

Community News

The Home Spa Issue

FREE!
PLEASE TAKE ONE!

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



Food on the Table: A working conference, not just more talking

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

Make plans to register now for the Food on the Table conference, March 26 and 27, in Moscow. The registration deadline is March 18. Space is limited, so please register early.

UI Extension, Rural Roots, Backyard Harvest, the Moscow Food Co-op and the UI Sustainability Center have partnered to organize the conference, with support from Western SARE (Sustainable Agriculture Research & Education).

Helping sponsor the conference is one way that the Co-op is working toward our strategic goal of building the local food economy. Attending the conference is how you can effect real change and help shape our region's food future.

Speaking of food ... the Co-op kitchen is catering the conference's Friday night dinner, showing off local and regional produce. Friday evening with dinner costs \$20, the Saturday conference is \$20 (without lunch), and Saturday lunch is \$15.

It promises to be a deliciously rewarding weekend. Hope you can join us! For more information and registration details please visit www.ruralroots.org/foodonthetable



ON THE TABLE

a gathering to grow the resources that will feed the palouse

March 26-27th, 2010 | Moscow, Idaho

Please join local growers, educators, sustainable food advocates, and community members as we collectively address our regional food system priorities in this unique "working" conference.

Friday Community Dinner

[at the 1912 Center]

"Shepherding Change:
How Localizing Food can Transform the
Landscape & our Communities"

Saturday Sessions

[at the UI Idaho Commons]

Farm to Institution
Integrating local food into restaurants,
schools, hospitals and universities

Processing on the Palouse
Bringing local meat and value-added
products to market

Farming as a Business & Lifestyle
Starting your farm and selling
to your community

Backyard Bounty
Increasing community self-sufficiency

Speakers

Janie Burns
HomeGrown Poultry, LLC
New Plymouth, Idaho

Eric Odberg
Shepherd's Grain
Genesee, Idaho

Mary Embleton
Cascade Harvest Coalition
Seattle, Washington

Laura Theis
Idaho's Bounty
Ketchum, Idaho

Diane Gasaway
Northwest Cooperative
Development Center
Olympia, Washington

Diane Green
Greentree Naturals
Sandpoint, Idaho

www.moscowfood.coop

Day - NW
HD
3284
N48

Community News



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

The Home Spa Issue



Tracking Member/Owner Purchases

By Kenna S. Eaton, Co-op General Manager

Way back when, the Co-op used to simply put prices stickers on every item. That worked well. Sort of. But eventually, as the store and the number of products sold grew, we got tired of putting red "sale" stickers on each item every month and then removing them at the end of the month. It was a pain. And time consuming. And led to confusion if we weren't diligent in removing the stickers at the end of the month. We decided to invest in a cash register system that would scan each item as it came through register, commonly call a Point of Sale (POS) system.

The POS we chose, after much thought and deliberation, gave us some great tools for managing our business. In addition to looking up the price of each item as we sold it, or the sale price if you were a member, our new system allowed us to manage our inventory by tracking each item as it came in the back door

and then subtracting the same item as it went out the front door. This meant that at any time, we know what items we have on hand (great for ordering purposes) and what the value of our inventory is (great for accounting purposes). In order for this system to work, the database holds onto that information forever. Even when we discontinue an item, we have to keep it in our database. As a result, we have a ton of information about product movement that we can access and utilize as needed.

Every time we scan your membership card, the system looks you up, determines which price to give you and whether or not to allow us to give you an additional discount, like on special orders or MADay. Recently, we made a change to our benefits program, adding patronage dividends (profit sharing). This means that when we get ready to issue our owners their patronage dividend checks at the end

of the year, we know exactly how much each member/owner purchased and how much each one of you will get back from your cooperatively owned grocery store. It's really pretty amazing. And only made possible because our system does such a good job of tracking your purchases.

What is also true is that that same information is stored in our data banks forever. After we installed our system, we added a disclaimer to our membership sign-up cards, disclosing that our system tracks this data and identifies it with your member ID. The disclaimer furthers states that we would "never give or sell this or any other member information to any individual or organization." Each member signs the bottom of the card as they join, acknowledging this process. And we, for our part, intend to continue to honor this pledge. Just as we have for almost 10 years.

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

Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practice. The Co-op does not endorse the service or products of any paid advertiser within this issue. All contents copyright by the Moscow Food Co-op. Contact the editor to secure reprint rights.

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

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

Printed on Recycled Paper

Deadline for Articles, Ads, and Photos: 20th of each month

Editor
Bill London

Issue Editors
Carol Hill
Judy Sobeloff

Media Relations
Marcia Gossard

Graphic Design
Megan Prusynski

Advertising Manager
Jyotsna "Jo" Sreenivasan

Illustrations
Lucas Rate

Photographs
David Hall

Distribution
Donald Stanziano—Moscow
Kurt Queller—Pullman
Mary Zuber—Lewiston-Clarkson

Back Page Bulletin Board Editor
Richard Elgar

Webmaster
Lida Saskova

General Manager
Kenna Eaton (208) 882-8537
(208) 882-8082 fax

Board of Directors
Kimberly Vincent, president
Bill Beck, vice president
Dena Neese secretary
Gary Macfarlane
Donal Wilkinson
Chris Norden
Andrika Kuhle

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



Board of Directors Seeks Administrative Assistant

By Theresa Nuhn, Co-op Human Resources Manager

The Moscow Food Co-op Board of Directors is seeking an Administrative Assistant. This is a part-time position averaging about 6 hours a week, but hours vary. The Administrative Assistant's role is record keeping and clerical support for the MFC Board of Directors. The Assistant must balance responsibility without influencing policy or discussion, will not hold any other staff positions at the Co-op, and may not serve on committees or present proposals to the

Board. The designated person must be willing to abide by a code of conduct, and must use his or her personal laptop for the position. To apply, obtain an application from the employment board at the back of the store, or go to www.moscowfood.coop and click the "Working at the Co-op" link on the right side of the page to apply online. If you have questions about the position, please call Theresa Nuhn, Human Resources Manager, at 208-882-8537.

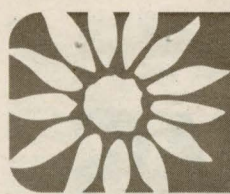
Annual Membership Meeting

4 - 6 pm, Sunday, April 4
Great Room, 1912 Center
Last chance to meet with and then vote for board candidates!

Also, hear about 2009 Co-op finances and committee activities, and enjoy free snacks!

Co-op E-mail Addresses
newsletter advertising: ads@moscowfood.coop
newsletter editor: editors@moscowfood.coop
newsletter design: design@moscowfood.coop
newsletter back page bulletin:
events@moscowfood.coop
webmaster: webmaster@moscowfood.coop
general manager: kenna@moscowfood.coop
membership and outreach coordinator:
outreach@moscowfood.coop
participating member (volunteer) coordinator:
participate@moscowfood.coop

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



CO-OPERATIONS

Moscow Food Co-op Business Partners

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

Recreation and Lodging

Appaloosa Museum & Heritage Center

2720 W. Pullman Rd, Moscow; museum@appaloosa.com; www.appaloosamuseum.org; 208-882-5578

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

Sharon Dunn - Little Guesthouse on Adams

1020 S. Adams St., Moscow; www.thelittleguesthouse.com; sdunn@thelittleguesthouse.com; 208-669-1654

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

Krista Kramer - Peterson Barn Guesthouse

841/847 Travois Way, Moscow; kkramer@moscow.com; 208-882-4620; 10% off first time stay

Donal Wilkinson, executive director - Adventure Learning Camps

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

Ashley Fiedler - Shady Grove Farm

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

Carol Spurling - Sixth Street Retreat

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

Bill London - Willows House: fully-furnished three-bedroom home;

1246 Highland Drive, Moscow; lodging@moscow.com; 882-0127; 10% off daily and weekly rentals

Food and Beverage

One World Café

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

Childcare and Family Services

Moscow Parent Toddler Cooperative

PO Box 9937, Moscow; mptcoop@gmail.com; <http://community.palouse.net/mptc/index.html>; 208-310-9344 35% off one semester's tuition

Professional Services

Allegra Print and Imagine

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

Copy Court

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

Krysta Ficca Photography

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

Nancy Draznin, CPM - Motherwise Midwifery

508 W. Chestnut, Genesee, ID 83832; 208-310-3252; motherwisemidwifery.com; mother@genesee-id.com Free pregnancy tea for Co-op members under our care

Erik Torok - LET's Coach

2310 Weymouth St., Moscow; 208-301-8047; eric@letscoach.net; www.letscoach.net 20% off the first month of individual coaching

Mike Brown - LDP Academy LLC

PO Box 721, Troy, ID 83871; www.lpdacademy.com; info@ldpacademy.com; 208-835-3737

\$10 off any firearm safety or basic firearm training class

Retail

Rebekka Boysen-Taylor - Bebe Bella

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

Inland Cellular

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

Joanne Westberg Milot - Marketime Drug Inc.

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

Lilliput Maternity and Children's Boutique

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

The Natural Abode

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

Hodgins Drug & Hobby

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

Safari Pearl

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

Sid's Professional Pharmacy

825 SE Bishop Blvd #301, Pullman, WA 99163; 509-332-4608; sidsprofessionalpharmacy.com 10% off all Medela breast pump and supplies purchases

Tye Dye Everything

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

Dance and Theatre

Shelly Werner - Spectrum II Art and Dance Studio

525 S. Main Street, Moscow, ID 83843; 208-882-1445; www.spectrum2studio.com 10% discount to new students

House and Garden Services

Adam and Toni Salerno-Strang - CLEAN GREEN Organic

Cleaning Services PO Box 568, Troy, ID 83871; www.CleanGreenOCS.com; 208-835-3535 \$15 off any service

Dr. Arbor Tree Care LLC

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

Becky Chastain - Green Side Up

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

Erik K Tamez-Hrabovsky - Mindgardens, Eco-Friendly

Residential Building Solutions 1230 NW Clifford St, Pullman, WA 99163; 509-595-4444; erik@buildmindgardens.com

10% off hourly service rate and free estimates for Moscow Food Co-op members; www.buildmindgardens.com

Walter Spurling - Spurling House & Garden

512 N. Lincoln, Moscow; 208-669-0764 10% off a compost bin or custom chicken coop

Wellness Services

Drs. Bailey and Kevin Smith, D.C. - Moscow Health and Wellness Center

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

Integrative Mindworks with April Rubino

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

Andrea Masom, Licensed Clinical Counselor

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

Dayna K. Willbanks, OTR/L, Elements of Wellness Aquatic & Manual Therapy Inc.

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

Dr. Denice Moffat, MS, DVM, ND - Natural Health Techniques

1069 Elk Meadow Ln, Deary, ID, 83823; 208-877-1222; drmofoffat@NaturalHealthTechniques.com; www.NaturalHealthTechniques.com \$10 off initial telephone consult with mention of the Co-op Business Partner Program

Meggan Baumgartner, LAC, Laura McKean, LAC - Healing Point LLC Chinese Medicine Clinic

PO Box 9381, Moscow; 208-669-2287; info@healingpt.com; www.healingpt.com \$10 off initial and 2nd treatments

Jeri L. Hudak - Moscow Yoga Center

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

Dr. Linda Kingsbury

627 N. Hayes, Moscow; 208-596-4353; drilinda@spiritherbs.com; www.spiritherbs.com

\$10 off first session: holistic healing for body-mind-spirit; herbal medicine; chakra balancing; sound healing; classes.

Elisabeth Berlinger/Tom Bode - Moscow Felkendrais

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

Farms

RavenCroft Farm

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

Melissa Lines - SkyLines Farm Sheep & Wool

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

Join the Moscow Food Co-op and Save!



Members Save:

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

Any cashier can help you join, just ask!

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

Open Daily 7:30 am - 9:00 pm



Subscribe to the Co-op's Community News



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

Now you can take Moscow with you if you move, or share Moscow with friends or relatives!

To subscribe: send check for \$18 (made out to the Moscow Food Co-op) to:
editor Bill London
PO Box 8152
Moscow ID 83843

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



Art at the Co-op

By Annie Hubble, Art at the Co-op Coordinator

March brings us the much-anticipated annual Quilt Show. Meet the artists, Kristin Jones, Alicia Cunningham, and special guest April Lechlet (Kristin's sister), from 5.30-7 p.m. on Friday, March 12. The show will run through Wednesday, April 8.

This show has always given the viewers much pleasure. The quilts are varied in colour, style, and theme, and each quilter obviously much enjoys the medium of quilting. Kristin and Alicia sent me quite an amusing collection of facts about themselves and their work.

Kristin is 53 years old, has been married 33 years, and has 4 tattoos. Alicia is 34 years old, has been married 12 years, and has one tattoo. They have both been quilting many years now, and enjoy a good friendship, disappearing for craft weekends on occasion.

Kristin is involved in the Palouse Arts Council, and is very involved in the Haunted Palouse that happens around Halloween. She has worked with children one way or another most of her life, and her playful attitude to life shows itself in her work. I am not sure which of her pieces

we are going to see, but it all sounds intriguing, as she tells us that this particular project was inspired one night while she was in the Green Frog (a cafe in Palouse that you should definitely visit!), after an "unprecedented three glasses of wine, watching the town characters and dramas unfold.

Alicia has managed Quilt Something! for 10 years, studied art and textiles at the University of Idaho, is currently addicted to knitting socks, and is inspired by both "repetition and disorder." Her abiding dream is to own her own house.

Kristin likes squirrels and blue, green, and purple.

Alicia likes bunnies and pink. Neither one thinks of herself as a traditional quilter, but both are schooled in traditional technique.

Of Kristin's sister, April, all we know is that they both envy her newly found painting ability and that she likes owls, orange, and red.

Has all this piqued your curiosity? Come and meet these fun and creative women from 5.30-7 p.m. on Friday, March 12. You won't be disappointed!

Tuesday Music at the Co-op

By Natalie Rose, Co-op Newsletter Volunteer

Join us in the Co-op Deli every Tuesday evening from 6-8 p.m. for live music from local/regional musicians! NOTE: There will be no live music during the week of Spring Break.

March 2 - Mark Holt, Western/Bluegrass

Mark Holt is a truly seasoned musician. He has been a featured showcase artist for the

International Bluegrass Music Association and the Academy of Western Artists. This is sure to be a bluegrass pickin' treat!

