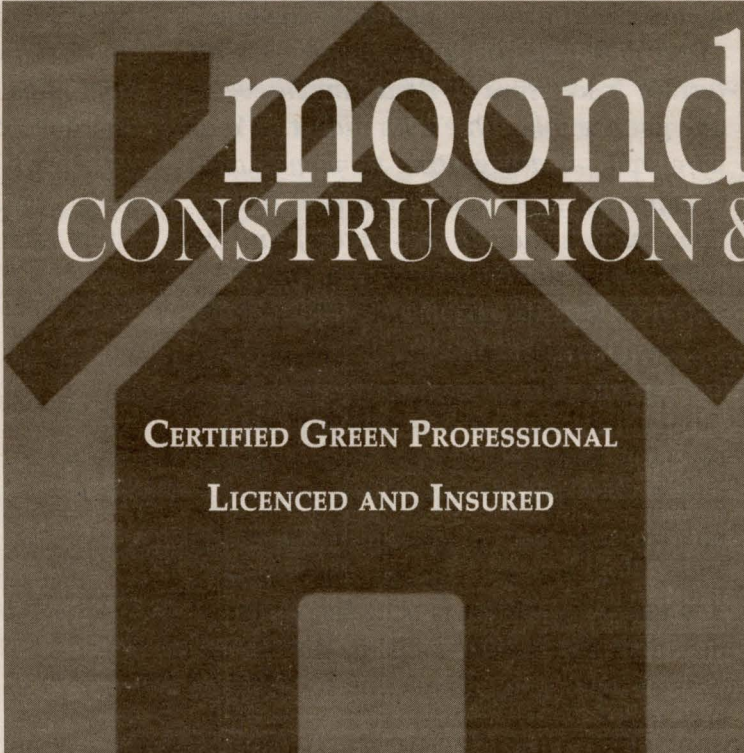
Sept. 11: Salsa, Tomato Sauce, Plums

Oct. 9: Applesauce, Roasted Peppers

Workshops will begin at noon and end when we're done later that afternoon. Space is limited; if you are interested in being on the workshop mailing list and having the chance to sign up for one or more of the workshops, please e-mail outreach@moscowfood.coop or call Carol at

(208) 669 0763.

Note: We are accepting donations of jars and lid rings to help defray costs. (Only real canning jars, please; no mayonnaise or pasta sauce jars!) We will also accept donations of produce. Please contact Carol if you are interested in donating either jars or produce.



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New Website Feature: Kitchen Inventory

By Laurene Sorensen, Cookbook Project

What's the most economical place in Moscow to shop for items on the Essential Menus shopping list?

- a. The Co-op
- b. Rosauer's
- c. Safeway
- d. None of the above

If you guessed "d," you're correct. But maybe not for the reason you thought. Your own larder is the most economical place to shop. ("Larder" is an old Anglo-French word that means both "food storage area" and "food supply.") Before you leave the house with your shopping list, take stock of what's already on hand so you don't end up with an extra chicken or jar of peanut butter. We've made it easy by developing a downloadable kitchen inventory form on our website. It's in Microsoft Word so you can customize it for your household. The form is divided into sections (you can change the section titles if you want), and has space for you to note whether an item is something you have, something you need, or something you need to use (before it goes bad, or because it's taking up valuable real estate).

The lists within each section are for demonstration only.

When you make your own version, you can be as general or specific as you want. Include the things you use somewhat regularly, and leave room for additions at the bottom of each section. The Specialty section is for things that, in your household, are event- or recipe-specific—items you don't use daily, or even monthly. It's also a good place for notes about non-foods like barbecue fuel and dishwashing soap.

Performing a kitchen inventory is a safe way to bust three myths: Too Weird To Run Out ("There's no way I'm out of anise extract"), Too Weird To Have ("How am I going to use all this extra tartar sauce--deep fry a whale?), and Always On Hand ("Of course I have flour. Everybody has flour"). The first time you use the inventory form, print it out and devote an hour or so to an archaeological dig through your cabinets, refrigerator, and freezer, making notes. *We recommend doing this when nobody else is looking, because it might be embarrassing.* As we say in yoga class, "Observe without judgment."

Once you've created your list, all you will need to do is update it and keep the current version

Category	Have	Need	Use	Category	Have	Need	Use
Drinks				Breakfast			
Milk				Cold cereal			
Rice milk				Hot cereal			
Juice				Pancake mix			
Canned goods				Rice/Legumes			
Refried beans				Basmati rice			
Soup				Lentils			
Chili				Brown rice			
Bread/crackers /cookies				Baking needs			
Rice crackers				White flour			
Saltines				Sugar			
Lemon cookies				Baking powder			
Fruit				Vegetables			
Bananas				Salad greens			
Apples				Tomatoes			
Pasta/Sauce				Meat/protein			
Spaghetti				Tuna			
Mac and cheese				Peanut butter			
Tomato sauce				Chicken (frozen)			
Fats				Cheeses			
Olive oil				Cheddar			
Canola oil				Parmesan			
Butter				Blue			
Condiments				Frozen foods			
Balsamic vinegar				Ice cream			
Rice vinegar				Pineapple			
Mustard				Blueberries			
Herbs/Spices				Specialty			
cinnamon				Barbecue skewers			
salt				colored sprinkles			
black peppercorns				cupcake cups			

handy when you go shopping. With a bit of luck and effort, your shopping bags will be light-

er and you'll have some "found money" left over for ice cream.

JULY 2010 SUGGESTION BOX

Great job all cashiers! W.

Thanks for the kind words. I too am proud of the cashier team. —Annie H, Front End Manager

I recently found out I'm allergic to cane sugar. Could the Co-op stock some beet sugar? I'm originally from Michigan, and they sell beet sugar in the regular grocery stores under the name "Pioneer Sugar." Of course it's probably available there because they grow sugar beets in Michigan! Thank you for being here for those of us on restricted diets. I love this store! —Sue

Thanks for your kudos and request for beet sugar. We have another customer allergic to cane sugar too. We found the Endangered Species chocolate bars are made with beet sugar, but we don't have a source at this time for beet sugar, but we will investigate. —Joan, Grocery Manager

Crème fraiche – since you stopped carrying it, there is no place in town to buy it. Also Vermont Butter and Cheese Co butter, please. —Diane

Unfortunately, both of those excellent products continually went out of date on the shelf. They are available from our distributor if you want to special order a case. —Peg, Chill/Frozen Buyer

There were many very positive comments about a recent marquee message, "Your wife said don't buy a gun - try all terrain insect spray." Pretty much everyone got the joke. One who didn't... "Your wife said...is denigrating to women and is supposed to be some kind of a funny. Poor taste. I know it is a take-off on "My wife said it was okay to buy a gun," which is also sexist." —Jock

A member named Mike also stopped in the store to talk with me about how he thought the marquee was anti-gun ownership. A written comment from Jannis added, "...I think it directly asks community members not to shop at the local gun shop. This does not support "buy local." The gun shop owner is actually a pretty nice man and deserves just as much business as the Co-op. Thank you for understanding."

It is interesting how the same words generate such different reactions. I wish we had kept count of all the customers in the store who thought the message was clever and funny. Mike, who was very concerned about the message, was one of the nicest and kindest men I have ever met. Our Meat Manager, Brennus, also knows gun shop owner Charles and agrees with Jannis that he is a great guy. I think readers of the marquee can figure out what is being said. When we promote a meat sale, it doesn't mean we are anti-vegetarian. —Steve Kobs, Store Manager



Community Cookbook

By Laurene Sorensen, Cookbook Project

We're open for business! It's time for you to reveal your family's secret recipes: your uncle's Christmas Eve crab sauce, the punch that made your little sister sleep till noon, or Grandma's stuffed cabbage with the unspellable Ukrainian name. (Holupchi? Holubsti?)

The best way to submit your recipes is to e-mail them as Word files (one per recipe) to cookbook@moscowfood.coop, although we're also putting a drop box in the Co-op near the registers if you prefer to submit hard copies. If you give us a recipe, we'll reward you for your efforts with a one-time discount coupon. (We're still working on the specifics of this incentive, so watch for updates.)

How do I write a recipe?

If you already have the recipe in complete written form, and you've made it successfully from those written instructions, skip to the next question.

If your recipe is one that you make from memory, or by following sketchy little notes that nobody else would understand ('C. flour 1 tsp. orange pekoe slow oven baste hrly'), you'll need to do more work. The best method is to make the recipe, documenting the ingredients and

the process as you cook.

What format should I follow?

- Title of recipe
- Ingredients, listed vertically and single-spaced, with quantity in U.S. measurements
 - Note: A pound of boneless protein (steak, fish, tofu) will serve 3 to 4 people depending on appetite. A pound of bony protein (ribs, clams in the shell, chicken legs) may only serve 1 or 2.
- Any mission-critical but uncommon tools needed (ice cream freezer, ring mold, etc.)
- Number of servings or other relevant quantity, such as quarts or dozens
- One-sentence summary of how the result should look and taste
- Attribution, if you adapted the recipe from one published elsewhere
- Directions for preparation, in this order:
 - Preheating if needed
 - Pan prep (greasing, flouring, etc.) if needed
 - Cooking instructions, in the order that makes best sense to you.
 - Serving instructions
 - Information on how to store leftovers
- Your name and a sentence

about your connection to the Co-op and/or Moscow

Each recipe should fit on one side of an 8 1/2" x 11" sheet.

What details should I include?

What size to cut, mash, or assemble things into

Steps that can be taken in advance (cutting vegetables, making dressing for salad)

Steps that must be taken in advance (marinating, chilling, slow cooking)

Recommended substitutions—and ones that won't work

Vegetarian or vegan adaptation, if it's feasible and easy

What kinds of recipes do you want?

Original, from-scratch recipes that you can make entirely from ingredients available at the Co-op, from Fish Folks, or from the Moscow Farmers' Market. "Original" means that it hasn't been published before by anyone other than you or your family or friends. (Exception: it's OK if you've contributed it to another nonprofit's cookbook, such as one published to benefit a school or church.) We realize that there are very few totally original recipes out there. So here's a guideline: If you can prepare a recipe from memory, or with reference to a hand-typed or handwrit-

ten sheet, the recipe probably passes the originality test. If you've been using a cookbook recipe as an information source for proportions, cooking time, or temperature, but the ingredients and seasonings are your own creation, it's also fine. If you are following a recipe, but customizing it a little bit, please attribute it and let Carol or I see the original. We'll need to determine whether we can use it with appropriate attribution, and whether we need to get the publisher's permission to do so.

What kinds of recipes don't you want?

Plagiarized ones. Ones from the sides of food packages. (That rules out my favorite chocolate cake.) Ones that aren't "scratchy" enough, relying too heavily on prepared components and convenience foods. (It's fine if canned or frozen foods are ingredients. We don't expect you to make your own ice cream—but if you do, we want some!) Super-generic ones (hard-boiled eggs, steamed vegetables, cooked oatmeal). And does this world really need another recipe for 7-layer bars or boneless, skinless chicken breasts?

Fish Chowder

Multitasking produces a hearty "white" chowder that tastes even better the next day.

About 6-8 servings

- 1 pound thick, mild-flavored fish (cod, halibut, rockfish), fresh or defrosted
 - 4 large potatoes, peeled and diced
 - 1 large onion, peeled and chopped finely
 - 1/4 pound salt pork, cut into matchsticks
 - 12-ounce can evaporated milk
 - s ➤ salt
 - pepper
- (stove with at least 3 burners recommended)

The quickest way to prepare this chowder is to cook ingredients separately but simultaneously on 3 stove burners. Pork, onion and potatoes can be chopped ahead of time.

Burner 1: Put salt pork in heavy skillet and cook over low heat till fat is liquefied. Don't allow pork to brown. Remove pork solids with a slotted spoon and reserve. Sauté onions in pork until transparent but not brown. Turn off heat but don't drain.

Burner 2: Boil diced potatoes in a 2-quart or larger saucepan, using just enough water to keep the potatoes covered during cooking. Cook only to the al dente stage; the 'dice' should retain their shape. Turn off heat but don't drain.

Burner 3: Simmer 2 inches of water in a shallow pan broad enough to hold the fish in a single layer. Once water simmers, place fish in skillet carefully and poach until opaque (about 20 minutes). Turn off heat but don't drain the pan.

When all 3 parts are ready, add (1) the fish and its poaching water and (2) the onions and remaining fat to the potato pot. Bring to a simmer. Stir in evaporated milk. Continue heating chowder but do not boil. Season to taste with salt and pepper; and serve hot.

Saltines or other plain crackers are a traditional accompaniment. Refrigerate leftovers immediately.

Adaptations/Substitutions/Warnings: If you prefer, replace salt pork with 4 Tablespoons butter. Good evaporated milk substitutes are half-and-half, cream, or dry milk. (Reconstitute dry milk using only half the recommended amount of cold water, adding a little butter for richness if desired.) Don't use condensed milk in this recipe; it's sweetened.



Staff Profile: Ryan Tripepi

By Amy Newsome, Newsletter Volunteer

Ryan was very kind to meet with me during finals week. Between working as a cashier at the Co-op and being a full-time student at the University of Idaho, Ryan doesn't have a lot of spare time.