March 9 - Daniel Mark Faller, Country/Americana

Daniel has been a professional musician based out of North Central Idaho since 1975. He was the lead singer for Stretch Wabash, The Seidel Brothers, and The Big Newtons, among

March Co-op Kids

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

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

Tall Trees

Meet us in the Co-op Cafe from 9-10 a.m. on Tuesday, March 9, to learn all about trees. We will play with beautiful tree blocks, make bark rub-

bings, and talk about the life of a tree.

Signs of Spring

Meet us in the Co-op Cafe from 9-10 a.m. on Tuesday, March 23, to welcome spring. We will look at spring books and make spring murals.

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



Co-op Music in March

March 2: Mark Holt, western/bluegrass

March 9: Daniel Mark Faller, country/Americana

March 23: Emily Poor, folk/traditional

March 30: Natalie Rose, soul/r&b

others.

March 23 - Emily Poor, Folk/Traditional

Emily Poor's lovely, songbird voice will delight you as she plays her ukulele and sings songs that your grandmother *and* grandson are sure to enjoy. She sings folk, traditional, and popular songs, with a few of her own to boot.

March 30 - Natalie Rose, Soul/R&B

Natalie Rose has been performing across the Northwest since the tender age of 14, and was coached by world-renown jazz vocalist Dee Daniels. Her



soulful, unique renditions of Soul/R&B and traditional tunes will draw you in.

What's happening? The Scoop calendar knows. Check it out at www.moscowfood.coop and click on "Calendar."

Submit your events to the Co-op's online Scoop calendar at events@moscowfood.coop.

Regular monthly Board of Directors meeting - 6 pm, Tuesday, March 9, in the Fiske Room, 1912 Center. Public comment period at 7 pm.



Co-op Board of Directors Report: Majority Perspective

By Kimberly Vincent and Bill Beck, Co-op Board President and Vice-President

Our Co-op Board of Directors (BOD) met for their monthly meeting on February 9. One of the items on our agenda was the question of whether it is necessary to collect and save electronic data records that include a member name, member number, and what items a member purchases. Co-op management has established accounting procedures that include collecting this information. We use point of sale (POS) computer software that collects this information. Some members have expressed concern about their personal privacy when our Co-op collects this information.

Co-op management's procedures require that members be

identified by name with their purchase. The BOD invited Joseph Erhardt-Hudson, Co-op IT Manager, to discuss what is possible with the software that runs the Point of Sale (POS—i.e. the cash registers). Joseph explained that all member cash register transactions contain data that is grouped under that transaction. Our POS system utilizes data it collects to help us maintain membership rosters, to produce financial management reports, and for inventory control.

A motion was introduced and seconded to support Co-op management's procedures regarding the collection of members' purchase transaction information. These procedures require that

members be identified by name with their purchase. Other considerations discussed were our fiduciary responsibility to collect this data in a way that provides transparency and accountability for financial transactions according to generally accepted accounting practices. Patronage refund tax reporting requires that member and non-member purchases be tracked. The BOD received advice from our accountant, a tax attorney, and from a REI accounting manager. They all recommended that this data be collected and saved.

Some members expressed concern that by collecting and saving this data, it could be subpoenaed by a court that wants to

see exactly what a member purchased. We have never had this happen.

Based on these discussions, our Board decided by a five to two majority vote to follow procedures outlined by Co-op management. This will require that members be identified by name with their purchase. To address privacy protection concerns, the BOD also decided to create a board policy to guide management regarding how the data we collect will be used. We scheduled a "Breakfast with the Board" on February 27 to gather member feedback regarding this issue or protecting your privacy.

Collecting Data: Setting the Record Straight

By Joseph Erhardt-Hudson, Co-op Information Technology Manager

Board member Gary Macfarlane has written an article elsewhere in this issue, criticizing the Co-op's scanning technology, in particular that it records member purchases in detail. I represented the Co-op management at the meeting he describes. In his article, he makes a number of claims and implications that are in factual error, and I want to set the record straight. Mr. Macfarlane says:

"Your card company keeps record of every item you purchase from stores that use scanners."

I cannot speak to all stores everywhere, but this is patently untrue at the Co-op. When you present a credit or debit card here, the following information, and absolutely nothing else, is sent to our clearing agent through a secure connection: your name; your credit card number and expiration date; the transaction amount; and your PIN number if you used a debit card. Not one bit of data

is sent regarding what items you bought. That information is held within the Co-op's data security perimeter and nowhere else.

"This kind of data mining is becoming routine through the use of scanner cards which are in use at many stores, not just co-ops."

A point of semantics: "data mining" refers not to the accumulation of data, but the process of extracting patterns from that data, in order to turn it into useful information. Having that data in our care no more constitutes "mining" it, than having the care of a parcel of land constitutes mining the coal beneath it.

"Some arguments for collecting this data were presented to the board ... as if co-ops didn't exist before scan cards and scanners."

No one in Co-op management has ever claimed that running a co-op grocery was impossible before the advent of scanning technology. Eight years ago, we bought this system for one simple reason: we had reached

a size where we could serve our members better with a scanning system than we could with a cash register system. At the time we switched, annual sales had reached \$2 million dollars a year, and active membership was 2,000 or 3,000 people. We have only continued to grow since then. People from other communities often contact us, looking for advice on establishing food co-ops where they live. For those starting small, we have always advised them that a scanning system would not meet their needs as a co-op or a business. It's about the size and complexity of our jobs, and not about anything else.

"Another argument in favor of this system was it is necessary to prevent potential dishonesty from cashiers or shoppers. In other words, a dishonest cashier could check a friend in as a member or participating member (volunteer) or a dishonest shopper could slip by, claiming to be a member. However, scan cards won't prevent dishonesty—a cashier could swipe their own card or a shopper borrow a members card."

I can flatly say that when account lookups are not required, many customers who are not entitled receive member and volunteer discounts. I am sure that in almost all cases there is no dishonesty intended by either the cashier or the cus-

tommer. We don't believe Co-op members lie to us. We do believe they, and we, make mistakes. Our system helps us reduce those mistakes, and helps us find and fix them when they happen.

"We were told (an overall member category for those who don't want to have their purchases tracked) was probably not something that could be done with the current software."

At this point in the meeting, I believe we got bogged down in jargon and Mr. Macfarland lost his patience. I'm sorry I wasn't able to communicate clearly what our system can and can't do. It would indeed be impossible to have our system record a simple total with a member's name, and not the details of what was in the purchase. However, we could easily create a "John Doe" customer account in our system, tied to no single individual but aggregating all purchases by members who didn't want their names tied to individual item purchases. I am neither a lawyer nor an accountant, and cannot say what degree of member benefits we could reasonably grant under such a scheme and still meet our legal and fiduciary obligations. I would hope that with patient and respectful dialogue and research we might reach a compromise that uses this capability of the software.



If you've always wanted to play the cello, you can!

Call Lois Blackburn, Ph.D., to begin!

- Specializing in both children and adult beginners
- 40 years of cello teaching experience
- 17 years as public school music teacher
- Retired UI music professor

208-882-8936 or Lblackburn@turbonet.com



Co-op Board of Directors Report: Minority Perspective

By Gary Macfarlane, Co-op Board member

A recent issue that faced the Moscow Food Co-op Board was the decision by the management of the Moscow Food Co-op to require members to scan cards at the register, to keep records of each item purchased by a Co-op member, or not receive member benefits. This issue touches on the crucial issues of privacy, the role of technology, and corporatism. The board took a vote and decided to uphold the decision of the management. In the interest of full disclosure, I voted against that proposal.

It may be instructive to look into the history of this issue of privacy a bit. Such a question would not have even been raised 10 or 20 years ago. Scanner technology was new and nobody assumed it was possible or desirable to record each item bought by each member of every co-op. Now, this kind of data mining is becoming routine though the use of scanner cards, which are in use at many stores, not just co-ops. Incidentally, those of you who purchase items with a credit card, your card company keeps record of every item you purchase from stores that use scanners. Unless you indicate otherwise, the credit card company can sell that information to anyone. Furthermore, that information, according to the Privacy Rights Clearing House, a privacy advocacy group, is available to law enforcement agencies. Privacy Rights Clearing House states, "The FBI recently was reported to have mined customer data collected by San Francisco-area grocery stores, hoping that sales records of Middle Eastern food would lead to Iranian terrorists." (see Privacy Rights Clearing House, www.privacyrights.org, which references a specific story at www.cnet.com/8301-13739_1-9812473-46.html). I don't know about you, but if my name were the same as the current President of the U.S. and I bought some hummus at my local co-op, I'd be very worried.

Some arguments for collecting this data were presented to the Board. One was this level of detail it is necessary to keep track of member assets and what individual members spend for possible future patronage refunds (as if co-ops didn't exist before scan cards and scanners).

The board was also told it would be very hard and costly to separate out the individual items data from the member that bought those items.

Another argument in favor of this system was it is necessary to prevent potential dishonesty from cashiers or shoppers. In other words, a dishonest cashier could check a friend in as a member or participating member (volunteer) or a dishonest shopper could slip by, claiming to be a member. However, scan cards won't prevent dishonesty—a cashier could swipe their own card or a shopper borrow a member's card. Another argument was that best accounting practices require the most complete data set, if it can be obtained. The above arguments all but eliminated potential compromises of only recording an overall member purchase (such as member John Doe spent \$67.98 on March 31) or designing an overall member category for those who don't want to have their purchases tracked. We were told it was probably not something that could be done

with the current software. The ever-increasing use of this kind of technology rarely comes with a disclaimer. Most people don't realize — I certainly didn't until recently — that every single item purchased with a credit card is recorded. Furthermore, the Co-op Board is embarking on updating bylaws that would require all members to make a purchase at the Co-op once a year or lose their rights to vote until a purchase is made. That means that members who move out for an extended sabbatical couldn't mail in ballots and those who wish to keep their privacy, even if they shop at the Co-op and agree to forgo special member prices, will be effectively disenfranchised. At least the Co-op will be considering some sort of privacy policy to deal with this issue, though I see it more as an attempt to close the barn door long after the horses have escaped.

The major problem I see with this electronic system is that it replaces community with technology. Members are not really members, recognizable, living people. Members only exist in cyberspace as verified by the scan card. My old paper card that says Lifetime Member on it is no longer valid, in spite of past promises to the contrary. What does it say about us as a community if we have become so unfamiliar with each other that we are suspicious that some cashier or shopper may try and cheat the Co-op? What does it say about us that we can't or won't have technology be our servants, rather we are forced to conform, to be slaves to technology? If any entity ought to be a bit skeptical, a bit suspicious, of

the easy techno fix, it should be a natural foods co-op. A few months ago, I read a fascinating book called *Life Inc.* by Douglas Rushkoff, the subtitle of which is "How the world became a corporation and how to take it back." The author starts the book with a harrowing but humorously-told story of how he was mugged, escaped physical injury, and relayed his account on e-mail to a local list that included food co-op members. I won't go into any more detail on this specific incident other than to say read the book. The purpose of the book wasn't to tell that specific story; it was to tell the story of corporations. One of the book's key observations is that our society has internalized the values of corporatism to the degree that we are hardly aware that the choices we make are heavily influenced by this ideology. Since the Co-op is a corporation, this issue of member privacy also started me thinking how the corporate ideology, as Rushkoff defines it, shapes the decisions of the Moscow Food Co-op and its Board of Directors. After all, if Rushkoff is right, and I believe he is, we live in a global corporate paradigm.

Many recognize the consequences of corporatism. They include concentration of wealth (by design), a false notion that corporatism is a natural system and, in Rushkoff's words, a "belief system that places market priorities above life itself." I would like to believe that the cooperative model can resist the erosive force of global corporatism that is devouring the planet. Only time will tell if that is true.



Dessert Night at the Co-op

Idgi Levine, Lead Pastry Baker

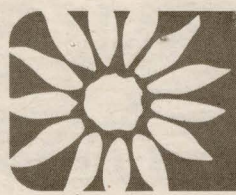
There are some desserts that just don't last long enough to sell in a service case. Of course, those are usually the most fun to make — and eat!

Well, we've finally come up with a way to indulge our creativity and your sweet tooth. On Tuesday nights from 4-7 p.m. during our weekly music

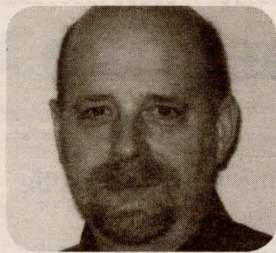
series, the pastry bakers and baristas will team up to feature an elegant dessert skillfully paired with an organic coffee. For March, we'll feature Lemon Meringue Tarts, Brownie S'mores (with handmade marshmallows), Banana Split Ice Cream, and Roasted Pears w/Caramel Sauce. We hope you'll join us!



Just Trade
Fairly traded crafts
from around the world
inside **Brused Books**
235 E. Main St.
Pullman WA
509-334-7898
Mon-Fri 11-6, Sat 10-6
Sundays 12-5



CO-OPERATIONS



What is on Co-op DNA? Your vote decides

By Steve Kobs, Co-op Store Manager

Usually, consumer grocery cooperatives struggle to find enough members who are willing to devote the time and energy to serve as a director. Other co-ops, like credit unions, electrical co-ops, and even larger distribution and marketing co-ops, experience the same problem: finding a slate of candidates willing to devote the time and effort to be involved in directing their co-op. Without a real choice, the votes of member/owners are nothing more than a formality. At Moscow, it is different.

This year, we have seven candidates willing to shape the future of our Co-op in one of the four open seats. That choice is a sign of a healthy and vibrant co-op community. The choice gives each member/owner a chance to cast a meaningful vote.

Leading our co-op may seem straightforward, but different people see the same things different ways. Some of the basics, like our mission statement, the seven international principles of cooperatives, and our bylaws are the topic of interpretation and different values. Two issues illus-

trate:

A recent customer comment concludes, "... the new direction this company has taken reeks of capitalism, quite contrary to the store's mission statement."

The "new direction" has to do with the Co-op making a profit in 2009, a little more than 2% of sales. This customer feels that level of profit was offensive. Is it?

Our mission statement directs the Moscow Food Co-op: "Building a strong, dynamic, consumer-owned natural food cooperative through the use of ethical and sustainable business practices." A profit seems to support the portion of the mission statement that the Co-op should be "strong." Alternatively, making too much money might seem to be unethical. Profit could be judged as either good or bad, depending on your point of view. One mission statement with at least two ways to evaluate it.

This issue of the newsletter has a few stories concerning the debate over member privacy. At issue is how our cash register system creates a record of what is purchased and should a

member be able to "opt-out" of having their name recorded with their purchase if they have privacy concerns.

Some members sincerely believe that personal privacy is inherently a value of the Moscow Food Co-op; if there were a cooperative genome project, "privacy" would be one of the genes that differentiates cooperatives from other business models.

Other members are just as sincere believing that the Co-op has a fiduciary responsibility to maintain records for proper accounting, giving discounts, and totaling member purchases for possible patronage refund distributions at the end of the year.

Some members do not have a strong opinion about the issue.

One Co-op, 5,000 members, some with very different interpretations about which value(s) to follow. So, who decides?

Directors make decisions about what we do and what we should do. They consider ideals, principles, and statements and formulate policies that incorporate how they interpret what

those ideas mean. Directors have different styles, some evaluative, some compromising, and some unyielding. All Directors want our Co-op to be as good as it can be.

In the end, Directors evaluate if things like profit are good or bad and what should happen to profit. They decide what a produce boycott policy would look like, if we should give discounts to low-income people, and they even decide what the rules should be for deciding the issues.

Beginning on the 25th, we get to vote for the candidates, who will determine what values and principles are attached to the DNA strands of the Moscow Food Co-op.

With a small amount of effort, you can find out about the positions and styles of the candidates by reading their statements (moscowfood.coop, in the store, and in this newsletter) or attend a candidate forum. With a competitive field of unique candidates with positions on important issues, your vote matters more than ever.

Local Wood Makes Deli Donation

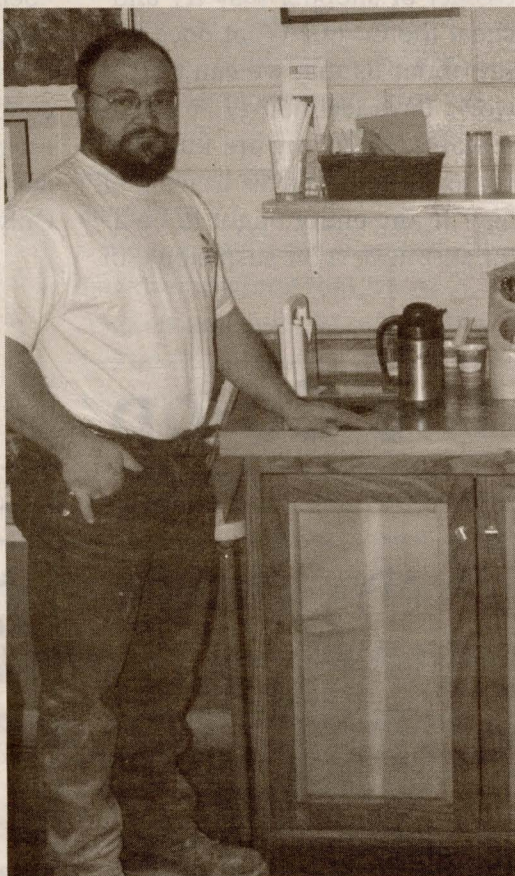
By Steve Kobs, Co-op Store Manager

Local wood is featured in the Co-op's new deli condiment counter donated by Isaac Wright.

The light-colored wood is fir that comes from various parts of Idaho and is milled in Deary. The dark wood grew right here in Moscow.

Wright said, "The elm came from East City Park in Moscow. We buy it when it becomes available. It was perfect to use in the Co-op."

The new counter and water station is beautiful and convenient for customers. More Moscow elm furniture is available at Wright's furniture gallery, called Poised, on 114 East Third Street. His website is PoisedFineFurniture.com.



Want a Donation?

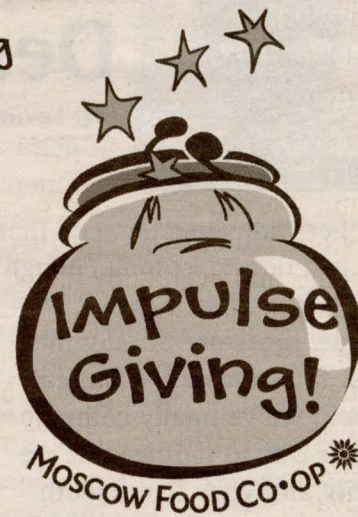
Please use the Co-op's Community Contributions application form to apply for any kind of a donation. They are located on the website, and in the newsrack at the back of the store, near the beer cooler. Separate applications are available for the Dime in Time grant program and the Impulse Giving program. Thank you!

March Impulse Giving

This month, the Co-op will match your money.

Donate to your favorite local non-profit through the Impulse Giving program and the Co-op will match your gift

Talk to any cashier about Impulse Giving!





Co-op is short for cooperate, not corporate

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

Two recent changes have brought up some controversial membership issues that we're addressing this month.

First, we succeeded at the end of 2009 in adding patronage refunds to our array of membership benefits. Patronage refunds are store profit, returned to members according to their purchases.

We also added the requirement that in order to receive their volunteer or Participating Member (PM) purchasing discount, PMs must either have their membership cards scanned or be looked up. Likewise, members must scan their card or be looked up in order to receive member sale prices.

Awarding a discount or a member sale price at the cash register is the equivalent of handing out cash or writing a check. This cash belongs to all of us members and we need to account for it closely. Just as we wouldn't leave cash lying around for anyone to pick up, we require our cashiers to attach any discount or sale price to a specific member.

When we scan our cards, our purchases as well as our discounts are recorded. But there are a very few members and PMs, including board member Gary Macfarlane (see his article in this newsletter) who don't want their economic activity at the Co-op recorded. They want their membership discount but without it being attached to their name or their purchases. For them, it's an issue of privacy, technology, and corporatism.

From my perspective as Membership Coordinator, it's an issue of transparency, fairness, and cooperation. I believe transactions involving member benefits of any kind must be associated with a particular member, because of the Co-op principle of "member economic participation."

Imagine the original Co-op community: about 25 people. They ordered and paid for their groceries and everybody knew what everybody else in the Co-op was selling, buying, and eating. It operated on a lot of trust and worked fine, pretty much.

Privacy wasn't an issue; it wasn't (and still isn't) even a Co-op principle. Shared resour-

ces — represented by the Co-op principle of "member economic participation" — were the means to accomplish the goal of good food. This hasn't changed at all in our 35 years. But we are bigger now.

With 5,500 members and new ones joining every day, and almost 100 staff, it's impossible for our cashiers to recognize everyone, or for members and staff to all personally know each other.

How can members be sure that they get member sale prices and that customers who aren't members don't get member sale prices? How can members be sure that employees and volunteers aren't getting more discount than they are supposed to?

How can we be accountable to each other, refund profits fairly, and trust that we're all doing the right thing at our Co-op, if we don't even know each other by sight? Computers and membership cards, that's how.

Our latest procedure changes are designed to protect us and the assets we hold in common at the Co-op. Your Co-op's money has been stolen in the past, in various ways by members, volunteers, and staff. If we weren't doing our best to fix this, we'd be guilty of financial malfeasance.

For more about technology and what we do and don't do with it here at the Co-op, please see Joseph Erhard-Hudson's article in this newsletter. From a membership perspective, computers insure that all members are treated as such no matter how often you shop or even if no one yet knows your name.

Our use of technology does not mean we are the unwitting pawns of corporatism; frankly I feel insulted when idealists accuse the Co-op of corporatism, when they aren't with us every day, serving Co-op members every hour on the hour and participating in our day-to-day decision-making.

The Co-op is never business as usual. We owners share collectively in its profits or decide how to spend them. We proudly abide by cooperative principles, which affirm democracy and the value of people and community. We, together, offer an alternative to business as usual. But we can't exist without each other.

Seven Co-operative Principles

1 First Principle: Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political, or religious discrimination.

2 Second Principle: Democratic Member Control

Cooperatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives members have equal voting rights (one member, one vote) and cooperatives at other levels are organized in a democratic manner.

3 Third Principle: Member Economic Participation

Members contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. They usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any of all of the following purposes: developing the cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

4 Fourth Principle: Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.

5 Fifth Principle: Education, Training and Information

Cooperatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperatives. They inform the general public — particularly young people and opinion leaders — about the nature and benefits of cooperation.

6 Sixth Principle: Cooperation among Cooperatives

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures.

7 Seventh Principle: Concern for Community

While focusing on members needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.

Adopted in Manchester (UK) by the General Assembly of the International Cooperative Alliance (ICA). 23 September 1995, on the occasion of the Alliance's Centenary. The Statement was the product of a lengthy process of consultation involving thousands of cooperatives around the world.

When I hand over my membership card to the cashier, I'm affirming my participation in this group and agreeing to cooper-

ate with the rest of you for our mutual benefit. Without that agreement, we're nothing but a grocery store.



VPLAC

Festival Dance & Performing Arts

Tickets on Sale Now • \$14-\$28
One Show Only!

Golden Dragon Acrobats

Cirque D'Or



Spectacular feats of athleticism, exciting costumes, acrobatics! Bring your family to this show of exquisite skill & beauty!

March 28, 3:00pm • WSU Beasley Coliseum
800.325.7328 • festivaldance.org for video



Outreach Report

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

The Engagement and Outreach Committee is looking at ways that the Co-op can make itself more affordable for our low-income members, particularly those who qualify for food stamps, which is now a surprisingly high percentage of the general population. If you have ideas and input on this question, we welcome your comments. Please e-mail engage@moscowfood.coop with your thoughts, or contact me directly. Thank you!

Our Dime in Time donations broke \$500 for the first time in January; way to go Co-op!! Together we raised \$510.50 for Alliance House.

The February Dime in Time recipient was Moscow

CommUNITY Walk, and the March recipient is the Palouse HIV Consortium. Please see their article in this newsletter to learn about this great organization.

Our customers donated \$27.54 to Sojourner's Alliance through our Impulse Giving program in February. Smaller amounts came in during February to the Humane Society, Alternatives to Violence, the Palouse Land Trust, Backyard Harvest, and the Rendezvous Kids Art program. We only pay out donations when they reach our minimum threshold of \$25, so every little bit helps!

To help encourage you to try out our Impulse Giving program, in March, the Co-op will match

your Impulse donations dollar for dollar. Give it a try and see how easy it is to do something good.

Our Mamas and Papas group got underway in February. We're happy to have Summer and Stacy, both doulas, for our co-coordinators, and PM coordinator, Sequoia, has been helping a lot as well. Summer and Stacy will be scheduling special guests for future gatherings and are enjoying spending time with expecting and new parents. Join us every Wednesday at 9 a.m. in the Deli, and sign up for our e-mail group by e-mailing babies@moscowfood.coop.

Dear Moscow Food Co-op:

We greatly appreciate the support and visibility we received from "A Dime in Time." Thank you!!

Steve

Sojourner's Alliance
Dear Moscow Food Co-op:

I would like to extend a heartfelt thank you to everyone who participated in the blood drive held on 1/20/2010. There were 20 generous donors registered and we were able to collect 11 units of life-sustaining blood. The time and effort you and the Co-op put forth in organizing this important event is deeply appreciated.

With gratitude,
Alicia Neely

Recruitment Coordinator,
Inland Northwest Blood Center

Dime in Time: Palouse HIV Consortium

By Judy Stone, PHC Assistant Director

The Palouse HIV Consortium (PHC) is thrilled to have been awarded the Moscow Food Co-Op's "A Dime in Time" grant for March, 2010, and to have the opportunity to share information about our organization with you. Our Consortium is a community-based, non-profit corporation assisting persons living with HIV in Whitman County to access appropriate and competent healthcare and social services necessary to maximize their health, self-sufficiency, self-esteem, and quality of life.

The Palouse HIV Consortium was formed in 2001 as a community organization under the Whitman County Health Department in order to be eligible for Washington State and Federal grants to assist persons living with HIV. In late 2008, the Health Department decided the restrictions placed on these mon-

ies no longer allowed them to be used to meet the specific needs of people living in a rural county. Subsequently, in January, 2009, the Palouse HIV Consortium severed its financial association with the Health Department and became a Washington State and Federal non-profit corporation.

In these times of dwindling resources, the PHC has come to rely completely on donations from individuals and grants from local agencies such as



the Moscow Food Co-Op. Through our efforts and the support of people who care, we have seen many lives changed for the better. This past year we have been able to help pay for a wide range of services to meet needs not met by any other resource,

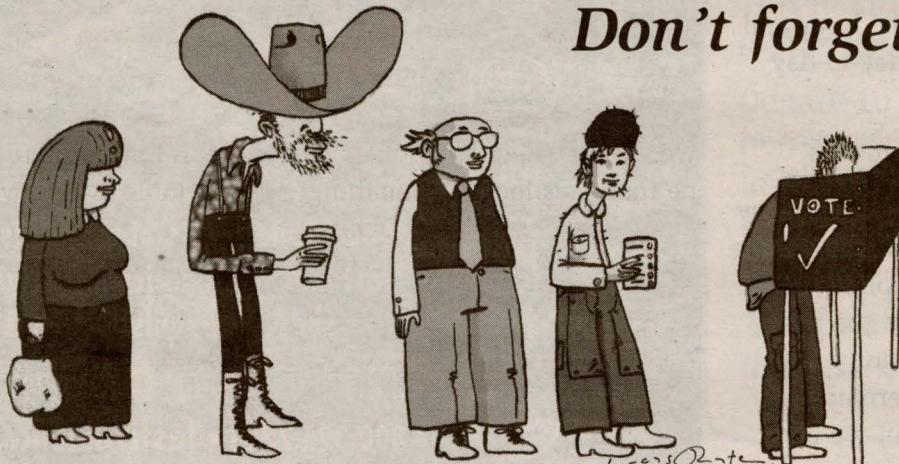
including dental and medical care, food, nutritional supplements, medications, rental assistance, utilities, transportation, car tires, and a birth certificate.

From the onset, agencies in nearby Idaho counties were part

of the "Palouse" Consortium, although the funding available to each state's clients came through each state separately. The Palouse HIV Consortium now has the autonomy to assist people living in Latah County, if there is a need and if funding will allow this.

For more information, contact Lavonne Hall, Director or Judy Stone, Assistant Director at:
Palouse HIV Consortium
P.O. Box 1013
Pullman, WA 99163
palousehivconsor@palouse.com

VOTE!



Don't forget to vote for your Board: March 25-April 4, 2010

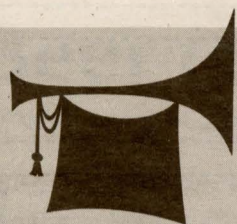
Voting begins during the candidate forum at 5:30 pm, Thursday, March 25 and goes through the membership meeting on Sunday, April 4. Winners will be announced on Monday, April 5.

WHO MAY VOTE: Anyone who has a current, paid Co-op membership as of February 28, 2010 may vote. One vote per membership, including shared memberships.