Ryan initially began study in sustainable architectural design, but has recently broadened his focus to environmental science. After he graduates with a degree in Environmental Science with a minor in Architecture, he plans on attending graduate school for Bio-Regional Planning, a more comprehensive approach to urban planning. He'll be sure to apply for graduate school at his alma mater.

"The University of Idaho has one of the best Bio-Regional Planning graduate programs in the country."

When he's not at work or school, you'll be sure to find Ryan on some recreational pursuit with his brother or friends. Having been raised in Moscow, he serves as an informal tour guide to many college friends who aren't from the area.



"After he graduates with a degree in Environmental Science with a minor in Architecture, he plans on attending graduate school for Bio-Regional Planning, a more comprehensive approach to urban planning."

A few of his preferred outdoor activities include cross-country and downhill skiing, road and mountain biking, hiking and spelunking. Some of his favorite places are Moscow Mountain, Kamiak Butte and Elk River Falls.

"My goal this summer is to find other interesting destinations in our region."

Ryan's dad, Robert, has been a Professor of Horticulture and Plant Science at the University of Idaho for the past 25 years. His mom, Karen, has been a fourth grade teacher at McDonald Elementary School for the past eight years. He figures he acquired the love of plants and nature from his parents and from just being active outdoors.

"I've always really enjoyed outdoor activities. I'd like to see those areas continue to be there for us for a long time to come."

Ryan plans to study abroad for the spring semester. He's looking to broaden his horizons, not so much gain specific transferable

college credit.

"I think the life experience I will gain will be worth it, even if it means an additional semester of college."

With an interest in the cultures of Eastern Europe and the Middle East, he's looking at either the Czech Republic or Turkey.

He's already done a fair bit of travel in his life. When he was 13, his family journeyed to England and Scotland for two weeks. They also ventured to Mexico as a family. In ninth grade, he traveled with a Moscow Junior High School group to Costa Rica, and he went on the Moscow High School turtle conservation trip to Mexico two times.

Ryan absolutely loves plants; he estimates that he has between 25 and 30 houseplants in his dorm room, which I suspect would award him the dorm room with the best air quality on campus. In order to successfully grow his plants, he uses a grow

light, which he admits has earned him some suspicious inquiries.

Some of his favorite plants are the ones he started himself. He's growing a lime tree from a seed he planted and a pineapple tree from planting the top of a pineapple. He also loves his vanilla orchid, which he had to order online. He hopes to harvest vanilla beans from it one day.

He lives in the dorms during the school year, but moves back home for the summers. He recently helped expand his family's vegetable and herb garden from about 100 to 500 square feet, and he'll assist with the garden and yard all summer long.

Ryan is the youngest of three children. His brother, Mark, is attending the University of Idaho; and his sister, Ann, is married and living in Salem, Oregon.

He's worked at the Co-op as a cashier for a year now. When it came to needing a job, the

Co-op was a logical first choice. His family had shopped at the Co-op his whole life and he had a few friends that worked at the Co-op.

"I really enjoy my co-workers. It's a very constructive and upbeat place to work. The Co-op's ideals align with my system of values as well."

Ryan plans on working more hours this summer and might take a class online.

If I need houseplant or recreational advice, I know who I'll be asking.

Amy Newsome has been houseplant-challenged her whole life. As legend has it, it all started when an adolescent girl tried growing a supposedly immortal air fern next to her perfume collection.

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Alternative Transportation: Tony Pastrama, Realistic Researcher

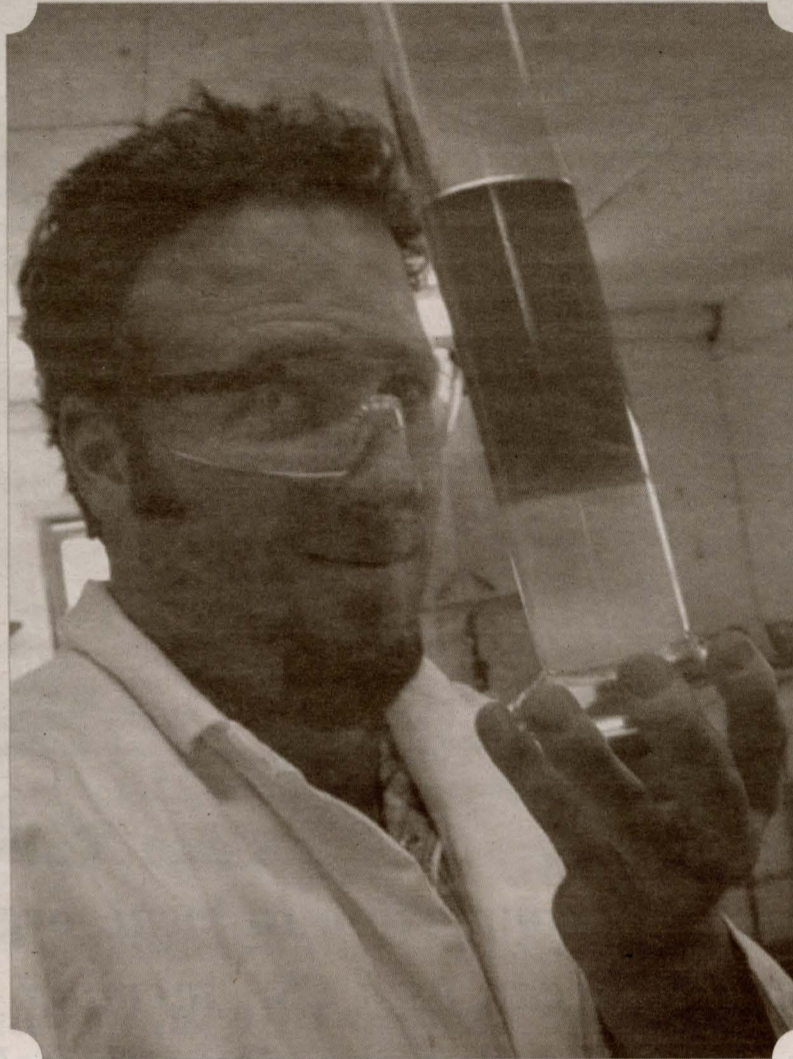
By John Dunn, Co-op Newsletter Volunteer

This month's column will take a slightly different tack. Our focus is Tony Pastrama, who not only uses walking and biking as primary forms of transportation, but is actively engaged in alternative fuels research at the University of Idaho.

Tony is originally from central California, but has called Moscow home for the past four years. He is nearing completion of his B.S. degree in Environmental Science with an emphasis on the development and utilization of biofuels. Tony's interest in biofuel use was nurtured some 10 years ago when he was making his own biodiesel for use in his business. Amazingly, the Pastramas traveled throughout the west, fueling their diesel-powered VW bus with fuel they made from restaurant waste oil along the way.

Tony's research is looking at biofuel production, from the initial extraction of oil to the production of useable fuel, whether diesel or ethanol, and the use of the by-products. He looks at the economics of fuel production as well as the picture of the consumption of fuels. He describes a concept where area farmers could significantly reduce their petroleum-based fuel use by making their own biofuel. By rotating the northwest's principal fuel seed crops (canola / mustard) into their crop rotation at a 10% ratio, they can grow enough raw materials to produce most of their fuel needs. This type of rotation would have the additional benefit of enhancing long-term soil health. Tony's research indicates that the real cost of biofuel production currently stands at \$3.50 per gallon. This compares with the cost of petroleum fuel currently hovering around \$3 at the pump, but the real cost in the \$13 - \$15 per gallon range.

His studies have led him to the development of a personal philosophy of reduction. Tony states that the U.S. contains only 4% of the world's population, yet we consume nearly a quarter of the world's energy. He further says that biofuel only has a chance of replacing petroleum-based fuels and becoming a significant com-



Tony's interest in biofuel use was nurtured some 10 years ago when he was making his own biodiesel for use in his business. Amazingly, the Pastramas traveled throughout the west, fueling their diesel-powered VW bus with fuel they made from restaurant waste oil along the way.

ponent of the overall energy picture if we as a society drastically reduce our overall energy use. He and his family live this mantra by keeping a single vehicle

and rely on walking and biking to get around town. He simply states, "Moscow is a perfect size to get around on foot. Where can't you get to in town in a

short amount of time?"

For more information on innovative biodiesel research at the University of Idaho, see: <http://www.uiweb.uidaho.edu/bioenergy/30Years.shtml>. In keeping with Tony's belief that we need to reduce our energy consumption, consider taking advantage of a relaxing way to commute. The Lewiston-Moscow VanPool has several seats available for commuters this summer. Cost is only \$130 per month. The VanPool is designed to reduce commuter traffic between Moscow and Lewiston. For more information, visit the VanPool website at <http://www.pcei.org/trans/vanpool.htm> or info@pcei.org. You may also contact Jen Hiebert, PCEI Office Manager, at 208-882-1444.

Another way to reduce your carbon footprint is to take advantage of the newly established Saturday Service Bus Route. Moscow's newest bus service took its first run on June 5. Moscow Valley Transit has partnered with the City of Moscow to help people get to and from Moscow's Farmer's Market. This pilot program begins at 8 a.m. with the bus leaving Friendship Square and traveling a half-hour route around Moscow. Specifics are posted on both Valley Transit's and the City of Moscow's websites: www.ci.moscow.id.us and <http://users.lewiston.com/valleytransit>. Schedules are available on Moscow Valley Transit buses and at several locations around Moscow, including City Hall.

John is a local land surveyor who's enjoying summer both at work and at play.

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Volunteer Profile: Mary Ellen Brewick

By Todd J. Broadman, Newsletter Volunteer

“I love Moscow because it seems like the quint-essential community.” Mary Ellen was sharing with me on an afternoon that felt more like spring than summer. She talked about what keeps her and her husband, Andrew, in our area. Mary Ellen is originally from South Dakota and lived there until she was 23. “I have three siblings and am the third one,” she described, then pointed out that “although I have oldest child tendencies, because there was seven years between my next oldest sibling and I!”

Like many Moscow residents, employment with the University of Idaho drew her here; Mary Ellen is a Study Abroad Advisor in the International Programs Office. “I really love my job. I get to work with all the students who go overseas to study, the students applying for Fulbrights, and all the faculty that are looking for international opportunities.” Her background was tailor-made for the position. “My time living and traveling overseas has been an education of its own and I think that is why I love helping UI students spend



“Mary Ellen’s connection to local, organic produce, began as a CSA member in Minneapolis, and so was immediately drawn to the Moscow Co-op and volunteering when she arrived.”

time studying, living and experiencing life in a new country.”

Mary Ellen’s connection to local, organic produce, began as a CSA member in Minneapolis, and so was immediately drawn

to the Moscow Co-op and volunteering when she arrived. “I started as a committee member for Dime in Time and the Engagement and Outreach committee. I’ve also participated

in the FACT (Farmer Advocacy Co-op Team) group.” She then paused to think about why she enjoys her volunteer role so much. “I love to talk about local food — I usually learn more from the people stopping to try the food than I could ever teach!” Recently, Mary Ellen has been hanging out at the Tuesday Growers’ Market and helping with the Seed Swap-it program on Tuesday evenings.

In addition to volunteering with the Co-op, she also helps with Backyard Harvest. “I feel like I matter here.” And things certainly do matter for Mary Ellen. “I’m a strong believer in education of all kinds — helping people understand their options and opportunities and developing faith in themselves.” She said that her “informal education” with family, community and church contributed to her sense of purpose.

When not helping international students and staff, she enjoys reading, playing tennis, walking, biking, hiking and practicing yoga. “I try to keep things simple and easy ... some gardening, some cooking — dinner with friends, and a little napping.” Her weekly routine revolves around her duties on campus.

I ended my conversation with Mary Ellen by asking her thoughts on what is needed for our planet. “That is tough — I just don’t know. There is such a range of need cross culturally — some people need safety above all, other cultures aren’t dealing with war and need help with access to food or water. I think education for all people is so important because it is empowering and lets individuals change what needs to be changed in their own communities.”

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



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Local Producer: Ranch Hand

By Johna Boulafentis, Newsletter Volunteer

Summer! My childhood memories of the sunny, hot months are entwined with water and barbecuing. Playing in the backyard in the sprinkler and watching my mom grill barbecue chicken was delightful. This summer will have its own set of joys; pool time at the Aquatics Center and barbecue with Ranch Hand! For the last year and a half, the Co-op has sold Jamie Callison's, owner of Ranch Hand, products. You can find his varieties of barbecue sauces (Original and Zesty) and seasonings (Everything, Espresso, Sweet Chilly, and BBQ) in Grocery and near the Meat Department.

After many years of family prodding and encouragement, Jamie finally decided to make and sell his creations commercially. About two years ago, the company started to take form and he worked with a WSU marketing student for six months on a feasibility study and marketing campaign. Their work resulted in two Northwest-focused brands: "Ranch Hand" and "Rival Rubs." He teamed up with local beef businesses like Eaton Natural Beef to promote Ranch Hand. Including the Co-op, he sells Ranch Hand products to about 50 NW stores. Rival Rubs is for collegiate kitchens, which includes eight universities in Idaho, Montana, Oregon and Washington.