WHERE: In-store only, a staffed voting table will provide paper ballots during the 10 days of the election.

WHY: The Board has broad oversight over the Co-op; help direct your Co-op's future by choosing the best qualified people for the job! There are 7 candidates vying for 4 open positions.

MORE INFORMATION: In the Co-op newsletter and on the web site at www.moscowfood.coop



Co-op Shoppers Speak Out:

Asked by Ashley Fiedler at the Co-op on Feb 10, 2010

Are you familiar with the free Valley Transit bus service in Moscow? What is your opinion on it?



"Yes. It's really different from Seattle. The drivers are laid back and helpful."

Eric Lozaga, website programmer
www.53mp.com, Pullman



"No. The bus doesn't go as far as my house. I would ride it if it did."

Virginia Durham, Virginia's Salsa,
Moscow



"My experience is basically nonexistent."

Nicholas Waters, Co-op cook and farmer,
Moscow



"Terrific idea. People should use it more. It should be self-supporting, maybe people would value it more if they had to pay for it."

Dave Remington, retired research
librarian, Moscow



"I used it some in college. Once I wanted to read and it was cold so I took it for a ride around town."

Molly Waters, expectant mom, Moscow



"My husband uses it for school because we live a mile and a half away. We really like it."

Jessica Tschida, massage therapist,
Moscow



A Place at the Table

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

Everyone eats. Food gives our diverse community common ground to stand on. Food beautifully transcends the supposedly insurmountable differences between people and allows us to sit at the same table. Everyone should have the opportunity to take a place at the table.

All too often I hear the comment "I can't shop at the Co-op, it is too expensive". This statement frustrates me, but not for the expected reason. I have spent nearly my entire life in the income bracket that the government defines as 'working poor'. No pity please, the government and I have very different ideas about the definition of real wealth. Despite a very limited budget, my family purchases food regularly from the Co-op and directly from local farmers. We eat well. How do we do it?

We watch for sales and coupons on staples, buy from the bulk food section, purchase produce in season and eat food that has been cooked at home. Given this background, and a desire to support local farmers and food systems, the 'seed idea' for a new Co-op program was planted.

As you walk in the entrance door to the Co-op, you may notice participating members (volunteers) sampling out delicious food between the produce department and the cash registers. This is the Farmer Advocacy Co-op Team (FACT), a new program to help increase awareness about seasonal, local/regional,

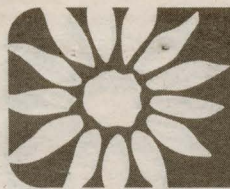


affordable food. FACT is a multi-pronged effort to provide education and farmer advocacy and promote affordable, good food. The team decided a fork would be a great symbol of

this effort, and you may notice that paper signs with forks have been placed next to the tags of the food we are sampling or the ingredients in a recipe. Each week, we will sample out a recipe that uses local/regional ingredients, is seasonally available, easy to make, and inexpensive to buy. Recipes have an approximate serving size and cost, and are on the table for anyone and everyone to take home and try. The amazing team of participat-

ing members that have helped the program to germinate and take off, have a great deal of knowledge about cooking, local food and purchasing food within a budget, and are happy to answer questions.

FACT is at the Co-op Wednesday and Thursday nights from 5-7 p.m. and Friday and Saturday mornings from 11 a.m.-1 p.m. Stop by, say hello, and try some good food. Take home a recipe and try it out. Share any ideas you may have. The Co-op is a store that serves the entire community; there is a place at the table for everyone.



Tokyo Seoul

By Annie Pollard, Kitchen Manager

After our sushi chef unexpectedly left Moscow in November, I was on a mission to find new sushi. My daughter and I journeyed to Tokyo Seoul, a Japanese Korean restaurant in Pullman, to taste for ourselves if they were as good as we had heard. The spread of sushi and Korean foods we ate that night was by far the best food that I had eaten in a very long time. I could not refrain from consuming way beyond the satiation point.

Not only was I impressed by the quality and flavor of the food, but also by the character of the owner, Sun Chi, who along with her husband, have been members of the Co-op for years. The importance that she placed on ingredient quality and customer satisfaction left me feeling that I could trust the food and those that were preparing it. I knew without a doubt that this was someone who would be an asset to the Co-op.

Cooking for others has been an integral part of Sun's life since she was very young. Born and raised in Korea, she grew up cooking traditional Korean foods. When she was young, her mother would say, "If you want to eat, then you have to learn how

to make it." As a result of that wise advice, Sun learned at an early age how to cook delicious Korean foods from scratch.

In opening Tokyo Seoul, it was imperative that she hire a skilled sushi chef. After looking all over the region for a qualified chef, Sun found Jimmy. Jimmy has 23 years of experience as a sushi chef from working in restaurants in cities throughout the nation. As Sun explains it, Jimmy truly loves his work and pursues it for the experience, not for the pay. It is his passion to be a great sushi chef that drives him to travel all over, looking for a challenge, an experience where he can learn and develop his skills. Hopefully he's planning on staying on the Palouse because his sushi is fantastic.

In this landlocked, rural area it can be challenging to find high quality fish for sushi.

Though she can get some sashimi grade fish from a local distributor, to find many of the more unique varieties, such as whole squid, she travels to Seattle twice per month. Purchasing the squid whole and then cleaning and preparing it at the restaurant, ensures that the squid retains a better, fresher flavor.

One intriguing ingredient that is found in their sushi is natto, which is steamed and fermented soybeans. The soybeans are inoculated with a Lacto bacillus culture and then fermented under very specific environmental conditions. This is a very time-consuming and labor-intensive process that most commercial establishments choose to not undertake. I was happily surprised to learn that Tokyo Seoul produces its own fresh natto in-house. Discovering that they make natto in-house led to a discussion of other ingredients that they make fresh, like all of their sauces, bean pastes, and kim chi. As Sun explained, it is cheaper and easier to import natto and other ingredients from China, but why do that when it is healthier and better for you to make it yourself. And quite simply, she doesn't trust or like the imported pre-made ingredients.

When I asked what sets Tokyo Seoul apart from its competitors, she stressed how happy it makes her to make her customers happy. She wants people to like the food, to enjoy their dining experience, and she goes to great ends to see that happen, in more ways than the highest quality ingredients. Customer

"Not only was I impressed by the quality and flavor of the food, but also by the character of the owner, Sun Chi, who along with her husband, have been members of the Co-op for years."

service is heavily stressed at Tokyo Seoul. She teaches her staff that once they walk in the door, only food is inside their brain. If an employee is having a bad day, she sends them home so that their down attitude doesn't impact the customers' experience. They certainly have a prime example to follow.

Tokyo Seoul is conveniently open 7 days a week and we carry their sushi every day except Sunday. Our cooks are looking forward to a Korean cooking lesson from Sun. Look for traditional Korean dishes in our Deli in March.

March Happenings in the Deli

By Hunt Paddison, Co-op Assistant Kitchen Manager

March is looking pretty appetizing for anyone who enjoys a delicious deli morsel or two. Each day of the month will feature an inventive and inviting offering from our stellar selection of fantastic foods and beverages, which can only mean one thing — there will be some outstanding opportunities for you, dear customers, to capitalize on some sensational deals in the Deli. Here's the scoop:

Souper Sundays – Soup in a bread bowl for \$4.49 from 12 – 7 p.m.

Smooth Move Mondays – All smoothies just \$3.99 all day long

Tempting Tuesdays – Tempting Tuesday is dessert night! Our pastry chefs will whisk, pour and bake their love into gourmet, skillfully hand-crafted desserts paired with an

espresso beverage from 4 – 7 p.m. The dessert n' espresso duo, which will change weekly, will be offered at a special lower price.

Vegetable Wednesdays – To contribute to Michael Pollan's movement towards reducing worldwide meat consumption, we will be preparing vegetarian soups and hot specials at a reduced price. We will also offer selected discount grab-and-go vegetable items.

Tasteful Thursdays – Knowledgeable staff will be giving away samples of a variety of items from our Kitchen and Bakery from 5 – 7 pm.

Five-Dollar Fridays – Order \$5 or more from the hot bar, and we'll throw in a large cookie for free from 11 a.m. – 2 p.m., so get 'em while they last!

Simple Saturdays – Cup of soup and half sandwich combo for \$4.49 all day long

We hope you will drop by and share a part of this sure-to-be-fun experience with us! As always, we invite you to share your commentary or suggestions so that we may continue to improve our operations and provide great service!

Special Births

Doula Services

- Labor Support
- Postpartum Care

Every birth is a special birth



Karie Brown
208-790-2647
karie@specialbirths.com
www.specialbirths.com



Most Colorful

Little Shop Downtown!

Check out our bigger store!

Behind Mikeys Gyros,

527 S. Main

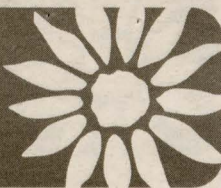
Monday-Sat 11:00-5:30

*Don't forget - co-op members

get 10% off!

208-883-4779

www.tyedye-everything.com



Beer case arrives to the new decade

By Kevin Clegg, Co-op Beer Buyer

The longer I work with beer, the more I realize that, although we have a wide selection, sometimes it just isn't enough for our customers to have the same beers all the time. Our beer selection rotates seasonally, with new beers coming from our major brewers every couple of months or so, but every so often we get a few really special beers that are here and gone in an instant. Their limited release nature sometimes leaves people high and dry when it comes to getting the beer they want. Despite living so close to the cradles of American beerdom (Seattle and Portland), we in the Inland Northwest sometimes get the short end of the stick regarding limited-release beers.

To combat this, and to make sure that everyone gets a fair shot at limited edition, rare, and unique beers that come to the Co-op, I have started a Twitter account for the beer case. If you watch the news or surf the Internet, by now you probably have an idea of what Twitter is and can do. In fact, before starting this for the beer case, I had never been on the Twitter web-

site at all! What it is, is a new form of social media that allows people and businesses to keep their friends and customers up-to-date with what's going on in their lives. Users can post messages that are up to 140 characters long, as well as post links to websites or pictures that are of interest to their "followers."

The Co-op beer case Twitter address is <http://www.twitter.com/moscowcoopbeer>. If you forget it, don't worry, the main Co-op website has a link to this Twitter account on its quick links section at the top right of the front page. You can sign up for a Twitter account yourself and "follow" the beer case, or just check in periodically to see what's going on. The best way to stay up-to-date is to follow the beer case and then subscribe to a Really Simple Syndication or RSS feed of the site. This sounds very technical, but really it is very easy! Just click the RSS logo on the [moscowcoopbeer](http://www.moscowcoopbeer.com) page and you can subscribe to the feed and get updated every time a post is made.

I plan to post at most a couple times a week about new beer

arrivals, reviews of current beers, and generally exciting things that are happening regarding beer at the Co-op. If you have a question about beer, you can tweet to me by using the tag [@moscowcoopbeer](https://twitter.com/moscowcoopbeer) and I will get back to you with an answer promptly. All in all, following the beer case on Twitter will keep you more up to date about what's going on than reading this article ever can.

And on to beer news! Beers from Brewdog, the radical brewery from Scotland, are going to make an appearance sometime this month. We will be getting a case of their Punk IPA, and later a case of Dogma Ale, a heather-infused honey ale brewed with kola nuts. Brewdog is really pushing the boundaries of what beer can be, from their Tactical Nuclear Penguin, a 32% alcohol by volume monster iced stout (available only through their website) to Nanny State, their 1.1% alcohol by volume "imperial mild" with a theoretical International Bittering Unit rate of 225, more than 100 units higher than is perceptible to the human tongue. Getting beer from

Brewdog is an exciting thing!

We will also be getting in some new additions to our beer case from Bavarian Germany. Der Hirschbrau is one of the most traditional breweries in the world, as all of their beers are brewed under the Reinheitsgebot, the German purity law of 1516. In fact, the Reinheitsgebot is the oldest food purity law in the world, stating that brewers could only add three ingredients to make beer, those being barley, hops, and water. The law has been repealed, and since the discovery of yeast, all German brewers add yeast as a fourth ingredient. We will be getting Doppel-Hirsch, and excellent malty dopplebock from Der Hirschbrau, as well as their Bavarian Weissbier.

When all is said and done this month, look for more rotation of the beer selection, and keep up-to-date with what's going on by following <http://www.twitter.com/moscowcoopbeer>. Things are changing in an exciting way, and it is good to be a beer drinker in the Inland Northwest.

The Co-op Community Cookbook

By Laurene Sorensen, Co-op Cookbook Volunteer

What's your favorite cookbook? You know — the one whose pages are stuck together with splattered batter, and that automatically opens to a particular recipe? Carol Spurling and I want the *Co-op Community Cookbook* to have a look, feel, and layout that readers will enjoy working with. So please tell us — in an e-mail to cookbook@moscowfood.co-op or a personal conversation — what your go-to recipe resource is, and why you like it. I've already had this discussion with a few Co-op shoppers and gleaned some good ideas, but we're looking for more input. Next time you're at a dinner party or potluck, quiz the other guests about this; it's a great conversation starter, and much more interesting than "What's your major?" If you let us know what you find out, you'll have our gratitude (and be listed on our acknowledgements page, if you'd like).

Here are some of the requests we've already had:

- A food conversion/substitution list
- Pictures that show the process, not just the result
- A vertical list of ingredients at the outer margin of the page
- A binding that lies flat

We'll entertain all ideas, and try to incorporate as many as possible, although some features, like color photographs, may make the book too expensive to produce (and to sell).

Another reason I'd like to know about your favorite cookbooks is that I'd like to include a resources/further-reading section in our volume. This will help readers, especially new cooks, use and enjoy our cookbook effectively. Carol and I envision that recipes, rather than methods, will be the focus of our book. We want to present the recipes in a way that makes them accessible to cooks of all experience levels, but because there won't be room for detailed lessons on particular techniques, we want to recommend good

learning tools. (Books aren't the only way to learn cooking methods—have you attended one of the Co-op's cooking classes lately?)

Here's a quick list of my favorite cookbooks:

The Fannie Farmer Cookbook, Marion Cunningham (1979 edition and later): This book has been around since 1896, when Fannie Merritt Farmer published it as *The Boston Cooking-School Cook Book*. It's been revised over the years by four different writers and is now in its 13th edition. It's a terrific from-the-ground-up cookbook, has educated generations of new cooks (including my mother), and can double as a booster chair. The 11th edition was the first book I bought. Ever.

Amy Vanderbilt's Complete Cookbook (1961) Illustrated with elegant, simple line drawings by one Andrew Warhol, the *Complete Cookbook* is written for a home cook who wants to make something delicious and

already knows the basics. It's full of "company dinner" recipes and delicious sauces. The table-setting cheat sheets in this volume tell you which fork to use.

The Kripalu Cookbook, Jo Anne Levitt. Vegetarian recipes from one of my favorite "restaurants" ever: the cafeteria at the Kripalu Yoga Center in Lenox, Massachusetts. Two things stand out: the salad dressings and the cooking charts for beans and grains.

How to Cook and Eat in Chinese, Buwei Yang Chao. The author, a Chinese doctor, wrote this book in the 1940s. Her English is quirky, and she invents a lot of terms—she's the source of the phrase "stir-fry." This is the real stuff, not "Chinese restaurant" cooking, and is surprisingly simple and method-oriented, so you can adapt the recipes to what's on hand or in season.



The Re-Use of Containers Conundrum

By Miriam Kent, Pre-cycling Czaress

Here's the sCo-op from the Co-op's very own Pre-cycling Czaress:

- ✓ Yes, you can re-use your own plastic container
- ✓ Yes, you can re-use your own glass container as well
- ✓ Yes, you can re-use plastic or paper bags
- ✓ No, you may not use your own container for the Deli, but you may purchase a re-usable, sturdy glass container with a

lid (this is a deposit). When you bring it back you get your deposit back. See a Deli server for details.

And how, might you ask, do you go about using your favorite jar for, say, shredded coconut?

1. When empty, put in cloth shopping bag.
2. Put bag near coat, purse, door (can put bags in bag for big shop).
3. Bring to car/bike/backpack.

4. If car, put where you'll see it before entering store (passenger side).

5. In Co-op, weigh container on small scales near bulk food areas. Use indelible markers provided to write tare (weight). Example .48

6. Cross off previous bar code, if it is on the label.

7. Find bulk item and write PLU number on container.

8. Put food, lotion, etcetera in

jar/container and voila ... you're ready to check out.

9. Use same jar for same item each time and it's already PLUed and tared.

The Health Department has said the Co-op may not provide clean recycled plastic or glass containers to re-use. We need to be resourceful and creative and bring our own. Re-use is before Re-cycle.

Tuesday Growers Market now accepting applications

By Britt Heisel, Growers Market Coordinator Volunteer

The Moscow Food Co-op is again hosting the Tuesday Growers' Market in the Co-op parking lot. We would like to invite local growers and gardeners to participate. As in the past, nine full spots are available for growers to sell their locally produced goods.

This year's growers' market will begin May 4, weather permitting. Outside music and dining will probably begin June 2. The market will run through the end of October. The market will operate from 4:30 to 6:30 p.m., with set-up beginning at 4 p.m.

Season passes will be available at the same cost as last year, \$75. Half-spaces and whole spaces are available, and if space allows we rent spaces to "walk-on" ven-

4:30 to 6:30 weekly in the parking lot of the Co-op

- fresh produce
- meats
- eggs and live chickens
- flowers
- live music

Tuesday Growers Market

dors, such as home gardeners with too much zucchini or tree fruit on their hands.

This year, the market is inviting growers to sell value-added food items. Products must be made locally and include at least one item grown by the seller. We are not accepting craft items.

Backyard Harvest will again be making it possible for customers to buy goods at the market with EBT cards. This year, customers will also be able to use regular credit and debit cards, thanks to BYH.

If you are interested in participating in the 2010 Growers' Market, please contact me at growersmarket@moscowfood.coop for the guidelines and application. Happy growing!



The Front End News

By Annie Hubble, Front End Manager

This month, I would like to welcome Sarah MacDonald as our new Floor Coordinator, taking the place of Sarah Scranton, who has moved back East to be with her family. This is definitely a promotion for Sarah MacDonald. The Floor Coordinators, affectionately known as FCs, lead the cashier team in my absence, taking care of customer service, cashier issues such as finding subs for sick cashiers, and in general ensuring that everything runs smoothly. They also take care of all things pertaining to the front end of the store, including sup-

plies, the parking lot, and the bathrooms.

Sarah joins the FC team of Charlie, Christie, Bob, and myself (I cover two FC shifts a week in my belief that as Manager, I should be involved with every facet of the front end), and she has already proved her worth. Sarah is the newest member of an already excellent team, and I am grateful for her work, and that of all the FCs. I appreciate their hard work, sense of fun, and ability to think on their feet in the midst of chaos. Thank you, FC team, and thank you, Sarah!

Attention Latah County Residents!

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

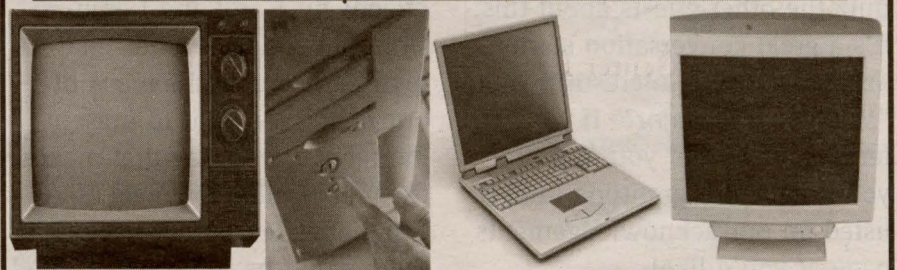
TVs, Monitors, Laptops & CPUs.

For residents of Latah County, this service is free. Businesses, schools and organizations must recycle these items at 20 cents/lb.

Thanks for your cooperation.

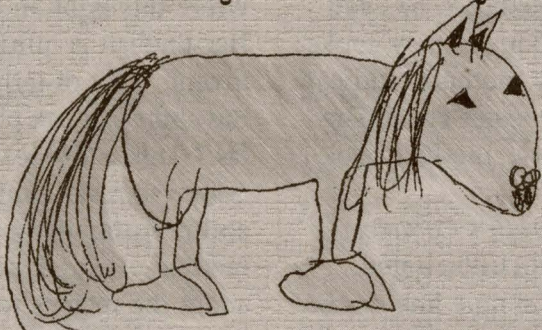
Moscow Recycling

Tuesday-Saturday: 9:30-5:30 Questions? call (208) 882-0590



Help Keep Electronic Waste From Growing!

Horseback Riding Lessons for All Ages



*Gift Certificates Available
*Open all year round

www.firstrides.com
509-878-1817



Your April What's Cookin! Series: A Gluten Free Party & An Indian Cuisine Craving Fulfilled

By Jennifer Whitney, Series Director

I love receiving feedback about the What's Cookin! classes. Whether it's a suggestion for how to improve the class, or a request for something you'd like to see, all your comments help me to offer fresh, exciting classes in an atmosphere that meets your culinary learning needs. With your feedback in mind, our upcoming April series is designed purely from your requests.

After our last Indian class, one participant asked why none of the Indian recipes have included meat, as he would like to know how to authentically add various meats to his Indian meals. The answer was easy: all our Indian chefs had simply been vegetarian. Thinking on this curious coincidence, I mentioned it to Sri, one of our previous Indian chefs, and she said it wasn't surprising, as 80% of Indians are vegetarian and have long ago learned how to combine

grains with legumes (to which the Palouse is perfectly suited) to create a complete set of proteins we all need to lead healthy lives.

To expand our Indian cuisine, I wondered how I might locate a non-vegetarian chef, but as luck would have it, one found me. Geeta Dutta, an editor living on the Palouse, suggested some tasty meat-filled Indian dishes that will hit the spot for any meat-crafter. Using her writing and cooking skills, she compiled and refined a cookbook, from which she'll be sharing some of her family's favorite recipes with us on Saturday, April 24 from 4-6p.m.

After an increase in the number of requests for gluten-free baking classes, Angela Bunce, our area's local expert on Celiac Disease, will be teaching another series of GF classes for us, this time revolving solely around baking. On Wednesday, April 7, she'll be offering Savory Baking

and the following Wednesday, April 14, a Sweet Baking class, both from 5:30-7 p.m. Angela readily admits that avoiding gluten can be a challenge, since gluten-free baking sometimes turns into an adventure in weirdness, but she promises to guide us through using various gluten-free flours, how to work with their interesting doughs and batters, their differently enhanced nutritional values, and techniques for making these your new favorite recipes.

The final class Angela will share with us is a totally new type of class, a Pizza Party, on Wednesday, April 28, from 5:30-7:30 p.m. Based on requests for help with converting traditional family recipes into gluten-free favorites, participants get to bring a recipe from home to receive Angela's professional experience and other participants' community support for adapting their recipe, all while

making, topping, and eating home-cooked gluten-free pizza. In addition, participants have the opportunity to submit a recipe in advance. Two of these recipes will be chosen for conversion, demonstration, and sampling in class. Instructions for recipe submission will be available when you purchase your ticket and must be received by Wednesday, April 21 (one week before class) for us to plan and purchase supplies.

Classes will be held in the basement kitchen area at the Unitarian Universalist Church of the Palouse, 420 E. 2nd St., Moscow. Enrollment is limited to 20 people; tickets are available from any Co-op cashier for \$24 per class or \$21 with your Co-op membership. See our ad in this newsletter for complete details regarding these classes or contact Jennifer Whitney at jenwhitney@gmail.com or 882-1942. Happy eating to you!

Good Food Film Series Sneak Preview: *The End of the Line*

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

Please join us at the Kenworthy at 7 p.m. on Thursday, March 25, for *The End of the Line*.

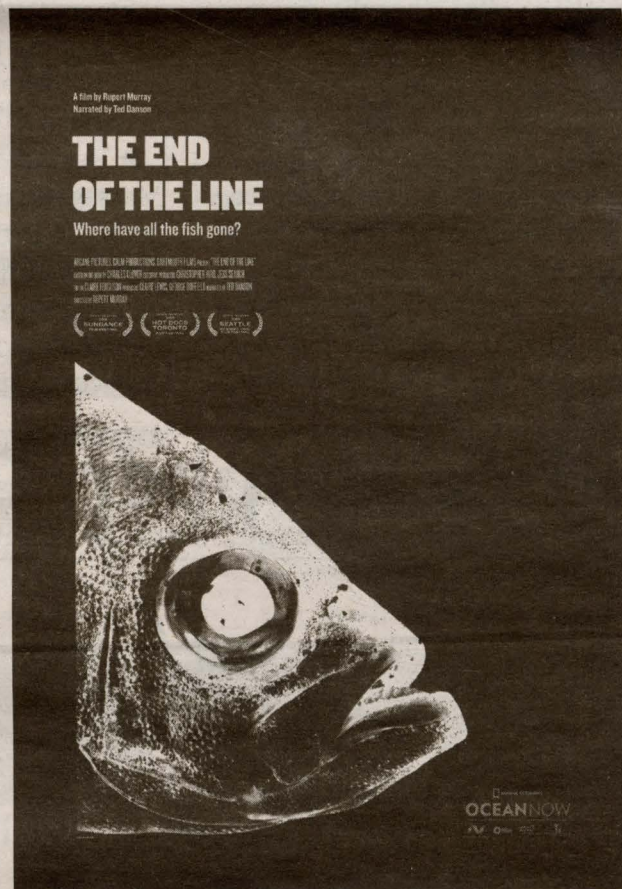
Debating at the 2009 Sundance Film Festival and playing in hundreds of cinemas, aquariums, and universities across the U.S. and the United Kingdom, Rupert Murray's *The End of the Line* is nothing short of the inconvenient truth about the devastating effect of overfishing on the world's ecosystems. The first major documentary to reveal the extent of the crisis facing today's oceans, *The End of the Line* challenges us to imagine a world

without fish ... period.

The New York Times calls it "vital," "well-researched," and "evenhanded": a film "that subverts our ancient faith in the ocean as an inexhaustible resource, offering a persuasive case that the major species of edible fish are headed for extinction."

Filmed over two years, the documentary follows the indefatigable investigative reporter Charles Clover as he confronts the politicians and celebrity restaurateurs who exhibit little regard for the damage their policies — and their menus —

are doing to the oceans. Taking us from the cod-depleted shores of the Atlantic to the Straits of Gibraltar and the coasts of Senegal, and on to the Tokyo fish market, *The End of the Line* sounds a powerful wake-up call to the world: If we continue fishing as we are now, we will see the end of most seafood by 2048.




Animal Care Center P.A.
328 N. Main, Moscow, Idaho 83843
8:00 a.m. - 5:30 p.m. Mon. - Fri.
(Tues. & Thurs. until 7 p.m.)
(208) 883-4349
Certified Acupuncturist
Nancy Maxeiner, D.V.M.

Keith Smith Carpentry
Level, plumb, & square with the world

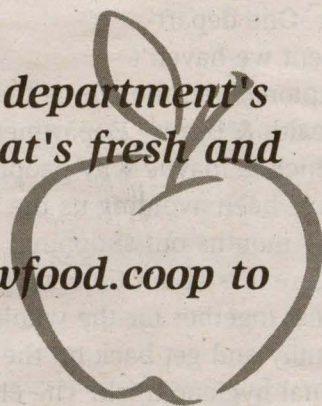
**Timberframes
Additions
Remodels
Custom woodwork**

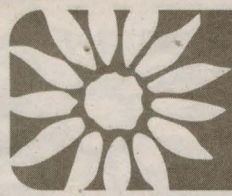
882-4938



Sign up for the produce department's email updates about what's fresh and in season!

Email outreach@moscowfood.coop to sign up.





The Palouse is Buying Local

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

The results of an informal poll sponsored by Buy Local Moscow showed that an increasing number of shoppers on the Palouse are choosing to support locally owned businesses. To follow up the PrizeCard shopping game event held last fall, we asked local independent retailers to compare their holiday sales in December of 2009 with the sales in 2008.

In addition to reporting that December sales had increased at their stores, the Moscow business-owners who responded to the poll agreed that public awareness of the value of choosing locally-owned businesses had increased during the past year. Shoppers consciously selected local businesses for their holiday purchases. Thank you, neighbors, for understanding that when you buy locally more of your dollars recirculate within your community and strengthen your local economy.

Here are some of the responses from the poll:

► Marilyn Lysohir, owner of Cowgirl Chocolates: "2009 was our best year ever. Our December 2009 sales in Moscow were an amazing 31% more than December 2008. There are several reasons for the increase, but I believe the most significant cause of our sales growth is the

impact of Buy Local Moscow. Our customers often told me that they decided to buy locally for holiday giving. They believed it was important to do, and important enough to tell me about."