Jamie is a full-time chef at WSU. When he's not at the University, which depending on the season, can be up to 80-90 hours a week, he works on his business. In May, he accompanied 15 WSU Hospitality Business Management majors to Florence, Italy, to start their eight-week program to learn to pair food and wine. Jamie explained that a real strength of the immersion is that students work in Italian restaurants and live in apartment buildings with



Jamie's goal is to make business decisions that are sustainable — ones that have the least environmental impact are also typically the most fiscally responsible.

Italian families. Through tours including farmers' markets and businesses, the students gain first-hand experience the passion local producers have for their products, including cheese and wine.

With his background as a chef, he has a passion for using the finest ingredients in his products — ones that create a balance of flavor and "enhance the taste of food rather than take away." Unlike mainstream barbecue sauces, whose main ingredients are high fructose corn syrup and water, his first ingredient is tomatoes. He explained that because corn syrup has no flavor, he doesn't use it. He prefers molasses and honey. Jamie wants his customers to experience the flavor of his products and taste the distinction. He added that there's a "difference between smoky ketchup and barbecue sauce." From my first taste of his Original BBQ Sauce, I most certainly agree.

In addition to flavorful ingredients, he aims to keep them domestic and as local as possible. Although most peeled garlic sold in the U.S. is produced in China, his products contain

garlic from Northwest producers. His honey is also domestic — the 200 gallons he uses comes from California, but he hopes to find a local producer. He's also working toward having local restaurants utilize his products. Presently, South Fork in Pullman uses his sauces and seasonings. His goal is to make business decisions that are sustainable — ones that have the least environmental impact are also typically the most fiscally responsible.

To run the company, he has

the assistance of his wife of 20 years, Tonya, who is an accountant by trade. She handles the books and day-to-day details of the company, along with design work and labeling. They also have two sales people who work on commission. He explained that the strengths and challenges he has with his business go hand-in-hand. Starting the company in a down economy, they work diligently to increase and maintain their customer base. This past winter at 5 a.m., he laughed with Tonya while loading their vehicle with samples for a trip to Seattle. It was early and cold, but he said, "This is starting a business. I have to get out there." Jamie

appreciates his interactions with new and current clients. He said, "It sounds strange, but I feel good that we're struggling. We make a great product that we can stand by. If we can start a company in tough times, then we will survive anything."

Johna is excited to celebrate her "Golden Birthday" in July! She was born to bask in the sun, splash in water and gobble barbecue.

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Organics Are for Everyone: Bring Date Syrup to the Co-op

By Julie Gardner, Grocery and Wine Buyer

Date syrup? I had never heard of such a thing! What a wonderful surprise though! A Moscow "local" has been supplying us with this delicious nectar for a little under a year. This treat comes from the date palm tree and is the ideal substitute to processed sugar in baking and cooking recipes. Great topping for things that call for honey or syrup. Date syrup also has a very high mineral content – especially potassium, magnesium and iron.

This sweetener is organic, kosher, vegan, gluten free and dairy free. Some examples of uses include: top of waffles/pancakes, substitute for sugar and syrup in baking and cooking, in oatmeal/cereal, on ice cream and in smoothies. My personal favorite is drizzled on goat cheese with crisp bread.

Here are some recipes for you to try with the date syrup you will purchase after reading this article:

You Will Not Believe This Pizza Sauce

- 2 Shallots, finely minced
- Splash of olive oil
- Pinch of red pepper flakes
- Salt to taste
- Fresh ground pepper to taste
- 1/3 cup date syrup
- 1/3 cup water

Sauté shallots, red pepper flakes and pepper in olive oil for 2 minutes. Add the syrup and water, then slowly reduce over medium heat. Sprinkle in salt and pepper to taste. When it reaches a "sauce" consistency, it's ready to spread on your favorite crust!

Out of the Pantry Gluten Free, Dairy Free Chocolate Cake

The key ingredient may seem unlikely at first, but trust us - this one's a keeper!

- 8 ounces dark chocolate or chocolate chips, melted
- 3 Tablespoon cocoa
- 1 can garbanzo beans, drained
- 4 eggs
- 1/2 cup date syrup
- 1/2 teaspoon baking powder

Mix beans, eggs, date syrup and cocoa in blender until smooth. Add melted chocolate and blend until well mixed. Transfer mixture into prepared cake or spring form pan and bake at 350 degrees F for 35 minutes. Serve with fresh whipped cream or ice cream.

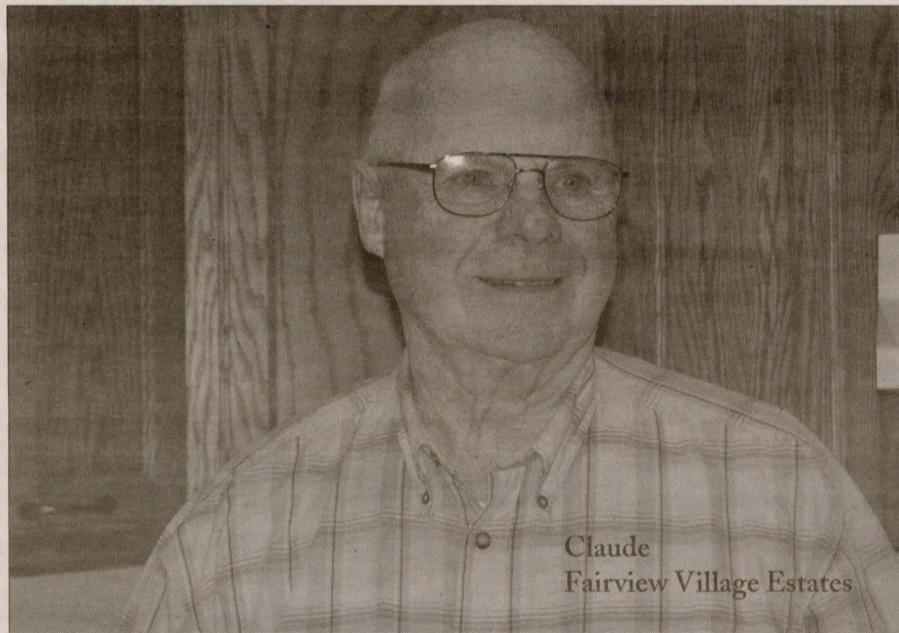
Berry and Lemon Scones

- 1 3/4 cups unbleached all-purpose flour
- 2 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/3 cup date syrup
- 4 Tablespoons butter
- 1/2 cup milk
- zest from one lemon
- 1 teaspoon lemon juice
- 1/2 teaspoon vanilla
- 1/3 cup frozen or fresh cherries, raspberries or blackberries
- Optional: 1/3 cup chopped walnuts or pecans

Combine dry ingredients in a mixing bowl: flour, salt, sugar and zest. Cut in butter. Mix together date syrup, vanilla, milk and lemon juice and then combine with dry ingredients only until dough starts to hold together. Add berries and nuts, if desired.

Press dough into a disc (dough may be a little sticky, don't let this scare you) and cut into slices. Form into desired scone shapes and bake!

Bake at 375 degrees F for 10-12 minutes.



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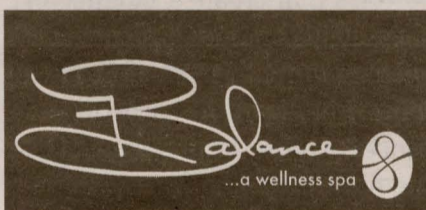
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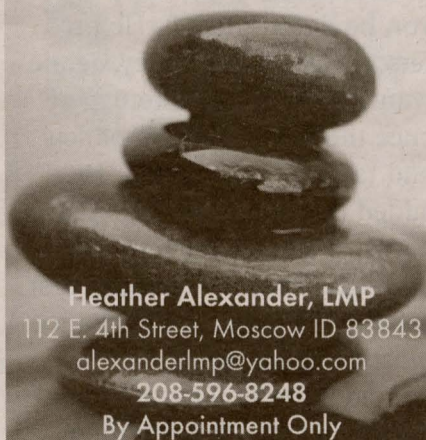
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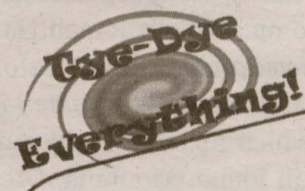


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Allergy and Gluten Free: The Five Stages of Emotion After an Allergy Diagnosis

By Barbara Rose, Guest Writer for Terri Schmidt, Newsletter Volunteer

The allergy page has a guest writer this month. Barbara Rose is a Co-op member who wanted to share a common experience of coming to terms with all that having allergies entails.

Until about four years ago, my understanding and appreciation of allergies and food sensitivities was limited to empathy for those who struggle with hay fever. My thought processes never even went so far as to wonder why an allergic reaction to pollen had "fever" in the name. The fear that peanut allergies must evoke had just begun to come into my psyche, due to more media coverage of this serious allergy. This all changed when someone very close to me became extremely ill from then unknown origins. I had also begun to struggle with health issues, convinced that I was celiac, but was told, "No. You are lucky, you only have IBS." Four years ago, I was thrust into an "alternate world" in which my reality had to change, for my own self and a loved one. Eventually, after seeing doctors across the country, we both discovered that our allergies and food and chemical sensitivities were the result of years of heavy-metal poisoning. For both of us, the toxic load on our bodies eventually overwhelmed our immune systems and caused our bodies to react to foods that previously we had eaten with no obvious symptoms.

I quickly began to understand that these allergies and sensitivities to soy, wheat, dairy and fruit, among other things, were going to have a profound effect on our daily lives. This was something that I found difficult to accept. I couldn't wrap my mind around the fact that my loved one would never again be able to eat ANY tree fruit or legume, when only recently, oranges were consumed on a daily basis.

I believe the emotions surrounding allergy diagnosis are very similar to the well-known five stages of grief. I've modified them a bit and share with you my five stages of emotion after an allergy diagnosis.

1. **DISBELIEF** – How could this be? We were able to eat apples a

few weeks ago. We must be able to take a pill or something and rewind the clock!

2. **FEAR** – How can we live this way for the rest of our lives? How can we feel comfortable ever eating something that doesn't have an ingredient label! The Mayo Clinic allergist spent over an hour instilling fear in our understanding of these evolving allergies. One of the most fearful allergy education tips I remember was a warning not to go into the restroom alone after eating at a restaurant because people with serious allergies can die with no one to help them.

3. **OVERWHELMED** – OK ... how many flours do you have to use to make gluten-free bread? I remember standing in the grocery aisle, crying because I couldn't find one alternate milk product that we could use.

4. **JEALOUSY** – Never before was I envious of people who went to restaurants without any regard that they could be ill afterwards. Yet, now I was jealous of everyone who ate out without concern.

5. **ACCEPTANCE** – The eventual understanding that the "alternate world" is a liveable world. That there is today, a good day, and that whatever needs to be done can be done. That if other people can do this, so can we.

I have learned that a positive attitude and a sense of hope is a powerful tool. I personally believe that our understanding of allergies and food sensitivities are expanding and there are real reasons to hope for change. I know we can handle today, and I'm hopeful for tomorrow.

Terri Schmidt thanks Barbara for sharing and hopes you appreciated insights from a new person's perspective this month.



Flaxmeal Bread (gluten, dairy, soy and corn-free)

Adapted from "The Wheat-Free Cook - Gluten-free Recipes for Everyone" by Jacqueline Mallorica

- 1/4 cup flaxmeal
- 1/2 cup brown rice flour (preferably superfine grind)
- 1/4 cup potato starch
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon xanthan gum
- 1/2 teaspoon fine sea salt
- 1 teaspoon sugar
- 3/4 cup buttermilk (to make dairy-free, use 2 teaspoons vinegar + milk substitute
- to equal 3/4 cup)
- 1 large egg
- 2 Tablespoons extra-virgin olive oil
- cornmeal for dusting pan (optional)

Preheat the oven to 450 degrees F, and heat either a 9" cake pan or heavy, well-seasoned 8 1/2" skillet at the same time. Combine all the dry ingredients (minus the cornmeal) and mix well. In a separate bowl, whisk together the buttermilk, egg and 1 Tablespoon oil. Using an oven mitt, remove the hot pan from the oven. Add the remaining Tablespoon oil and swirl it around to coat the bottom of the pan. Dust the pan with the cornmeal, if using. Pour the liquid ingredients into the dry ingredients, mix until smooth and scrape the batter into the hot, oiled pan. Spread the dough out as evenly as possible inside the pan. Transfer to the oven and bake until brown and crusty, 12-14 minutes. Flip the bread out onto a wire rack, and let cool for 10 minutes before cutting into wedges.

Option: Use an 8" square pan for more rectangular pieces of bread.

Good Morning Granola (free of all top eight allergens)

Lisa Lundy, *The Super Allergy Cookbook*, thesuperallergycookbook.com

- 1 cup sunflower seeds or other seed
- 6 cups Health Valley Corn Crunch-Ems or other acceptable dry cereal
- 2 cups Perky's Nutty Flax cereal or other acceptable dry cereal
- 1/2 cup flaxmeal
- 1/8 teaspoon ground cinnamon
- 1/2 cup sunflower or other acceptable oil
- 1/2 cup maple syrup or other acceptable liquid sweetener
- 2 cups dried fruit of your choice, cut into bite-size pieces

Grease a 9" x 13" baking pan. Measure the sunflower seeds and cereals into a very large mixing bowl. On top of the dry ingredients, place the flaxmeal. Do not mix. Place oil and maple syrup into a saucepan and bring to a boil until it is nice and foamy. Boil for two minutes and remove from heat. Pour over cereal and flax mixture. Stir well to coat. Add cinnamon to taste. Pour into your greased pan and bake for 1 1/2 to 2 hours, stirring every 30 minutes or so. Once the mixture has cooled completely, add two cups of dried fruit of your choice.



Omnivoria: Making the Most of Your Marinade

By Jamaica Ritcher, Newsletter Volunteer

A few weeks ago, I was on a camping trip with family and friends. As the sun began to sink below the mountains and the campfire flames built, the kids (and most of the adults, too) dug into a bag of marshmallows. Most of us were slowly turning our confections over the flames, toasting the puffy treats to golden brown. My 7-year-old, on the other hand, preferred to stick his marshmallow way down in the fire, holding it in the embers until it burst into flames. Then he'd pull it away, blow out the flames, and devour what ended up looking a lot like a charcoal briquette.

I tend to have better luck when cooking over an open flame. But watching my son's toasting method did get me thinking about the link between charcoal and carcinogens, and the idea that grilled food is potentially less healthy because grilling (or burning to a crisp) somehow increases the concentration of carcinogenic compounds.

In the summer, we enjoy camping—and roasting marshmallows—and we also do a lot of grilling. In fact, most dinners are cooked outside on our gas grill. So I began to wonder, is grilling really a less healthy cooking method?

In fact, when meat is cooked at high heat, either by frying, broiling, or, grilling, the amino acids and sugars are believed to react with each other to create heterocyclic amines, or HCA's, compounds thought to be carcinogenic to humans.

But before you throw in the

tongs, there's something we can do to avoid HCA formation when we grill: marinate.

Of course, marinating food before throwing it on the grill will usually make it taste better, but it turns out that the right marinade might make the grilled food healthier too.

The most basic of marinades consists of two ingredients: an acid, such as lemon juice or vinegar, and oil. The acid works to tenderize the meat. The oil prevents it from drying out. But according to a study by food scientists at Kansas State University, adding certain herbs to marinades decreased the presence of HCA's after cooking by around 90%*.

It's the presence of antioxidants in the herbs that combat the formation of HCA's. Herbs and spices like rosemary, oregano, garlic, ginger, and mustard all contain antioxidants. Oregano contains the highest antioxidant levels, and rosemary is not far behind.

So this month I'm including two marinades recipes. Both of these taste delicious (I think) and both are heavy on the antioxidants. The predominant seasoning in the first is rosemary. I've used it with a kebob, or meat skewer, recipe in which I cut beef or lamb meat into 2" cubes, marinate the meat for about an hour, then skewer, alternating the meat with mushrooms, bell peppers, and other colorful vegetables. (I like to marinate the veggies as well—the sugars from the marinade, caramelize nicely on the pieces

of the veggies against the grill.)

For a nice looking presentation—and antioxidant boost on the grill—you can also wind longer rosemary sprigs around the meat and vegetables once they are on the skewer. While this recipe goes well with sirloin steak cuts of beef, I think the rosemary is especially delicious with lamb. Cuts from the leg portion can be cubed and turn out nicely on kebobs.

The second recipe is a ginger-garlic marinade that goes really well with London broil or sirloin. The longer the marinating time, the more the flavor of the ginger will come through. After grilling, I like to slice the steak thin and add the strips to a mixed greens salad.

When I know I will be firing up the grill for dinner in the eve-

ning, I usually begin marinating the meat that morning, though many recipes I've looked at say marinating red meat for at least an hour is usually adequate. So long as the meat has a chance to absorb the flavors of the marinade and become tender.

*Smith, J.S., F. Ameri, and P. Gadgil. "Effect of Marinades on the Formation of the Heterocyclic Amines in Grilled Beef Steaks." *Journal of Food Science*. vol. 73. no. 6. 2008.

Jamaica Ritcher is happy that, in mid-June, the rain is watering her garden, but she's also ready for some sunny weather and outdoor dinners!



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Rosemary Marinade for Lamb or Beef Skewers

(makes enough marinade for 1 to 1 1/2 pounds boneless lamb or beef)

- 1/4 cup olive oil
- 1 Tablespoon balsamic vinegar
- 1 Tablespoon fresh rosemary leaves, chopped fine
- 2 cloves garlic, minced
- pinch of dried red pepper flakes
- 1 teaspoon salt
- ground black pepper, to taste

Soy-ginger Marinade

(makes enough marinade for 1 to 1 1/2 pound beef steak)

- 2 Tablespoons soy sauce
- 1 Tablespoon fresh grated or minced ginger
- 1 Tablespoon lemon zest
- 2 teaspoons toasted sesame oil
- 2 cloves garlic, crushed
- 3/4 teaspoon coarse ground black pepper
- 1 teaspoon brown sugar

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July Menus

Let's eat international dinners this week. \$50 for two people!

Sunday: Spicy Banh Mi

Monday: Pitas with Falafel

Tuesday: Crustless! Quiche

Wednesday: Hawaiian Style Sweet and Sour

Thursday: Baked Rigatoni Casserole, Green Salad

Friday: Thai Stir-fried Tofu over Rice

Saturday: Leftovers

Recipes

SPICY BANH MI

- 1/4 cup rice or apple cider vinegar
- 2 teaspoons honey or sugar
- 1/2 -1 teaspoon red pepper flakes
- 1/4 cup shredded daikon radish
- 1/4 cup shredded carrot
- 1 baguette, split in half lengthwise
- 1 Tablespoon mayonnaise
- 1 teaspoon red chili sauce
- 1/4 teaspoon tamari (soy sauce)
- 1/2 cup stir-fried tofu
- 2 6" strips cucumber (save the rest for tomorrow)
- 6 sprigs cilantro
- 4 lettuce leaves, torn
- optional: 6 cherry tomatoes

Combine vinegar, honey and red pepper flakes in a small bowl. Add daikon radish and carrot, and stir to mix. Let stand 15 to 30 minutes, stirring occasionally. Preheat oven to 350 degrees F. Place the halves of the baguette on a baking sheet and crisp 5 minutes in oven. Cool. Spread mayonnaise on both sides of bread. Sprinkle with red chili sauce and tamari. Fill with tofu, cucumber and cilantro. Drain carrot-radish mixture, and spread on sandwich. Top with lettuce and tomatoes (optional) and season with salt and pepper if desired. Press top half of baguette on sandwich, and slice sandwich in half.

PITAS WITH FALAFEL

- 2 pitas (taken out of freezer that morning)
 - 1 cup falafel mix
 - 2 lettuce leaves
 - leftover from Monday's cucumber
 - small container plain yogurt
 - a few kalamata olives (Save some for the Thursday's rigatoni casserole.)
 - optional cherry tomatoes
- Mix falafel with 1 cup warm water. Let sit for a bit. Make

into 2" oval patties. Place on baking sheet that is covered in parchment paper or aluminum foil. Bake at 325 degrees F for 7 minutes, turning them over after and bake them another 7 minutes. While patties are baking, shred cucumber and mix into yogurt. Shred lettuce. Cut up a few kalamata olives while warming pitas in the oven for a few minutes. Fold the pitas around the falafel patties, add lettuce, cucumber/yogurt mixture, and sliced cherry tomatoes if you bought them. (I sometimes crumble feta cheese over this, too, but buying it put the shopping list price over \$50.)

CRUSTLESS QUICHE

- 2 Tablespoons seasoned breadcrumbs
- 1 leek, white and light green parts halved and sliced 1/2" thick
- 2 cups chopped chard
- 7 eggs, beaten
- 1/4 cup milk
- 1/8 teaspoon nutmeg
- 1 Tablespoon tarragon
- 1 teaspoon basil
- 2 ounces (or more, if desired) soft goat cheese

Preheat oven to 425 degrees F. Coat bottom and sides of 9" glass pie dish with olive oil. Scatter breadcrumbs over bottom of pie dish. Bring 4 cups salted water to boil. Add leeks; boil 3 minutes. Remove pot from heat, add chard, and let stand 30 to 45 seconds until greens are wilted. Drain, rinse with cold water, and drain again. Set aside.

3. Whisk eggs. Whisk in milk and nutmeg, season with salt and pepper to taste. Whisk in tarragon and basil.

4. Scatter leeks and chard over breadcrumbs. Dot cheese on top. Pour egg mixture into pie pan. Bake 20 - 30 minutes, until golden brown on top. Cool 5 minutes before slicing.

HAWAIIAN STYLE SWEET AND SOUR WITH RICE

- cooked rice, enough to feed 4 (you will save extra for Friday)
- 2 cups cubed pineapple
- 1 medium red pepper, cubed
- 1 medium red onion cut into thin wedges
- 1 Tablespoon toasted sesame oil
- 1 Tablespoon olive or other vegetable oil
- 1 Tablespoon brown sugar
- 1 Tablespoon lime juice
- 1 Tablespoon sweetened coconut flakes (optional)

Preheat oven to 400 degrees F.

Shopping list (O means organic, L is local)

BULK

- ✓ 1 cup falafel mix
- ✓ 1/4 pound rigatoni O
- ✓ 1/4 pound penne O
- ✓ 1 cup short grain brown rice O
- ✓ 1 cake tofu
- ✓ 1/4 cup toasted sesame oil
- ✓ \$1 worth of Kalamata olives
- ✓ small amount optional coconut flakes if you want to splurge

VEGGIES

- ✓ 1 red onion O
- ✓ 1 lime O
- ✓ 1 leek O
- ✓ 1 bunch swiss chard O
- ✓ 1 small zucchini O
- ✓ 1 small daikon radish O
- ✓ 1 large carrot O
- ✓ 1 small cucumber O
- ✓ 1 large head lettuce O
- ✓ 1 bunch cilantro O
- ✓ 1 bunch green onions O
- ✓ small branch of ginger
- ✓ optional cherry tomatoes (this will put you slightly over \$50.) O

CANNED

- ✓ 1 15-ounce can chickpeas (let's just face it, they take too long to cook) O
- ✓ 1 14.5-ounce can diced tomatoes O

- ✓ 1 small can tomato puree O
- ✓ 1 can cubed pineapple O

OTHER

- ✓ 1 fresh baguette O & L
- ✓ 7 eggs O & L
- ✓ 1 small chevre (goat cheese), at least 2 ounces
- ✓ 1/2 gallon milk L
- ✓ 1 small container plain yogurt (if Greek is on sale, buy it)
- ✓ 1 package breadcrumbs (I had a hard time finding this, so it's in Aisle 2, baking, top shelf.)
- ✓ Take pitas from last month out of the freezer on Monday morning.

IN YOUR PANTRY

- ✓ brown sugar
- ✓ garlic
- ✓ basil
- ✓ rice or apple cider vinegar
- ✓ red pepper flakes
- ✓ mayonnaise
- ✓ tamari (soy sauce)
- ✓ red chili sauce
- ✓ nutmeg
- ✓ ground cloves
- ✓ salt
- ✓ pepper
- ✓ tarragon
- ✓ olive oil
- ✓ vegetable oil
- ✓ cayenne
- ✓ red bean paste (miso)

Arrange pineapple, red pepper and onion on an ungreased rimmed baking sheet. Drizzle with sesame oil and vegetable oil, sprinkle with brown sugar and season with salt and pepper. Roast pineapple mixture on center oven rack for 30 minutes, or until lightly browned, turning once. Sprinkle with coconut flakes (if using) then drizzle with lime juice. Remove to serving bowl and toss well to combine. Serve hot with rice.

BAKED RIGATONI

CASSEROLE

- 8 ounces rigatoni
- coarsely chopped zucchini
- 1 15-ounce can of chickpeas, drained
- 1 14.5-ounce can diced tomatoes with juices and basil, garlic and oregano
- 1 can tomato paste
- 1/4 cup kalamata olives
- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 2 Tablespoons seasoned breadcrumbs

Preheat oven to 350 degrees F. Coat 11" x 7" baking dish with oil. Set aside. Cook rigatoni al dente in large pot of boiling salted water. Drain and rinse with cold water.

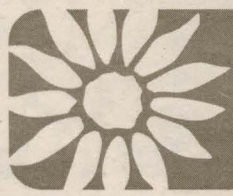
Set back into the pot and put aside. Combine zucchini, tomatoes and juices, tomato paste, 2 Tablespoons olives and garlic in a large saucepan. Bring to a boil. Reduce heat to medium low and simmer 5 minutes until sauce

begins to thicken, stirring occasionally. Stir sauce into rigatoni and season with salt and pepper. Transfer mixture to baking dish. Sprinkle with breadcrumbs and 2 remaining Tablespoons of olives. Bake 20 = 25 minutes until breadcrumbs are golden brown. Serve with green salad made with leftover lettuce, cucumber, 1 green onion and carrot.