► Gerard Connelly, owner of Tri-State: "Our December 2009 sales were down from last year in categories related to winter weather (we were down \$22,000 in show shovels, for example) because December weather was very mild compared to the past two Decembers. However, our December 2009 sales were up about 9% over December 2008 in categories unrelated to weather. For example, our housewares department was up 10% over last year, which was a record for that department.

I cannot isolate the factors or precisely quantify what Buy Local Moscow does for us, but I have no doubt that this continual, on-going, organized effort to raise the consciousness of the population to the benefits of spending their money with locally-owned businesses is very beneficial to our company."

► Heather Alexander, Licensed Massage Practitioner: "Now people want to buy locally, and when they decide to spend locally for the holidays, they turn towards the idea of giving local services as gifts. I sold twice as

many massage gift certificates for the holidays in 2009 than in 2008."

► Kenna Eaton, General Manager of the Moscow Food Co-op: "December sales in 2009 at the Co-op were about 7% better than in 2008. There are many factors that might account for this, including Buy Local Moscow, which has increased citizens' awareness. It's really hard to know how much direct impact the Buy Local campaign has — it's impossible to separate out the variables — but I think the cumulative effect has helped people realize the value of supporting local businesses and has improved our sales."

► Arlene Falcon, owner of TyeDye Everything: "Our store sales increased by 48% from December of 2008 to December of 2009. One reason for that growth is that tie-dye is becoming more popular. Another is that shopping locally is both a national and local trend. I heard repeatedly from my customers that they were making a conscious choice to shop locally."

► Louise Todd, co-owner of Mikeys Greek Gyros: "We saw a dramatic increase in sales over the holidays. Our per day sales in November and December of 2009 increased by 37% over 2008. We've been in business for

30 years and I think many of our customers see Mikeys as a comfort spot. So they come back. In addition, there are an increasing number of customers who want to support local retailers, and that is due to the impact of Buy Local Moscow and the national movement it represents."

Those local results were in line with a nationwide survey from the Institute for Local Self-Reliance (www.ilsr.org) released January 14, 2010. Nationally, according to that survey, locally-owned independent businesses outperformed the average retailer in sales during 2009 holidays, with the independents gaining 2.2% in sales, and the average retailer dropping 0.3%, in December. In addition, those locally owned businesses in communities with active Buy Local campaigns fared best. Independent retailers in these communities reported an average increase in holiday sales of 3.0%, compared to 1.0% for those in cities without an active Buy Local initiative.

More than 100 Moscow-based independent businesses, including the Co-op, have joined Buy Local Moscow since its founding in 2006. More information is available on the website, www.buylocalmoscow.com

Price Shopper: Cleaning up our Act!

By Joe Pallen and Amy Richard, Newsletter Volunteers

We have had a great time doing the price shopper article. We've planned many wonderful dinners and last month's romantic dinner turned out, well, romantic. One department we haven't explored yet, though, is the Health & Beauty Department, which is maybe why people have been avoiding us the last few months out shopping! We figure it is about time we get a list together for the whole family and get back on the personal hygiene track. The challenge was finding another store



that carries the products we were looking for: natural organic soaps and shampoos, natural lotions and toothpaste, chemical- and aluminum-free deodorants, multivitamins and EmergenC packets. We found that

Huckleberries in Rosauers had a good selection of products on the list we put together (see chart), so we were off to see which would give the best bargain. After filling our baskets and comparing the prices, the Co-op again had come through. We are now healthier, cleaner, and have a little more money in

ITEM	Co-op	Rosauers	Difference
Burts Bees Milk and Honey lotion	\$9.99	\$9.19	\$0.80
Burts Bees Hand Salve	\$2.49	\$2.39	\$0.10
Natures Gate Papaya Moisturizing Lotion 18 oz.	\$8.19	\$9.49	-\$1.30
Kiss My Face Lotion Vitamin A&E Lotion 16 oz.	\$10.19	\$11.39	-\$1.20
Aura Cacia mineral bath salts Heart Song	\$2.65	\$2.99	-\$0.34
Avalon Organics Lavender Liquid Hand Soap	\$5.99	\$7.59	-\$1.60
Kiss My Face 8 Oz. Bar soap	\$3.49	\$3.69	-\$0.20
Sappo Hill Bar Soap	\$1.75	\$2.19	-\$0.44
Dr Bronners Bar Soap	\$3.65	\$3.79	-\$0.14
South of France Bar Soap	\$5.09	\$5.59	-\$0.50
Jason Tea Tree Deodorant Melaleuca	\$5.99	\$5.79	\$0.20
Natures Gate Organic Deodorant	\$5.15	\$5.69	-\$0.54
Toms Deodorant	\$6.35	\$5.99	\$0.36
Avalon Shampoo	\$8.19	\$8.99	-\$0.80
Nature's Gate Jojoba Shampoo 18 oz.	\$5.15	\$5.99	-\$0.84
Nature's Gate Toothpaste Crème de Mint 6 oz.	\$4.29	\$4.99	-\$0.70
Jason Powersmile Toothpaste 6 oz.	\$5.99	\$7.29	-\$1.30
Burts Bees Lip Balm Vitamin E & Peppermint	\$2.99	\$2.69	\$0.30
Emergency C Super Orange Box/30 Vitamin C	\$12.99	\$13.79	-\$0.80
Just Once Men's One Energy Multivitamin #90	\$24.79	\$26.29	-\$1.50
Totals	\$125.37	\$136.61	-\$11.24

our pockets. We ended up saving \$11.24. Oh, and since we have been approached by friends and

strangers alike saying, "Hello." It is nice to be noticed again!



More Choices For Gluten-Free Diets

By Peg Kingery, Chill and Frozen Buyer

As a buyer, one of my greatest challenges is finding good-tasting products for people who suffer from food allergies. I stress good-tasting. Since I'm lactose-intolerant, my continual quest is to find dairy substitutes that satisfy my craving for milk-based products and make my taste buds smile. I feel the same about foods marketed towards those who struggle with other types of allergies.

Lately, I've been seeing an increase in the variety of products geared towards people with sensitivities to gluten. Gluten is a protein found in wheat, barley, rye, and sometimes oats. It binds bread dough and gives the finished loaf a chewy texture. The symptoms of a gluten allergy range in severity from person to person. She might break out in

hives; suffer abdominal cramps, nausea, or vomiting, or develop asthma. Severe allergies could be life-threatening. Gluten intolerance, also known as Celiac Disease, is a hereditary disorder that affects the immune system. When gluten is eaten by someone with this condition, the mucosal lining of the small intestine is damaged so that he cannot absorb needed vitamins and minerals. In both cases of gluten sensitivity, the only treatment is to remove gluten completely from the diet.

But how does a person do that without giving up foods she loves or compromising on how the food tastes?

The Co-op's shelves are filled with products made with gluten-free ingredients. With many of the ones I've tried, I couldn't

even tell there wasn't any wheat in them. Our gluten-free choices are mixed in with the wheat-containing products but are prominently labeled. In addition, at the end of each aisle, there is a list of all the gluten-free products available in that aisle.

In the past few months, the Co-op has added several new products that we buyers were really excited about. Give these a try!

For those with a sweet tooth:

- ➔ Mary's Gone Crackers gluten-free cookies
- ➔ Annie's chocolate and vanilla gluten-free bunnies
- ➔ Legacy Valley silver dollar gluten-free cookies
- ➔ Zing bars
- ➔ lmond Dream frozen almond milk dessert

For those who like to bake:

- ➔ Gluten Free Mama baking mixes
- ➔ Bob's Red Mill gluten free baking mixes

For breakfast lovers:

- ➔ Ancient Harvest quinoa flakes
- ➔ Glutenfreeda gluten-free oatmeal
- ➔ Legacy Valley gluten-free rolled oats
- ➔ Bob's Red Mill gluten-free oatmeal and hot cereal

For those who like to cook:

- ➔ Lundberg's gluten-free pastas
- ➔ Lundberg's gluten-free risottos
- ➔ Lundberg's gluten-free brown rice couscous
- ➔ Annie's deluxe gluten-free macaroni and cheese

Where's the Beer and Wine?

By Bill London, Co-op Newsletter Volunteer

On February 1 and 2, you could not buy beer or wine at the Co-op. The shelves were bare. The staff took away all the alcoholic beverages.

The reason was a small bureaucratic glitch. Idaho requires that all sellers of beer and wine have their fingerprints on file. For the Co-op, that means that the members of the Co-op Board of Directors must all get fingerprinted.

The board members all got fingerprinted, but one set of prints was delayed (the simple explanation for a much more complex issue) and the Co-op was forced to empty the shelves.

On February 3, the paperwork was finalized. The beer and wine returned.

All of the board candidates have agreed to get fingerprinted if they win election to the board.

Preserve and share your family history.

- Photo restoration
- Enlargements
- Photos to CD or DVD
- Life story interviews
- Video memorials



- * Free project consultation
- * Reasonable rates

Marsha Kay Schoeffler
www.marshaquesera.com
208-596-1836

Healing Point LLC

Chinese Medicine Clinic
Lauri McKean, LAc • Meggan Baumgartner, LAc

Holistic health care featuring acupuncture, Chinese herbs and therapeutic bodywork.

Call 208-669-2287 or visit www.healingpt.com for more information.

- Discounts for Co-op members
- Services covered by many insurance companies



Essential Living Class



Co-op member Sueann Ramella feeds her feathered friends.

Down-sizing and Up-skilling : Backyard Chickens 101 Sunday, March 28, 10am-12pm

So, you are thinking about getting some laying hens but don't know anything about chickens. This is the class for you. We will cover a range of topics including:

- Coops (shelter) and fencing
- Feed, including making your own
- Space requirements
- Health, including herbs that treat specific diseases
- Moscow ordinance on chickens and other backyard fowl (recently updated)
- Weather (when it is 8° outside or 103° in the shade)
- Breeds that do well in our region
- Pros and cons.....otherwise known as the reality check

I will have some handouts but participants will want to bring a journal and pen to write notes. Class is limited to 10 participants, and it will be held rain or shine at my home in Moscow.

The instructor **K. Sequoia Ladd** is a permaculture practitioner and herbalist.

This class is free and, due to limited space, is for Co-op members only. Sign up by emailing outreach@moscowfood.coop; we'll send you directions to Sequoia's house for the class about a week beforehand.



SUGGESTION BOX

I would like to see a product called "The P Style" carried here. It allows women to pee standing up. It works!! And it allows for sustainability because you don't need to use toilet paper every time you use the bathroom. It also means that we (women) don't have to sit on dirty toilets! —Emily

Wow! This product looks pretty handy for those of us who may need to go in some inopportune places at times. I looked in to this product and noticed that the company really promotes this product for the outdoor enthusiast who might be wearing not-so-easy-to-remove clothing as well as for travelers having to go in some undesirable toilets. Thanks for the suggestion, and look for assorted colors on our shelves soon! —Amy Lucker, Co-op Wellness Manager

The sausage pockets are tasty, but I couldn't taste sausage. It was like a veggie pocket. I like the chunky sausage ones. Thank you

Sometimes the sausage is broken down so much that you may not actually get the large chunks. I've passed this feedback onto the cooks. —Annie Pollard, Kitchen Manager

Please go back to bulk feta cheese. Lately the smallest I can find is 1/2 pound or more. I can't use all that before it goes bad! I loved being able to get just a little-1/5 pound or so. Help!

We began packaging the feta because of health and sanitation concerns regarding the bulk feta. We do aim to package a variety of sizes of feta, from 1/3 to 3/4 pound. Feta can usually last for weeks in the fridge, stored in its own brine. It can also be successfully frozen, with only a slight change in its texture. To freeze, wrap loosely drained blocks of feta with plastic wrap and place in airtight containers or resealable plastic freezer bags. When ready to use, defrost feta in the refrigerator. —Annie

You can't stop carrying pitted kalamata olives!!! My pizzas protest loudly. Please bring them back. Also, how about a members-only cheese tasting?

We have never stopped carrying pitted kalamata olives. They are our most popular variety. As they are so popular we do occasionally run out of them. If you want

ed to be certain that we would have them when you came in, you can call ahead and special order some. —Annie

We were very disappointed that you did not carry the Wallace and Gromit Wensleydale cheese this year.

I am sorry to hear that you were missing it. Based on how slowly it sold last year we felt confident in bringing in a variety of other seasonal cheeses. Hopefully you were able find another holiday variety that pleased you. In the future, if you want a cheese that we do not stock, we may be able to special order it for you. Thanks for your feedback. —Annie

I love the plants in the deli seating area. They do a lot for the general atmosphere.

Thanks! The kitchen staff got together one summer afternoon and planted them to help beautify our seating area. —Annie

Please, please, please offer soy cheese at the sandwich bar for those of us who don't eat dairy. We use it at home all the time and it melts just fine. Thanks!

The reason that we do not keep soy cheese at the sandwich bar is that there is very little demand for it and we end up throwing away a high percentage of it. We are going to give it another try and will be offering it on the menu in March. If it is popular enough that we are not wasting a significant portion of it, we can continue to offer it. However, if the demand is not there, we will remove it from the menu. —Annie

It is discouraging that there are so few options available at your deli (and throughout your store) for those people who need to restrict carbohydrate consumption (sugars, grains, processed grains). Sweetening something like oatmeal with something like apple juice or brown sugar is just another way to give your blood sugar a big spike, whether it is a natural sugar or not, it is still a concentrated form of sugar. If you are going to offer something like oatmeal for breakfast, why not have the dangerous sugars on the side, not cooked into it. I am tired of Kale Slaw being the only thing I can eat from your store. You are considerate of vegans, vegetarians, and those who can't eat wheat. Why do you ignore the dietary needs of diabetics and pre-diabetics. Please

no added sugar and reduce your over reliance on processed grains. Definition of dangerous carb = anything that breaks down into glucose or fructose, whether it is from natural source or not, i.e. starches and sugar. Apples contain fiber that slows absorption- juice does not.