THAI STIR-FRIED TOFU OVER RICE

- 1 Tablespoon soy sauce
- 1/2 teaspoon miso
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/8 teaspoon ground cloves
- 1 Tablespoon vegetable oil
- 1 clove garlic, minced
- 1 Tablespoon minced fresh ginger
- 1 pound extra-firm tofu, drained and cut into bite-sized pieces
- 1 green onion, finely chopped
- 1 teaspoon sesame oil

Combine soy sauce, miso, salt, pepper, cayenne and cloves and set aside. Heat large skillet or wok over medium-high heat 1 minute. Add oil, let warm 30 seconds, then add garlic. Stir-fry 6-7 seconds and then add tofu, miso mixture and ginger. Cook 1 - 2 minutes until tofu is heated through, gently stirring to toss tofu in spice mixture. Stir in green onion and sesame oil. Serve over remaining 2 cups rice.



Rules and More Rules

By Colette DePhelps, Good Food Book Club Volunteer Coordinator

Rules. We all get tired of them. So why is Michael Pollan's book *Food Rules: An Eater's Manual* at the top of many a reader's pile of "must do" summer reading? This July, the Co-op's Good Food Book Club is going to find out. Discussion of the book will take place Monday, July 26, from 7-8:30 p.m. at a Book Club member's private residence in Moscow. E-mail bookclub@moscowfood.coop for address and directions.

I am not sure if 64 is a magic number, but that is how many food rules Pollan came up with. Divided into three parts, the book lays out common sense rules for 1) what you should eat (food); 2) what kind of food you should eat (mostly plants); and, 3) how you should eat (not too much). According to Pollan, we don't really see food as food, rather as a collection of "good for you" or "bad for you" substances (macro nutrients, micro nutrients, probiotics, calories,

fats, carbs, artificial sweeteners, antioxidants...) and this has led to confusion, not better health. So, starting from the Facts, presented by Pollan in his introduction...

1. Populations that eat a "Western diet" (lots of processed foods, added fat and sugar, refined grains, meat...everything except lots of vegetables) suffer from high rates of "Western diseases" like type 2 diabetes, cancer and cardiovascular disease.

2. Populations eating a remarkably wide range of traditional diets generally don't suffer from these chronic diseases (regardless if the diets are high in fat or carbs or protein).

3. People who go off the "Western diet" see dramatic improvements in their health.

...here are some of my favorite Food Rules...

#1: Eat food. (I love this one!)

#7: Avoid food containing ingredients that a third-grader cannot pronounce.

#13: Eat only foods that will

eventually rot.

#18 : Don't ingest foods made in places where everyone is required to wear a surgical cap.

#36: Don't eat breakfast cereals that change the color of the milk.

Read the book, and then come share your favorite rules (and, perhaps your least favorite!) at the July Good Food Book Club meeting: Monday, July 26, from 7-8:30 p.m. Remember to e-mail bookclub@moscowfood.coop for the meeting location and directions. While you have your calendar out, check out the Summer Book Club Calendar for other Monday evening club meetings and mark those down as well. If you have other titles you would like to see the Good Food Book Club read or you would like to receive e-mail reminders about book club meetings, e-mail Colette at bookclub@moscowfood.coop.

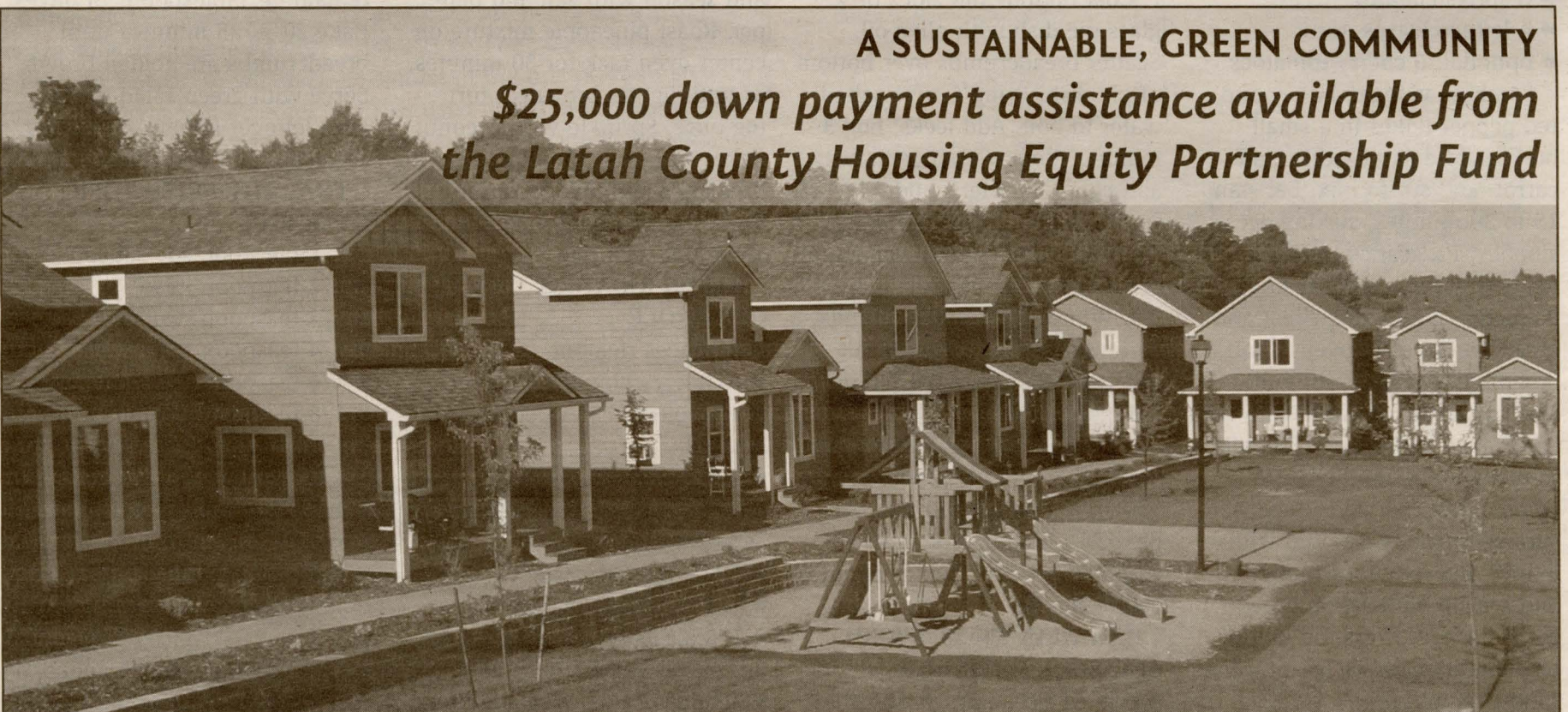
Food Rules and other Good Food Book Club titles are available through your local library

and at BookPeople of Moscow where Book Club members receive a 20% discount.

If you are new to the locavore scene, or are just interested in expanding your consumption of local, seasonal foods and need some ideas where to find it, I recommend you pick up a copy of Rural Roots' Local Food Guide. The Guide is available (free) at the Co-op or you can request a copy by e-mailing rrinquiry@ruralroots.org. I also recommend you read *The Locavore Way* by Amy Colter. Available at the Moscow Library and at Book People, this little book is an excellent guide to finding and enjoying local, seasonal food.

At the time of writing this article, Colette's thinking of Rule #31, "Eat wild foods when you can," and is wondering if all that green stuff in her garden bed is really weeds or if she is growing an abundance of salad greens ... and where is that edible landscaping book ...?

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Into the Cupboard

By Ivy Dickinson and Ken Clark, Newsletter Volunteers

The tamarind is a large evergreen tree that grows in the tropics. It is endemic to tropical Africa, and is now widely distributed from Africa to India to Southeast Asia. Tamarind means "date of India," and in Hindu mythology tamarind is associated with the wedding of the god Krishna, which is celebrated by a feast in November. In Victorian times, the British in Goa kept a tamarind in one ear when venturing into the native quarter to keep them free from harassment because the locals believed the fresh pods were inhabited by malevolent demons. This earned the colonials the nickname "Lugimlee" or "tamarind heads," and it has stuck to this day.

The fruit of the tamarind resembles a very large bean pod, up to eight inches in length and an inch in diameter. The sticky pulp inside the pod has a complex flavor which has a sour fruity taste, with an acidic edge. Some say it brings to mind a blend of apricot, prunes, raisins and dates, with a lemon or lime twist. It has a wide variety of uses and is used to make tasty curries and vindaloos, chutneys, soups, sorbet and drinks, not to mention being used to polish silver and copper. Tamarind can be purchased in many forms including bricks, powder, whole pods and jars of prepared pulp or concentrate. It is available at the Co-op in concentrate as well as whole pod form.

The main reason I chose tamarind for my ingredient this month is because the bright flavor is perfect for light summer meals and drinks and I thought it might present folks with some new summer cooking ideas. The cabbage slaw for my first recipe is a modified version of a cabbage slaw that is a common summer staple for me and is the perfect complement to

grilled chicken or lamb. Consider using a bit of tamarind in the meat marinade to tie the flavors together.

My second recipe belongs to a family of Mexican drinks called aguas frescas. These are refreshing summer drinks that will appeal to the whole family and are said to quench even the greatest of thirsts. They are nutrient rich and have an earthy, yet tangy, flavor that is the perfect thing during hot weather and a great complement to spicy foods. Be sure to prepare some to bring on picnics or for sitting by the pool, it is sure to be a hit

Ivy thinks a batch of aguas frescas might be just the thing to bring on the much-anticipated warm weather. E-mail ivyrose7@hotmail.com with all other questions, comments or other warm-weather inducing ideas.



Cucumber Cabbage Tamarind Slaw

- ▶ 3/4 cup plain yogurt
- ▶ 4 Tablespoons fresh lemon juice
- ▶ 4 Tablespoons honey
- ▶ 4 Tablespoons extra-virgin olive oil
- ▶ 1/4 cup (or slightly less) tamarind concentrate
- ▶ 1 Tablespoon chopped peeled fresh ginger
- ▶ 1 Tablespoon cumin seeds, toasted and ground with mortar and pestle
- ▶ 3 1/2 cups sliced cabbage
- ▶ 3 small cucumbers, peeled and cut into matchstick-size strips
- ▶ 2 cups mung bean sprouts
- ▶ 1 cup fresh cilantro leaves
- ▶ 1/2 cup thinly sliced green onions

Mix yogurt, lemon juice, honey, olive oil, tamarind, ginger and cumin in small bowl and season to taste with salt and pepper. Combine cabbage, cucumbers, sprouts, cilantro and green onions in large bowl. Pour dressing over the top, and toss to coat. Chill and serve.

Agua de Tamarindo

- ▶ 2 quarts water
- ▶ 1 pound fresh tamarind pods
- ▶ 1 cup of granulated cane sugar

Preparation

Bring the water to a boil in a large pot over high heat. Prepare the tamarind by removing the brittle outer shell and pull off as many strings as you can and discard the shell and strings. After the water comes to a boil, remove it from the heat and place the inner portion of the tamarind and the sugar in the water. Let the tamarind soak for about 1 - 1 1/2 hours. The water should be cooled down. Use your fingers to squeeze out the hard seeds and remove the remaining strings and discard them. Place the liquid and remaining pulp into a blender and blend until the pulp is fully blended into the water. You may want to run the liquid through a fine sieve to remove any extra pulp. Pour the mixture into a pitcher and refrigerate until cold.

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Native Plants: Mountain Lady-slipper

By Emily Poor, Newsletter Volunteer

Mountain lady-slipper (*Cypripedium montanum*), a native orchid, is possibly one of the most delightful finds that one can make along a mountain trail. Its beauty, rarity and ecological complexity draw people in to study and admire it. Something about its strange, delicate shape and solitary nature, however, make it say, "You may admire, but don't touch." Indeed, there is truth to that statement, and to orchids in general in the Northwest.

Although the plants themselves are rare, once spotted, the flowers can't really be mistaken with any other. Unlike a tulip or a pansy, its petals are certainly not alike, nor are they even the same color. Its lily-white pouched lower petal (the "slipper") framed by maroon outer petals and elegantly curved stem seem out of place in a not-so-tropical region like Idaho. Indeed, they are magnificent enough to resemble the fancy cultivated orchids found in florist shops and on corsages.

Orchids are mainly tropical in origin and are notoriously difficult to propagate because they require specific environmental conditions to thrive. Nevertheless, their rarity has not stopped them from being one of the most diverse plant families on earth, with well over 21,000 orchid species recorded. Only about 20 of these are native to Idaho. This rarity alone makes



the mountain lady-slipper quite a discovery for the amateur plant hunter and expert botanist alike.

One aspect that might contribute to the rarity of mountain lady-slipper is the specific environmental factors that it needs to survive. This particular plant needs symbiotic (mutually positive) relationships with several different types of fungi to survive and establish new plants. Fungi act as an extension for the plant's relatively shallow roots, thus allowing it to uptake more nutrients. When it comes to pollination, however, these orchids turn out to be a bit stingy towards insect visitors. Small bees may be attracted to the scent or design of the orchid's flowers, but receive no nectar

"Orchids are mainly tropical in origin and are notoriously difficult to propagate because they require specific environmental conditions to thrive. Nevertheless, their rarity has not stopped them from being one of the most diverse plant families on earth, with well over 21,000 orchid species."



compensation for their favors. This "one-way street" non-rewarding form of pollination is true of many orchids, often making fungi an important factor in the plant's survival, since not as many insects will visit a flower once they find that there is no reward for them.

One may find these beautiful plants along trails in ponderosa pine-douglas-fir forests in the Palouse. The flowering season for mountain lady-slipper runs from May to early July (there's still time!). As with all orchids, it is best to let them be in their native habitat and resist the urge to plop them in a bouquet, press them or dig them up and attempt to grow them. According to Hitchcock and Cronquist in their *Flora of the*

Pacific Northwest, (the bible for northwest botanists), "They do not do well in cultivation, and will persist in the garden a few seasons at most." The take-home message? If you run across a mountain lady-slipper, dig out your camera to take some shots of the gorgeous thing, and then leave it for others to enjoy.

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



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July Co-op Kids

By Rebekka Boysen Taylor, Co-op Kids Coordinator

July 6: Friendship Square, Sidewalk Chalk

July 13: Fruit Salad Making in the Co-op Cafe

July 20: Friendship Square, Wet Felting Wool

July 27: Watercolor Painting in the Co-op Cafe

As we jump into summer, Co-op Kids will meet weekly on Tuesday mornings from 9 until 10 a.m.

Co-op Kids offers earth friendly activities for young children and their families. Depending on the week, the kids might paint, cook, plant seeds or play while parents and caregivers kick back and visit. We will meet weekly in July and all activities are free. When meeting at Friendship



Square in downtown Moscow, a healthy snack is provided by the Co-op.



Come paint with us on July 27th!

July Mamas and Papas

By Summer Baugh, Co-op Volunteer

The Mamas and Papas group is a fun gathering for newish moms and dads wanting to connect with others in the same boat, ocean or whatever. The group meets Wednesday mornings at 9:30 a.m. to 11: a.m. in the Co-op Cafe (give or take a little!). We have a weekly drawing for a \$10 Co-op gift card and, as always, a free beverage from the Deli. Does it get any better? Yes!

Birth Stories, July 7 at 9:30 a.m.

This month's focus is communication. The best place to start is with sharing birth stories, so Wednesday, July 7, bring your birth buddies and we'll compare notes.

Speech and Language, July 14 at 9:30 a.m.

We will have special guest Kathy Harrison from Gritman Therapy solutions here July 14. She is a speech-language pathologist who specializes in the language development of children. She is amazing! Even more amazing, is her ability to help us parents with speech and language too (that is, how we speak to our kids).

Baby Sign, July 21 at 9:30 a.m. Does the name Bill London



sound familiar? (Hint: Editor)

His daughter, Willow Venzke, will be our very special guest July 21. She has successfully taught baby sign language to both her children, and will be teaching us a thing or two about it as well. Sooo cool!

To Read or Not to Read, July 28 at 9:30 a.m.

That is the question. How young is too young for our little ones to start reading? Should we start at 6 months or 6 years? We will have an open discussion on whether early learning is a good idea, or if letting nature take its course is better. *Maybe it's both. I'm curious what parents think.* We will have the Your Baby Can Read book and video set available for parents to look through and take home to check it out. Enjoy!

Summer Baugh is a doula and mom of three.

HAVE YOU TRIED THE CO-OP'S NEW SALAD BAR YET?



Illustration by Lucas Rate



Happy 20th Anniversary, Tom Lamar!

By Sandi Billings, PCEI Grants Coordinator

Originally from Delaware, Tom Lamar came to the Palouse to continue his study with Peruvian Indians for a graduate degree at Washington State University. Five years after he got that degree, in June of 1990, Tom was working in Moscow at the Northwest Coalition for Alternatives to Pesticides when got a call that would end up ensuring that he would stay in Moscow and plant deep roots.

The call came from Liz Sullivan. She offered him

the job of Executive Director of the Palouse-Clearwater Environmental Institute. He was one of two employees of the four-year-old grassroots non-profit.

Twenty years later, Tom is still the Executive Director of PCEI. But the organization looks quite different than it did when he started. With a budget of more than \$1.3 million, PCEI employs 17 staff members, works with thousands of volunteers annually, and has a 7.6 acre prop-

erty on Rodeo Drive in Moscow where they grow our native plants, store equipment, house staff, and provide community events and workshops. Evidence of PCEI's impact on our community is seen, for example, at Carol Ryie Brink Park, where Paradise Creek has changed from little more than a ditch to a natural oasis for birds and people.

Tom's connection to his community extends beyond PCEI. Since 2007, he has served on Moscow's City Council,

and he has taught courses in Conservation Leadership at the University of Idaho. In his "spare time," Tom volunteers at the Moscow Food Co-op, and enjoys swimming, running, gardening and bicycling—his primary mode of transportation, summer and winter.

Let's wish him a happy anniversary as Tom Lamar celebrates his 20th year as PCEI's Executive Director.

Supporting Sojourners'

By Bev Bafus, Sojourners' Board Treasurer

Sojourners' Alliance is a local transitional homeless shelter here in Moscow. We also have a rental assistance program, and a Food Bank and Thrift Store in Troy, Idaho. It seems like every year our budget tightens, as more and more people need our services, and less and less people donate.

We have had some remarkable successes in the last couple of years. The shelter has the capacity for 23 people (12 men, 4 women and 2 families). We

have been full 17 out of the last 19 months. We have had several successful move-outs (to be successful, the person must have an income and a place to live). We have assisted 88 households facing eviction with rental assistance in the last 7 months. Our food bank is serving up to 100 households per month.

There are families just weeks away from being evicted from their apartments – luckily, our rental assistance program can help with that to some extent.

There are families that have to spend every extra penny for medical bills, and groceries are the last thing they can buy. Luckily, our food bank can help with that.

And there are those who have lost everything. They need a hand up, not a hand out. Luckily, our shelter is here, to help them transition back into a productive life.

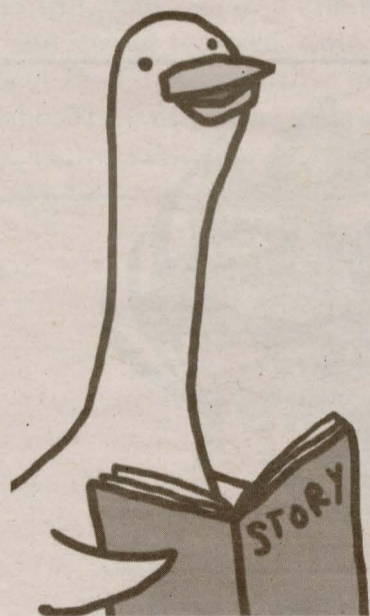
If Sojourners' wasn't here – what would these folks do?

If you have a roof over your

head, and enough food on the table – please donate today. You can donate to Sojourners' at any Co-op cash register, through the Co-op's Impulse Giving Program (just talk to any Co-op cashier). Every dollar will help keep our organization stable, and keep a safety net in place for our area. Contact Sojourners' Alliance, 627 N. Van Buren, Moscow, ID 83843, www.sojournersalliance.org

Summer Storytime Series at PCEI Nature Center

By Bev Bafus, Sojourners' Board Treasurer



dren every Monday from 10:30 a.m. – 11:30 a.m., June through August. This event is free and open to the public so we expect great turn

outs as seen this year and in years past. Guests are welcome to stay and have a picnic so feel free to bring some food and stay a while after. For more information contact Jonathan Fortner at jonathan@pcei.org or 208-882-1444. Hope to see you soon!

Bring your little ones and a blanket to the Palouse-Clearwater Environmental Institute (PCEI) Nature Center to enjoy some short stories in the shade of our big oak tree. Volunteers from the community and PCEI will be reading to chil-

July Specials


Meat Department

London Broil

Was \$6.59/lb. Sale \$4.59/lb.

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Was \$5.09/lb. Sale \$3.99/lb.

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Dinner on the Farm Highlights Agriculture

By Gayle Anderson, Dinner Project Coordinator

Idaho farmwife Gayle Anderson uses her cuisine talent to teach non-farmers about agriculture. Last year, Anderson began the "Dinner on the Farm" series, where she and wheat farmer/husband Joe Anderson host a small group of "city folk" for dinner. The event allows non-farmers to have a chance to learn about where their food comes from. There is no charge to attend these dinners, and it is by invitation only. The dates for this year's event are September

11 and 18.

Joe and Gayle farm with his brother, Jay Anderson, and his wife, Lisa, and together, the family partnership farms a total of 4,150 acres in Genesee, Idaho. They grow winter wheat, spring wheat and garbanzos beans as their main crops and occasionally raise barley, mustard or lentils. As guests arrive on the farm, they explore farm machinery and get to ride in the combine. During dinner, conversation from last year's event focused

on learning/sharing about farming the day-to-day operations to GMO's (genetically modified organisms).

"I want to put a face to the farm," said Gayle Anderson. "We're not a huge corporation. I want to get the message out that farmers are good stewards of the land, we work diligently to provide the safest and best quality food available. As we invite people into our home who don't have a farm background, we hope we can demonstrate to

them that we care for our land and our resources."

Gayle also started a blog entitled, *A Glorious Life of an Idaho Farmwife*, idahofarmwife.net, where she shares about farm life, daily activities, and some of her favorite recipes.

To apply to be able to attend the upcoming dinners, please e-mail Gayle at idahofarmwife@gmail.com, tell her a little about yourself and your choice of date.

PALOUSE REPORT: Gardening Q & A



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Fun Flix

By Bill London, Co-op Newsletter Volunteer

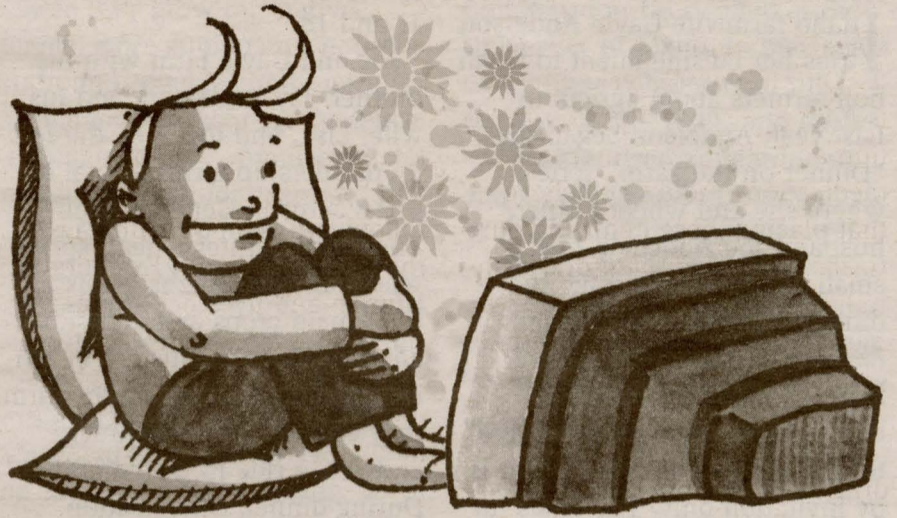
Here are the best videos we've watched lately. What are your favorites?

Good Hair ... This 2009 documentary dips into the world of African-American hair products – a subject that is much more interesting than seems possible. The focus is on the recent demand by black women for long straight hair that has created a billion-dollar international industry that ships kilos of human hair from India to the US for weaves. The weaves, which cost at least \$1,000, are attached onto women's heads, creating the look they want – while Asian distributors get rich. Rated PG-13, this is a great movie for teens and parents.

Michael Jackson's This Is It ... This 2009 documentary began

as a collection of videos taken of rehearsals for Michael Jackson's big tour scheduled for the summer of 2009. When he died, the footage became a behind-the-scenes look at Jackson, the performer and the person. Not only could he dance and sing, but he also was clearly the man in charge of the musical and visual aspects of the concert experiences. Be sure to see the DVD special feature on the incredible high-tech costumes Jackson was planning to wear for each number. Rated PG, this is suitable family viewing.

Gran Torino ... This 2008 film is another great Clint Eastwood show. He both directs and stars in this story of redemption and justice. The film revolves around the big questions of ethnic rival-



ries in the U.S., the nature of vengeance, and finally, love and family. The film is rated R for good reason and should not be seen by the squeamish.

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

Bill London edits this newsletter and is grateful that his wonderful daughter and grandchildren are here brightening these summer days.

Green Construction: Feel the (love) Warmth!

By Alan Brown, Green Building Consultant

So much of the process of Green Building is really just building a rock-solid home that feels good and will last for many generations. Sure, there are lots of bells and whistles available to create high performance homes, and more coming available every day. But those are just one aspect of the concept of building the "sustainable home." Much of what Green Building is about, in my humble opinion, is simply building a better home. Here's an example: facing the longer sides of the house toward the South will bring in passive solar, a free resource that provides both heat and warmth; that step takes little more than just some extra thought when designing your home. If you're remodeling, there's almost always a way to

bring more Southern sun into the home. My point is, by doing this, you do 4 things:

1. You save heat, thus lowering your utility bills, which decreases your dependence on foreign or environmentally devastating oil or other nasty fuel sources (most of which do have a nasty side).
2. You bring more light into the home, which is pleasant for your life. Dark houses make people depressed. It's proven.
3. You make the home more comfortable, because of both of the above reasons AND the concept that sunlight is a "radiant" form of heat, which means it warms you through and through, which is the same thing that love does and there are great psychological benefits to that

kind of warmth. In short, it just FEELS good.