In response to your feedback, we have taken another look at what we offer from our kitchen. For the most part, we do offer a range of items that would be in compliance with a diabetic or pre-diabetic diet. Here is an example of the items that were available during one week in January that would work for that sort of diet: Chipotle Chicken Salad, Marinated Winter Salad, Red Curry Tofu, Mega Omega, Emmer Farro Salad, Turkish Garbanzo Salad, BBQ Tofu, Tamari Garlic Tofu, and Kale Slaw. We also have tossed green salads, sliced natural meats, hard boiled eggs, and a variety of legume spreads in the Grab & Go available at all times. On the days that we make hot cereal, we are now cooking it simply with water and offering sweeteners on the side. —Annie

It is way too hot in the store this winter. As a biker wearing boots, etc, I am sweating even after I take off all the layers I have. A difference of 5 degrees would save energy and make shopping more enjoyable. —Kate

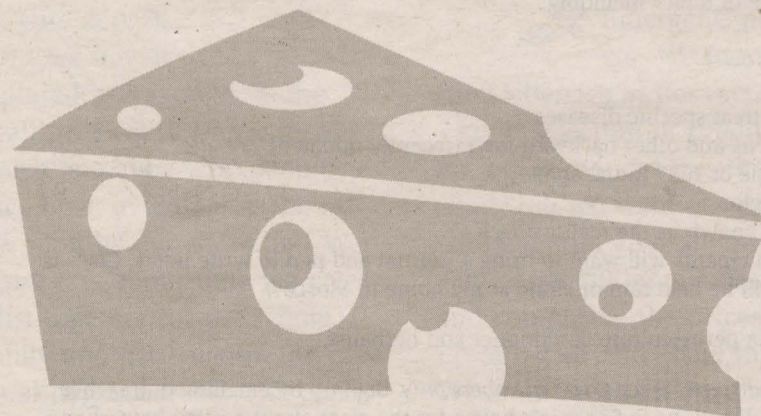
When I received your comment, I checked the temperature in three locations in the store; 70, 71 and 72 degrees. That range is pretty normal for us in the winter. In the summer, the center of the store is usually around 74 degrees with a bigger difference in different parts of the store. I understand that something near 65 degrees might be more comfortable to you, but it would be chilly for people seated in the Deli, most shoppers coming in from their cars or from walking, and most of our employees. I think a winter temperature on the sales floor of near 70 degrees is about right. —Steve Kobs, Store Manager

I am concerned about the use of computerized membership cards at the Co-op. It does not match with many people's values to have their purchases tracked. Frankly, it is an attack on civil liberties to not give member an "opt-out" possibility. The Co-op needs to find an option for those members who object to having their shopping tracked.

A possible solution would be to provide cashiers with a no-name membership card where purchases can be pooled and therefore not linked to individual names.

Having a Breakfast with the Board scheduled with this topic would be useful. —Nora

There was a lengthy debate about these issues preceding and during the February meeting of the Board of Directors. The no-name membership option was discussed. The Board voted to accept the recommendation of the General Manager that members who wish to receive member pricing, a volunteer or employee discount (if eligible) or have their purchase count towards a possible patronage refund must have their transaction connected to a spe-





SUGGESTION BOX

cific member number. Members concerned about privacy need not use their member number for purchases (their name would not be connected to the transaction if they paid with cash). However, they would also not receive any member benefits if the transaction is anonymous. I think there are Directors who are considering some new policies about privacy that could shape future practices. The last I heard, there is a Breakfast with the Board scheduled on this topic. There are some related articles in this issue of the newsletter. —Steve

I finally did make it up on Sunday to pick up the case of Ezekiel penne and I wanted to say thanks for ordering it for me. I also wanted to let you know how much I enjoyed shopping at the Co-op. Here in Lewiston I only have Rosauer's to utilize and both my friend, Cindy, & I were pleasantly shocked at how much cheaper the very same items were at your store. We both did a little damage to our checkbooks & both became members. We'll be up at least once a month to stock up and I've been letting everyone I know all the great things I was able to buy. We may have a full car next trip!! —Janice

Thanks for taking the time to tell us

about your positive shopping experience here. We are pleased to have you both as members and look forward to serving you in the future. —Joan, Grocery Manager

What is needed to start a food co-op in Lewiston-Clarkston? I need your help!!!!

—Lorena

I will call you to chat about the resources that are available from the National Cooperative Grocer's Association who want to start 500 new grocery cooperatives in the United States. Their website is foodcoop500.coop. The Moscow Food Co-op does not have any plans to start a second store. —Steve

Is there a list of member sale items available anywhere? The website, posted in the store, on a printed handout or in the newsletter? —Barbara

Thank you for your comment and taking the time to talk with me on the phone. The main idea you had was to have some sort of list or poster at the entrance of the Co-op with member specials so that it might stimulate current members to buy things at that special price and encourage non-members to join so they could get that price too. Our Grocery Manager, Joan, says we used to have some list available,

but dropped it when the format of the sale data we received changed and was time consuming to make it readable. We also were not sure it was that valuable. At my old store, we made a weekly flyer. I think it was moderately effective, but was also time consuming to produce and created more paper. We will try putting something up and see how much time it takes and if anyone notices. —Steve

Bagels: What a great addition to the baked goods case! Can you please add whole-wheat bagels to the selections?

Thanks! —Kathleen

Thank you for the comment! We are experimenting with the recipes to come up with a whole-wheat, or at least a half whole-wheat bagel and get those out for you as soon as possible! —Kiley, Lead Bread Baker

PALOUSE REPORT: Poolside Palouse

TIRED OF WINTER?

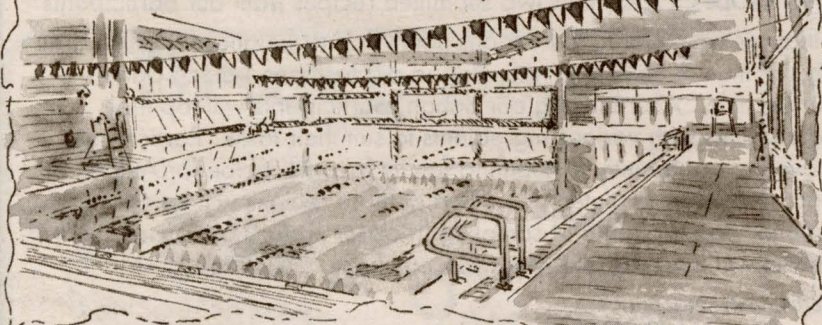


THERE ARE POOLS ON THE PALOUSE

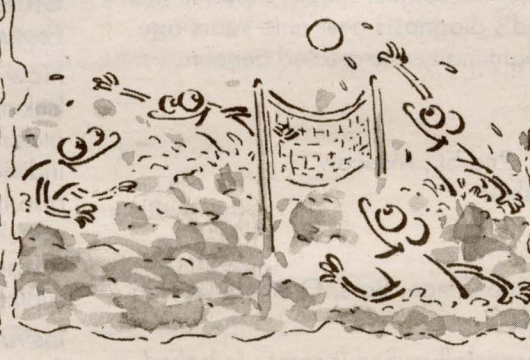


WHERE YOU CAN MAKE-BELIEVE IT'S SUMMER YEAR-ROUND.

THE WSU REC CENTER HAS FLOOR TO CEILING WINDOWS FOR THAT SUNSHINEY FEELING,



A SHALLOW POOL FOR VOLLEYBALL TO PRETEND YOU'RE AT THE BEACH



AND A HOT TUB FOR DREAMS OF HIKING TRIPS AND HOT SPRINGS.



FOR THAT BIKINI-READY BODY, THERE ARE SEVERAL POOLS FOR LAP-SWIMMING



OR FOR GROUP ENTERTAINMENT - YOU CAN TRY WATER AEROBICS.



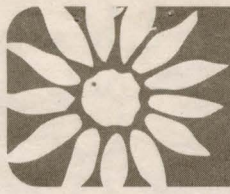
LET THE FUN BEGIN!

CHECK OUT WSU, U OF I, PULLMAN AQUATIC CENTER + GRITMAN COMMUNITY WELLNESS FOR LAP SWIMMING AND/OR WATER AEROBICS.

WWW.FROGBLOG-ACARTOONDIARY.BLOGSPOT.COM

© ANNA BREWER

MARCH 2010



Hit by a Farm: Good Food Book Club March Read

By Colette DePhelps, Good Food Book Club Volunteer Coordinator

What do you do when your partner decides she wants to be a farmer? Catherine Friend's answer changed her life forever. In her book, *Hit by a Farm: How I Learned to Stop Worrying and Love the Barn*, Friend tells how she and her partner became sheep farmers. Entertaining, honest and insightful about the personal grit it takes to start, and keep, farming, this book is the Co-op's Good Food Book Club March read. Discussion of the book will take place March 21 from 3-5 p.m. in the back room at Sister's Brew Coffee House on Main St. in Moscow.

A children's book author, two generations removed from the farm, Friend surprised herself

when she agreed to support her partner's lifelong dream to become a farmer. In this memoir, Friend humorously chronicles their journey into farming, their first two seasons as shepherds and how they navigated, sometimes more successfully than others, the personal, relationship and professional challenges that came with farming.

After buying 53 acres, building a house, buying 50 ewes, chickens, and other poultry, Friend came to realize "the only safe places to go, where nothing was required of (her) was the refrigerator, or the public library, or (her) mom's house." She also realized that what is true of canoeing is true of farming ... you can't have "two Captain

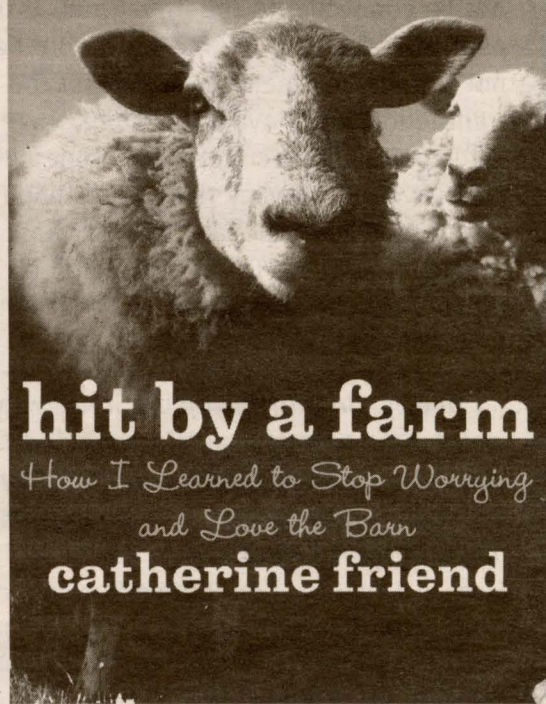
Kirks in the canoe." Ultimately, Friend is able to see how both she and her partner can live their very different dreams and still love the farm and each other.

Hit by a Farm is available at BookPeople of Moscow, where Book Club members receive a 20% discount.

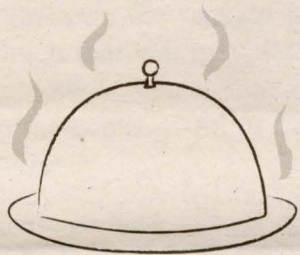
Mark your calendar and join us for a great book discussion Sunday, March 21, from 3-5 p.m. at Sister's Brew on the corner of 3rd and Main in the heart of downtown Moscow.

"A sweet and funny book in the classic 'Hardy Girls Go Farming' genre, elegantly told, from the first two pages, which are particularly riveting for the male reader, through the astonishing revelation that chickens have belly-buttons and on to the end, which comes much too soon. It has dogs, sheep, a pickup truck, women's underwear, electric fences, the works."

-GARRISON KEILLOR



hit by a farm
*How I Learned to Stop Worrying
and Love the Barn*
catherine friend



What's Cookin'!

Spring 2010 Cooking Classes

Gluten-Free Savory Baking

Featured Recipes: Popovers, Granola & Crepes

Avoiding gluten can be challenging especially when it comes to baked goodies. Drawing on her family's tried and true gluten free recipes, Angela will demonstrate techniques to work with gluten free batters and doughs that do not act like their gluten-filled counter parts. Using a variety of flours such as teff, soy, amaranth and sorghum, our savory menu will feature baked goods to supplement your gluten free meals: popovers, granola, crepes, irish soda bread & a GF Bisquick mix. So join us for some gluten free baking that will enhance your baked products as well as the nutritional quality and variety of your cooking repertoire.

Instructor: Angela Bunce, previous winner of the Moscow Food Co-op gluten free baking contest, adopted gluten free cooking for her family when her husband was diagnosed with celiac disease. As a registered dietitian, she specializes in gluten intolerance, seeing individuals for nutrition consultation at Tri-State Memorial Hospital in Clarkston. She loves to talk about celiac disease and is the subject's local expert in this field. She will share how her husband's diagnosis over nine years ago has not limited their lifestyle, but brought many unexpected benefits.

Date: Wednesday, April 7th

Time: 5:30pm-7pm

Place: UU Church's basement, 420 E. 2nd St., Moscow

Cost: \$24; register w/ any Co-op cashier

Gluten-Free Sweet Baking

Featured Recipes: MFC's Chocolate Chip Ginger Bars, Oatmeal Cookie Bars, Pie Crust & Crustless Pumpkin Pie

Avoiding gluten can be challenging especially when it comes to baked goodies. Drawing on her family's tried and true gluten free recipes, Angela will demonstrate techniques to work with gluten free batters and doughs that do not act like their gluten-filled counter parts. Using a variety of flours such as teff, soy, amaranth and sorghum, our sweet class will feature baked goods to tempt your sweet tooth: pie crusts & crustless pies, oatmeal cookie bars, the Moscow Food Co-op's own chocolate chip ginger bars, apple betty & merigues. So join us for some gluten free baking that will enhance your baked products as well as the nutritional quality and variety of your cooking repertoire.

Instructor: Angela Bunce

Date: Wednesday, April 14th

Time: 5:30pm-7pm

Place: UU Church's basement, 420 E. 2nd St., Moscow

Cost: \$24; register w/ any Co-op cashier

Indian Cuisine

Featured Recipes: Seenk Kabob (ground beef on skewers w/ mint chutney), Shrimp Malai Curry, Bell Pepper Medley, Daal (seasoned pink lentils) & Rasmalai (ricotta cheese desert flavored w/ cardamom & rose water)

Quench your desire for authentic, meat-based Indian dishes in this first-ever non-vegetarian Indian Cuisine class. Sample the aromas of Geeta's Indian kitchen, where curries are made with a variety of rich spices and not just lifeless curry powder. We'll start the meal with delicious beef kabobs served with mint chutney, move on to a course of rice with that all-important Indian staple, Daal, topped with a bell pepper medley, followed by a main course of silky shrimp curry made with coconut milk and fragrant spices, and finish on a sweet note with Rasmalai.

Instructor: Geeta Dutta started experimenting with Indian cooking when she could not find authentic Indian dishes like she remembered even in the best Indian restaurants in this country. Her family had no written recipes, so after many phone calls, emails & refining cooking sessions she created a cookbook and will share some of her family's favorite dishes in this class.

Date: Saturday, April 24th

Time: 4pm-6pm

Place: UU Church's basement, 420 E. 2nd St., Moscow

Cost: \$24; register w/ any Co-op cashier

Gluten-Free Conversion Pizza Party!