4. You raise the value of your home, because the people who will want to buy your home REALLY appreciate the attributes above!

Imagine ... all of those things accomplished by just one, usually very inexpensive, facet of Green Building ! Then we move on to shell of the home. This is, by the way, the particular order in which my construction company approaches our projects. The shell of the home is very important, because once you've garnered that cheap heat (and love) source, it's good to be able to keep it. Since our area is sometimes short on sun in the winter, it's even more important to make sure you're not wasting it! So GRAB that cheap source of well-being and secure it away within extremely well-insulated walls that are miserly with what warmth they will allow to leave. This step is important because of all the reasons I've

listed for good solar orientation, AND because some days there is no sun, so you'll need to use other heat sources (that probably won't be free) to keep your home warm. This goes for the inverse as well: keeping the heat and sun out in summer. The price you pay for your other heat (and cooling) source is partly monetary, but the price also probably includes those environmental and political nasty things mentioned above, so there is no downside to reducing that bill.

And here we are: focusing on simply building a BETTER home. Build Green.



Letter to the Editor

My thanks to the Co-op for sponsoring the series of Essential Wellness classes in May and June. The classes were free for Co-op members and were taught by Dr. Bailey Smith, a chiropractor from the Moscow Health and Wellness Center.

The classes were wonderful!

Dr. Bailey was a great teacher and very knowledgeable in her specialty of body re-education. She provided us with exercise training and clear instructions for us to use while exercising in our homes. We are fortunate that she has decided to settle in Moscow and open her clinic here.

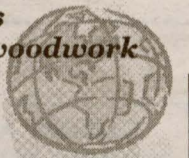
—Gina Gormley, Moscow

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Guidelines for Proper Drug Disposal

By Andy Boyd, Co-op Newsletter Volunteer

A common question the staff at Moscow Recycling hears is how to dispose of prescription and other over-the-counter medications? You may believe that placing these items in your trash or flushing them down the toilet is an appropriate disposal method. However, there are two primary reasons why this is not a suitable disposal option.

The first of these reasons is drug abuse. According to the Center for Disease Control's (CDC) National Youth Risk Behavior Survey (2009), over one in five high school students in the U.S. admits to having taken a prescription drug without a doctor's prescription. Prescribed and non-prescribed medications are the second most commonly abused drugs by teenagers. The majority of these drugs are obtained from the home. Howell Wechsler, EdD, MPH, director of CDC's Division of Adolescent and School Health cautioned, "people may falsely believe that prescription drugs are safer than illegal drugs, yet their misuse can cause serious adverse health effects, including

addiction and death."

The second issue with improper drug disposal is environmental. "Residential, commercial and agricultural pharmaceuticals follow two primary pathways to the environment: 1. Excretion: Human and livestock excretion of drugs and metabolites following consumption (which ultimately follows sewage, septic or surface runoff pathways to wastewater or to biosolids). 2. Direct Disposal: Disposal of unused pharmaceuticals to the septic tank, sewer or landfill.¹" Currently, most conventional wastewater treatment facilities cannot effectively eliminate pharmaceutical compounds. When pharmaceuticals are deposited in landfills, the resulting leachate can have trace amounts of pharmaceuticals as well, postponing the pollution of surface and ground water. Researchers have found fish laden with estrogen and antidepressants, and many show evidence of major neurological or physiological changes. Short and long term human health effects of pharmaceuticals in our drinking water are cur-

rently unknown.

Ultimately, incineration is the best method for destruction of unwanted pharmaceuticals. Many cities, counties and states are struggling to prevent and remove pharmaceuticals in both wastewater and solid waste. Recently, the Moscow Police Department (MPD) implemented a permanent program where prescription and non-prescription medications will be accepted at the Moscow Police Department (118 E. 4th St.) between 8:00 am and 5:00p.m., Monday through Friday. This program is for residential use only. Unfortunately, liquids and needles are not accepted at this time. If you have any questions regarding the MPD's program contact Officer Jesse Applehans at 208-883-7051.

Currently there is no collection program for pharmaceuticals in the State of Washington although some counties and cities have set up their own collection programs. There is a bill in the state legislature that will enact a collection program funded by manufacturers of pharmaceuticals, if passed. Until such time

as Whitman County or the state enact a collection program, these medications should be handled as follows:

If no specific instructions are given for disposal, take the medicine out of its original container and mix it with an undesirable substance such as used coffee grounds or kitty litter in a sealable bag, empty can or other container to prevent the medication from leaking or breaking out of a garbage bag. Although this does not reduce all risks to the environment, the medication will be less appealing to children and pets, and unrecognizable to people who may intentionally go through your trash.

Sources:

1 <http://www.ecy.wa.gov/programs/hwtr/pharmaceuticals/pages/pie.html>

<http://www.cdc.gov/media/pressrel/2010/r100603.htm>

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

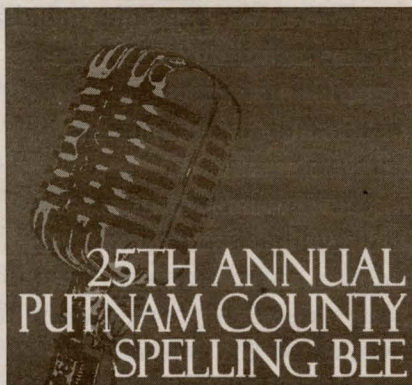
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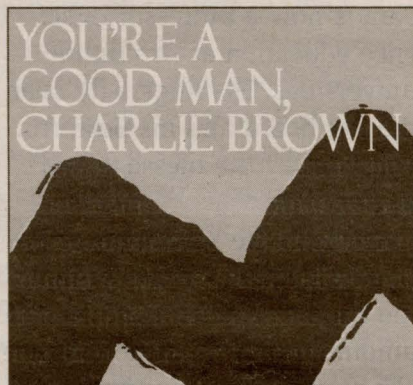
In this one-act, Tony Award-winning musical comedy, six young people in the throes of puberty, overseen by grown-ups who barely managed to escape childhood themselves, learn that winning isn't everything and that losing doesn't necessarily make you a loser. (PG13)

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June 28, 29, 30 - 7:30pm
July 1, 2 - 7:30pm



BASED ON THE COMIC STRIP "PEANUTS" BY CHARLES M. SCHULZ
BOOK, MUSIC AND LYRICS BY CLARK GESNER

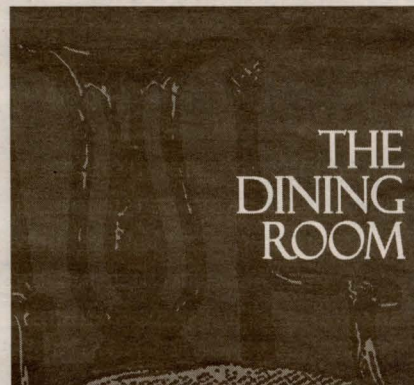
A touching and comical look at "an average day in the life of Charlie Brown" - a day made up of little moments picked from all the days of Charlie Brown, from Valentine's Day to the baseball season, from wild optimism to utter despair, all mixed in with the lives of his friends (both human and non-human) and strung together on the string of a single day, from bright uncertain morning to hopeful starlit evening. (G)

A family-friendly play featuring local youth!

** Purchasing advance tickets is highly recommended.**

SHOW DATES:

July 7, 8, 9, 10 - 7:30pm
July 11, 18 - 2:00pm



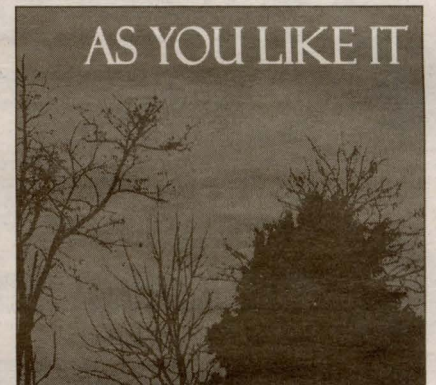
A.R. GURNEY

Take a look into the dining room of a typical well-to-do household. In a mosaic of interrelated scenes, actors portray a wide variety of characters, from little boys to stern grandfathers, and from giggling teenage girls to Irish housemaids. Dovetailing swiftly and smoothly, the varied scenes coalesce, ultimately, into a theatrical experience of exceptional range, compassionate humor and abundant humanity. (PG13)

A true "actor's piece" to make you laugh and cry!

SHOW DATES:

July 14, 15, 16, 17, 29, 31 - 7:30pm
July 25 - 2:00pm



WILLIAM SHAKESPEARE

Duke Senior has been banished to the Forest of Arden by his tyrannous brother, Fredrick. Rosalind, Senior's daughter, remains at court with her cousin Celia where she falls in love with Orlando. Fearing Rosalind's gentle power over people, Duke Fredrick banishes her as well. In disguise as a boy, along with Celia, she journeys to Arden. Orlando, fearing the malice of his brother also flees to the forest. Rosalind and Orlando meet again, this time with the freedom to discover their true selves. (PG13)

Performed outdoors under the Palouse stars!

SHOW DATES:

July 22, 23, 24, 27, 28, 30 - 7:30pm
August 1 - 2:00pm



Moscow Food Co-op Tuesday Music Series: The Grateful Live

By Jean McHale

Rhythm and melody helped me find Arlene Falcon's house last Monday night, by honing in on the strains of "Here Comes Sunshine" being played by the Grateful Live. In a sneak preview of the band's upcoming performance at the Co-op on July 20, the band gave me the great honor of an invitation to one of their rehearsals. I have enjoyed them in the past in various venues, but this time I had the chance to ask them about their musical stories. I have to confess that I have never really been a Grateful Dead fan. I am, however, a fan of the Grateful Live, and I hope to explain why in this column.

The first question I had for the three members of the Grateful Live was: "Is 'Live' a verb or an adjective"? Djembe player Arlene Falcon prefers the long "i" which seems apt since the only way to hear them is at a live performance. Guitarist Garrett Clevenger likes to pronounce the band name as if it were a sentence, as in "The grateful

live." Easygoing Sam Lyman of the eight-string mandolin says he can accept either interpretation. As you might guess, their specialty is covering songs performed by that widely popular band, albeit acoustically and on some different instruments. According to the ear of the listener, this band may be the flip side of the Grateful Dead, or something quite different.

I learned a lot about the Grateful Live and also about the Grateful Dead. The latter started out as a jug band in California and sustained its classical American folk roots throughout its long and storied life cycle. The Grateful Live, on the other hand, has only recently come to exist in its present incarnation, though the members have played with one another in different combinations since at least 2003. They are all excellent musicians with a good collective groove who make people want to dance. They have played at venues such as Hempfest, the Green Frog, open mic at the Alehouse, and



Arlene Falcon, Sam Lyman, and Garrett Clevenger entertain Renaissance Fair volunteers at the 1912 Center on June 6.

recently at the Renaissance Fair volunteer appreciation party. Arlene drums with an audible smile, Sam is a virtuoso mandolin player, and Garrett's self-taught guitar stylings are the product of hours of listening to Grateful Dead recordings. They band has fun and inspires others to have fun. All the Deadheads in the audience will enjoy making requests, but be forewarned that the band likes to specialize in more obscure Dead songs.

Sam Lyman is a veteran of numerous local bands in country, bluegrass and Irish flavors. The son of a professional musician, he began playing and singing at the age of two, opening for his mother's performances. (Ask him to play Amazing Grace.) A recent graduate of WSU where he earned an EdD, Sam is now a professor of science education at two online universities. His fingers fly over the fret board and his powerful vocals carry the message and melody.

Arlene is the proprietor of Tye Dye Everything, which explains the band's colorful attire and the unique drumhead of her djembe. She started out playing on a ceramic drum called a dumbek, which inevitably broke and was replaced by her current fiberglass

version. The drum itself is about half her size, and almost seems to become a part of her when she's playing it. Her style is very physical and fun to watch as well as listen too. In addition to running a business and playing music, she finds time for myriad volunteer activities such as serving on the steering committee for Buy Local Moscow, running Hempfest, and helping out with booths at the Renaissance Fair.

Garrett Clevenger plays guitar and provides vocal harmonies. He grew up in LA and came to the Palouse to get a degree in crop science at WSU. Amazingly, he did not pick up the guitar until he was a freshman in college, at which point he immersed himself in the Dead recordings. As subscribers to the community supported agriculture project run by Garrett and his wife, Tabitha, my husband, Fritz, and I are enjoying the fruits, or at least the vegetables, of their labors this summer.

The band plays outdoors from 5-7 p.m. facing the Growers' Market. With any luck, the rainy gray skies that prevail during the writing of this column will have departed by July 20. Here comes sunshine and the Grateful Live. The performance will no doubt go swimmingly and a good time is guaranteed.

Healthy Connections

JULY

Education + Specialty Clinics + Support Groups + Special Events

Programs take place at Gritman Medical Center unless otherwise noted. For a complete list of all our services and programs, visit us at www.gritman.org

Safe-Sitter

July 10, 9 a.m. to 4 p.m. \$40

Designed for 11 to 13 year olds, students will learn medically accurate information including caring for choking infants and small children, success on the job, child care essentials, and much more. We are able to offer limited scholarship assistance. For more information and to register, call 208-883-2232 or email leavia@gritman.org

Big Brother & Big Sister Day Camp

July 24, 10 a.m. to 11:30 a.m. \$15

Get ready for your new baby. Help your older children get a head start on what it will be like to have a new baby in the house. Designed for children up to 5 years. To register and for more information call 208-883-6385 or email childbirth.education@gritman.org

Lunch & Learn - Outdoor Recreation Around the Palouse

July 30, noon to 1 p.m. FREE

Learn the best places to hike, bike and camp. Bring your lunch or grab a bite to eat in the Gritman Courtyard Café. In the Gritman Conference Center.

Osteoporosis Exercise Group

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

One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help maintain the bone mass you have. Join our ongoing exercise group and improve your bone strength. A physician referral is required. Call 208-883-6088 to learn more.

Tobacco Cessation

Ongoing FREE

If you've been thinking of quitting tobacco, now is the time. Learn the skills needed to stop using tobacco for good. Free individual sessions are facilitated by Jim Parsons, a nationally trained Certified Tobacco Treatment Specialist. To learn more or schedule a consultation, call the Gritman Medical Center Sleep Center at 208-883-6236.

FREE BLOOD PRESSURE CHECKS.

Thursday mornings at the Palouse Mall.

Leading the Way to Wellness.

700 S. Main Street,
Moscow, ID (208) 882-4511

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www.gritman.org

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Jeanne McHale does not need a miracle every day, just one or two every now and then.



Lightening Up: Salad Days Revisited

By Jeanne Leffingwell, Newsletter Volunteer

salad days • pl n

The time of youth, innocence, and inexperience: "...my salad days / When I was green in judgment, cold in blood" (Shakespeare's *Antony and Cleopatra*)

In my salad days, I had many passions and goals. I wanted to be a musician, actor, artist, photographer, interior / costume / fashion (!) designer, gardener, and, of course, a fabulous chef.

I was very fortunate that I got to dabble in many of these passions. Like passing down a cafeteria line tasting this or that... for a few weeks, months, sometimes years. And other than running out of money, there were no serious obstacles in my way. How in the world I later entered a 30-year partnership with someone who knew what he wanted to do at age 13 and still does it is one of life's mysteries. Or Nature's balancing acts.

But alas, I think my salad days are over. This is a hard column for me to write. Because, as the detritus of all these passions has continued to pile up around me year

by year, I have to admit that I don't feel I've made much progress lately toward my most important goal of the last decade. What *was* that goal anyway? See what I mean?

Part of the reality of being an adult artist with obsessive-compulsive tendencies is that occasionally (usually) I'm intensely involved in something before I know why, and I'm often doing three or more things at once. Only rarely do I have moments of clarity when things fall together and at least part of my life makes sense.

I have never really described what my goal is in this column, other than "getting rid of stuff," which is a little indefinite. After all, I'm not really going to throw out the cutlery and the last fry pan. And I do like having a bar of soap and a roll of TP in reserve.

So what is the goal? Well, it's embarrassing to admit it, but my goal is a cleanable house. I don't like to clean house. Not many people do, although I've met a couple. But here's the deal: I'm willing to spend an hour a week cleaning our house. And the husband says he's

willing to spend one hour at it, if it doesn't have to be the same hour. And since we've been known to hire cleaning help every 2-3 weeks, for 3-4 hours (which we reserve the right to do again; I'm all for buying human help) the end result should be the same.

But the operative concept "cleanable" means WITHIN those three hours. NOT after I've spent 6-8 hours de-cluttering, moving stuff around, trying to hide it, or find a home for it!

And what does "clean" mean to me? It means public spaces (entryway, kitchen and dining area, living room, bathroom and the passages connecting them all) are yes, free of clutter. And floors and rugs are appropriately swept, mopped or vacuumed. Tables, obvious surfaces and kitchen counters are dusted or wiped, dishes washed or consolidated, bathroom fixtures (sink, tub, toilet, mirror) are de-toxed. And it'd be nice if the bedroom floors were vacuumed as well, and the linens changed. But I can be flexible there.

The objective for all this, the true

bonus, will be physical and mental clarity. So I can process and enjoy my life instead of literally stumbling over it. Because tripping over stuff, schlepping it around, trying to find places for it, and always seeing too much of it in my peripheral vision makes me irritable and unhappy. I get periodically depressed anyway, and I know what cures me: exercise, fresh air, sunlight, friendships and a clean house!

So I'd like our home to be a much simpler platform where I can just be with my family, or into which we can regularly invite new or old friends, and sit back and soak in some of their energy.

My goal is a home that is not a loaded storage container but an open stage, for making and sharing good times. For having my dessert days.

Jeanne Leffingwell, a local artist and teacher would love to hear from others who have struggled with and succeeded in lightening up. Her e-mail is jleffingwell4@gmail.com

The Sustainability Review: Countertops

By Mike Forbes, Newsletter Volunteer

Countertops. Something everyone has in their homes, varying from a simple sheet of plywood to the fanciest imported Italian marble. They all have their benefits and drawbacks. I'll let you know what I think on the subject and give you some suggestions for local resources on where to find the most environmentally sound countertop.

I'm not going to describe every countertop out there. You probably know what I'm talking about when I refer to a granite countertop. I'm going to tell you my dislikes/likes about each one from a eco/cost/maintenance perspective while limiting my personal aesthetic comments.

Not every countertop is going to satisfy every need so compromises will have to be made, hopefully taking the energy equation into consideration.

Stone, composite, laminate, wood, concrete, and metal make up the majority of countertops out there. Some use new resources, some reused/recycled (r/r) and others a combination of the two.

Stone: If you want to break your dishes regularly buy it, especially if

you have kids. Cost is high. Unless you find a local quarry consider it one of the highest energy consumers due to extracting the stone and shipping it since it weighs so much. It can be very durable depending on the type of stone however some actually stains easily because it is very porous. Use a non-toxic sealer since all stone requires some sort of sealant.

Concrete: Same breakage issue as stone. Cement has one of the highest embodied energies of any product. I'm suspicious about fly ash as an additive as well since it's laden with heavy metals and we're talking about a food surface.

Composites: Lots of plastic and synthetic materials are used in making it. Scratches easy but can be repaired. Ones that contain high amounts of r/r content are excellent (the Co-op deli and bathroom counters are made of this). They are all pretty expensive.

Laminate: Very affordable but with few eco-options available. The biggest environmental plus is that it's thin thereby reducing total content of bad plastic resins. Install on a good plywood base (FSC certified with a non-formaldehyde glue)

with a non-toxic glue.

Tile: Great, especially if you use r/r ones. Breakage of dishes is a problem but if you want that hard, durable counter this is the best for cost and ease of installation. You can even do the stone tiles which are significantly better in energy consumption since they are made from much smaller pieces of stone.

Wood: Lowest by far of any product in terms of embodied energy. Can easily be a local resource and/or sustainably harvested or reused. Cost is minimal however maintenance is higher than others requiring a regular oiling.

Metal: Very durable. If from a r/r source can be low on the energy consumption otherwise it has a high embodied energy. Mount on a base similar to laminate.

There are other counters out there. Paperstone, bamboo, and other eco-composites are some examples. Locally I would go to The Natural Abode where they have a good selection to choose from.

What would I install? Wood. Energy wise it wins handily. You can cut on it. It comes in a variety of styles. It's inexpensive. It does

damage easy but can be repaired and honestly I think there is a built-in human tolerance to damaged wood. Cut marks on a wood counter look ok versus cut marks or scratches on laminate or stone.

Where to get it? Locally, the Bargain Hunt near Spokane sells an 8' by 3/4" thick counter for \$90 made from the scraps from their cabinet shop. Ikea also glues up their wood scraps and sells them as countertops (\$169 for 8' by 1-1/2" thick counter). We have the Ikea countertops in our house and they still look good and work well after 3 years with little maintenance.

I know not everyone wants wood counters so my suggestion for those that want the harder stone-like product would be tile meeting the specs listed above. An interesting r/r resource is old 3/4" slate chalk boards. They can be easily and affordably turned into an attractive counter. Contact your local salvage/junk retailer/surplus supply to locate those.

Mike welcomes questions/opinions/comments and can be reached at biodieselmike@gmail.com.

Bulletin Board

MOSCOW FOOD CO-OP

Co-op Events

Board of Directors Meeting

Tuesday, July 13th at 6:00 pm
The Fiske Room at the 1912 Center. The Member Forum will begin at exactly 6pm and will end at exactly 6:10pm.

Co-op Kids - Meet Tuesdays at 9am

July 6: Friendship Square to draw with sidewalk chalk.

July 13: Co-op Café to make fruit salad.

July 20: Friendship Square to create wet felting wool.

July 27: Co-op Café for watercolor painting.

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

Art at the Co-op

Friday August 6, 5:30-7pm
Opening reception for Traci Haselbuhn and her dreamscapes in a mixture of sharpies, watercolors and acrylic.

Music and Grower's Market

Tuesdays from 5-6:30pm
(Market runs from 4:30-6:30pm)

July 6: Daniel Mark Faller of Lewiston, Idaho, country

July 13: Tom Drake and Friends, Moscow, Idaho, acoustic Americana

July 20: Grateful Live of Moscow, Idaho, Grateful Dead favorites

July 27: Tuther Jones Connection of Moscow, Idaho, jazz

Essential Living Food Preservation Workshop Series

Saturday afternoons

July 17: Jams, Berries, Greens, Cherries

July 31: Green Beans, Peaches

Info: Carol Spurling

outreach@moscowfood.coop ☎ (208) 669 0763

Growers Market Farm Tour

Sunday, Aug 1

Know Your Farmer Better! email Carol at

outreach@moscowfood.coop or

☎ (208) 669 0763 by July 26th.

Co-op Mamas and Papas Group

Wednesdays at 9:30am

Meet in the Co-op Deli

July 7: Birth Stories.

July 14: Speech and Language.

July 21: Baby Sign language

July 28: To Read or Not to Read.



Events at a Glance

Kids—meet Friendship Square

—Daniel Mark Faller

Mamas and Papas Group

of Directors Meeting

Kids—meet in the Co-op

—Tom Drake and Friends

Co-op Mamas and Papas Group

ential Food Preservation Class

Co-op Kids—meet Friendship Square

—Grateful Live

Co-op Mamas and Papas Group

ood Food Book Club

Co-op Kids—meet in the Co-op

—Turner Jones Connection

Co-op Mamas and Papas Group

ential Food Preservation Class

wers Market Farm Tour

the Co-op opening reception

Co-op's Good Food Book Club

Monday July 26, 7-8:30pm

Will discuss "Food Rules: An Eater's Manual" by Michael Pollan.

Details at—bookclub@moscowfood.coop

Community Events

Palouse Art Walk

Friday—Sunday, July 9—11

Palouse main street businesses and the Gallery at the Grange (200 East Bluff St. Palouse, WA)

Info: Margo ☎ (509) 878 1358

Art in the Garden

Saturday July 10, 9:30-4:30pm

A celebration of local artisans in a storybook garden. Living in the Garden, 3 miles North of Pullman off the Palouse Highway.

☎ 332-0647 www.livinginthegarden.com

St James' Annual Rummage Sale

Thursday-Saturday, July 15, 16, 17

WSU Beasley Coliseum

☎ 332-0647 required - cash or check

on the Green

doors on the big screen.

after sunset on the

own and are FREE!

oonies

ounty Hunter

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Framed Roger Rabbit?

Heart of the Arts Plaza Concerts

Monday Nights at 6pm

At the Plaza of the 1912 Center. FREE

Dinner available for purchase at 6 P.M.

July 5: Isaac Pastor-Chermak - Solo cellist (with cello quartet music as well!)

July 12: Pullman Concert Band

July 19: Washington Idaho String Quartet -

Summer string music for enchantment

July 26: Pullman Concert Band

man Concert Band

hington Idaho Symphony

ophone performance by

ate College

le Concert - Pullman Concert

moscow.com, ☎ 208-882-7255

Hot Art Show

10am-5:30pm

11.

777 S. Main Street at the

99 in Troy, ID.

Barn Events

the July exhibit and

July 25th.

Saturday July 10, 11:00 am

The theme is Summer Garden Party with music and a live auction. Advance reservations required \$15.

Soulstice

Saturday July 17, 7:30pm

They cover artists like The Eagles, Fleetwood Mac, Bonnie Raitt, Elton John, The Doobie Brothers, Linda Ronstadt, Sarah McLaughlin, and the like. \$7 at the door.

Vigil for Peace

Moscow: Fridays 5:30-6:30pm

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

Dean or Gretchen Stewart

☎ 882-7067, sperrina@potlatch.com

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

Under the clock by the Public Library.

☎ 334-4688, nancycw@pullman.com

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

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

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