Featured Recipes: Pizza, plus two submitted recipes from our participants

Now that we've explored the various flours and techniques for gluten free baking, it's time to celebrate with a good old fashioned pizza party-gluten free style. After making our dough, participants will top their individual slices with various ingredients to suit their taste. Participants also have the opportunity to submit a family favorite recipe for Angela and our class to convert to gluten free. Two of these recipes will be chosen in advance for preparation and sampling in class. Instructions for recipe submission will be available when you purchase your ticket.

Instructor: Angela Bunce

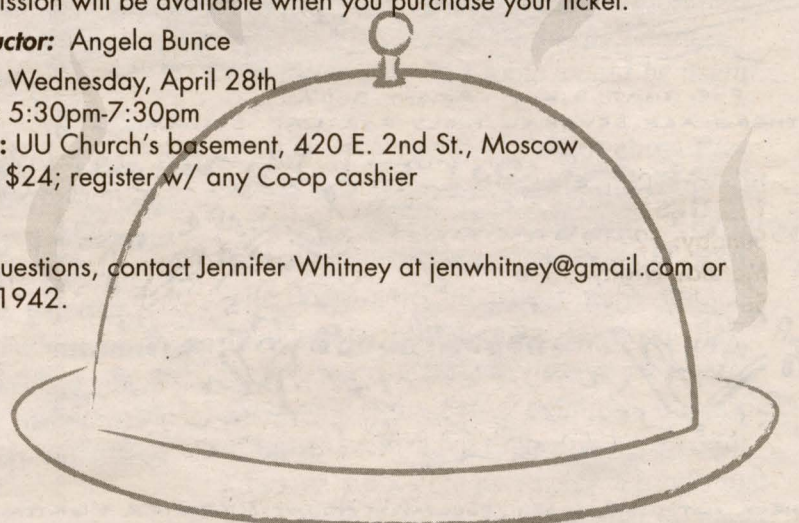
Date: Wednesday, April 28th

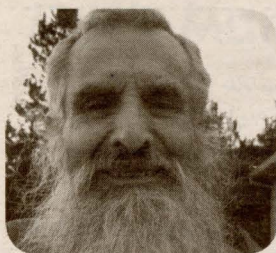
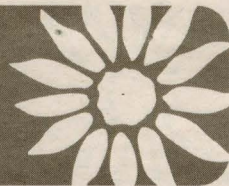
Time: 5:30pm-7:30pm

Place: UU Church's basement, 420 E. 2nd St., Moscow

Cost: \$24; register w/ any Co-op cashier

For questions, contact Jennifer Whitney at jenwhitney@gmail.com or 882-1942.





Board Candidate May Not Sue Co-op

By Bill London, Co-op Newsletter Editor

Cass Davis is one of the seven candidates running for the Co-op Board of Directors in this month's election. He was a Co-op employee, working in the Produce Department for two years, until the fall of 2009.

I called Cass on February 10 to ask about rumors that he was suing the Co-op.

Cass disagrees with the Co-op about virtually everything regarding the end of his employment and he is moving forward on three legal fronts against the Co-op.

First, Cass has filed a complaint with the Equal Employment Opportunity Commission (EEOC), a federal administrative commission that oversees fairness in hiring and firing. The complaint has not yet been decided by the commission.

Second, Cass applied for unemployment compensation from the Idaho Department of Labor. His claim was denied by the Moscow office and he appealed that decision to the Department of Labor administrative judge. That judge upheld the Co-op position and denied his appeal. Cass told me he will appeal again to the next level within the state bureaucracy.

Third, Cass is planning a civil suit for wrongful termination, as he warned the Co-op Board at a recent meeting. He told me that if he is elected to the board, he would not sue the Co-op during his tenure. Cass said, "I won't

sue a board I sit on, and would only sue the Co-op if I step down from the Board."

However, Cass noted that he will be continuing both the unemployment claim appeals and the EEOC complaint, and that he "will sue if I can find no justice anywhere else."

Cass stressed that his goal in both running for the Board and pursuing these legal complaints was to remake the Co-op. "What I want is systemic change," he said over and over again. He explained that the systemic change he proposes will dismantle the employment structure at the Co-op to eliminate the authority of management.

These legal challenges are all unprecedented in the Co-op's 36 years of operation. No person has ever filed a complaint with the EEOC against the Co-op.

No person has ever successfully appealed an unemployment claim against the Co-op. No person has ever actually sued the Co-op. And certainly, no person ever talked publicly about suing the Co-op while running for the Co-op board.

I repeatedly told Cass during our interview that the Co-op newsletter would publish his opinion or perspective. Cass said that he would not be writing

anything for the newsletter in the near future.

Bill London did not research and write this article representing the Co-op or the Co-op Board or Co-op management. Instead, he wrote the article as a Newsletter Volunteer hoping to provide Co-op members with relevant election information, and takes full responsibility for its accuracy.



Cass Davis

Moscow Food Co-op

Board of Directors Election 2010

Absentee Ballot

The Moscow Food Co-op Board of Directors Election takes place in the store, using paper ballots, from March 25 to April 4, 2010.

Anyone who has a current, paid Co-op membership as of February 28, 2010 may vote. One vote per membership, including shared memberships. Ballots must include the member's full name and address to be valid.

Any eligible voter may use this absentee ballot in lieu of voting in-store. Absentee ballots can be mailed to **Moscow Co-op Elections, c/o Kay Keskinen, PO Box 8584, Moscow, ID 83843-1084**; mailed ballots must be RECEIVED by **April 1, 2010**. Absentee ballots can also be dropped in the ballot box in the store, from March 1 until noon on April 4.

There are 4 open seats and 7 candidates. Please vote for no more than 4 candidates.

- Andrika Kuhle
- Jamie Bentley
- Kimberly Vincent
- Mark Mumford
- Donal Wilkinson
- Cass Davis
- Gary Macfarlane

Member Name _____

Member Number (on the back of your membership card) _____

Member Address _____

Brused Books



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

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

509-334-7898
 235 E. Main
 Pullman, WA 99163



Voting for the Co-op Board of Directors

by Dena Neese, Co-op Board member

The Co-op Board of Directors election takes place from March 25 through April 4 in the Co-op. Four seats are open this year, with seven candidates running. We are again publishing the candidate statements in March's newsletter for you to read before you vote. Why is your vote important? Only a very small percentage of members usually vote (under 4%), even though the Board represents ALL 5000+ members and makes important, strategic decisions that impact the Co-op's future. Having a Board that represents our membership is one of the Co-op's defining principles — please participate in electing those you want to represent

YOU!

Important Election Information:

Voting — Voting begins on Thursday, March 25, at 5:30 p.m. and continues through Sunday, April 4 (ending at 4 p.m. in store, but there will be voting at the Membership Meeting at 1912 Center from 4–6 p.m.).

During this timeframe, voting tables will be open at the Co-op during most business hours.

Candidate Forum — Want to learn more about the candidates? All candidates will be at the Candidate Forum in the Co-op Café from 5:30–7:30 p.m. on

Thursday, March 25, to answer prepared questions (they will not receive questions in advance) as well as questions from any members.

Membership Meeting — All candidates will be at the Membership Meeting in the Great Room of the 1912 Center on Sunday, April 4, from 4–6 p.m. (and yes, this is Easter . . . we didn't realize this when scheduling the event). Candidates will speak and answer your questions, plus the Board will present the Co-op's 2009 Financial Report, as well as committee updates and goals for 2010. You may cast your vote at the Membership Meeting. Food

and drink will be provided.

Who can vote? Anyone with a current, paid Co-op membership as of 2/28/2010 may vote. One vote per membership, including shared memberships.

Won't be in town during the election? See absentee ballot and instructions in this issue!

If you have questions about the elections, contact Dena Neese at denaneese@gmail.com

Jaime Bentley:

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

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

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

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

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

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

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

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

What do you see as



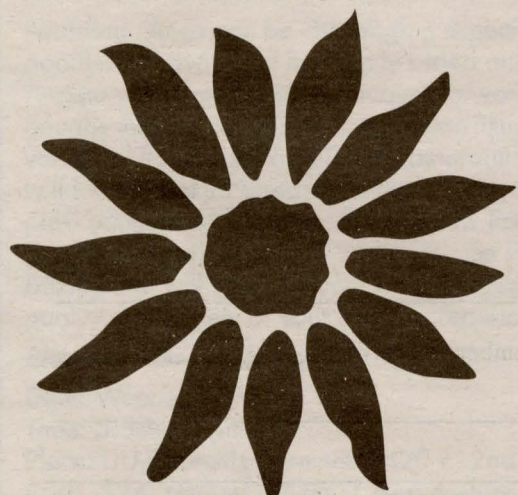
the purpose of the MFC Board? Explain the main differences you see between the Board's responsibilities to the co-op and management's responsibilities to the Co-op?

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

tive.

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

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

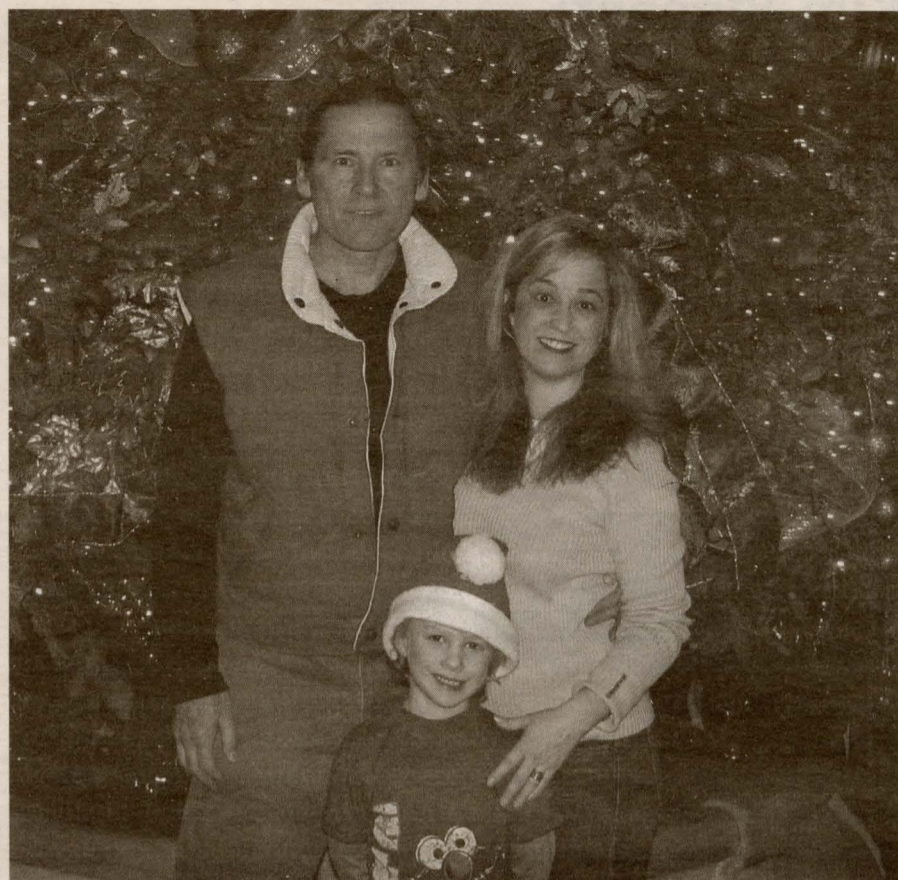




Mark Mumford:

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

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



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

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

Donal Wilkinson:

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

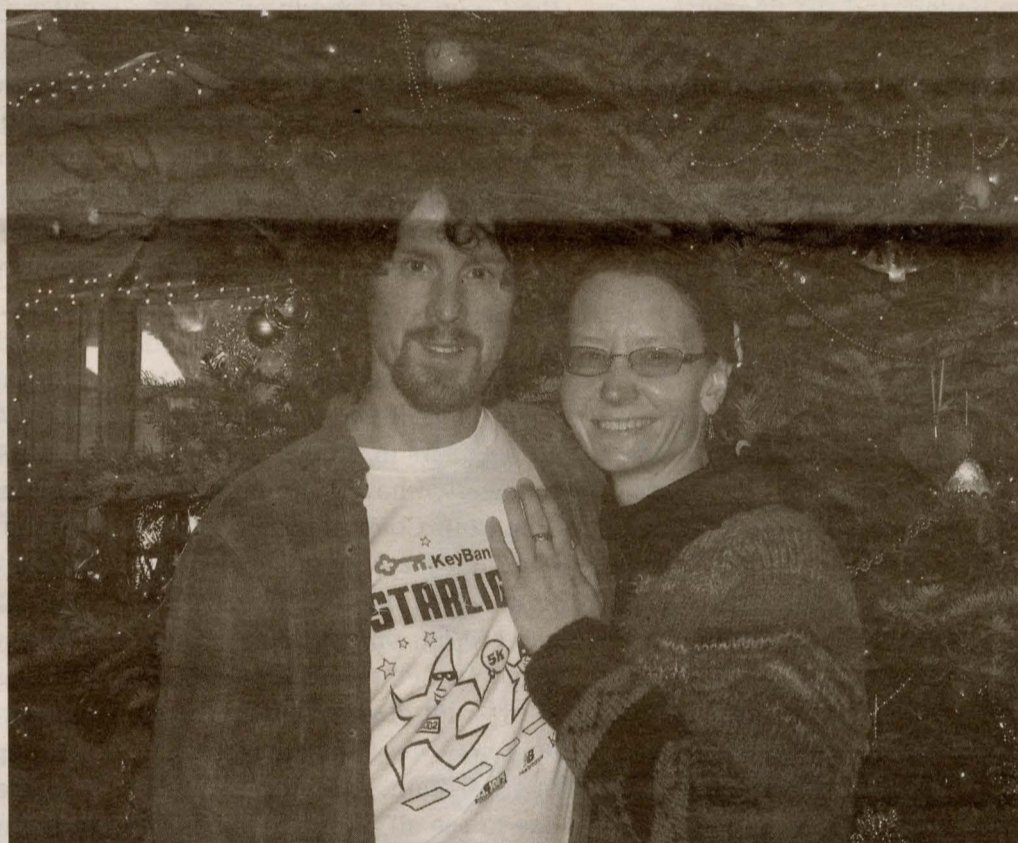
I am running for my third term of the Board of Directors. I have been on the board for the biggest growth period in the Co-op's long and storied history. I have served as the chair of three committees (Membership, Elections, and now the Professional Development committee). I have also served on the Board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

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

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

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

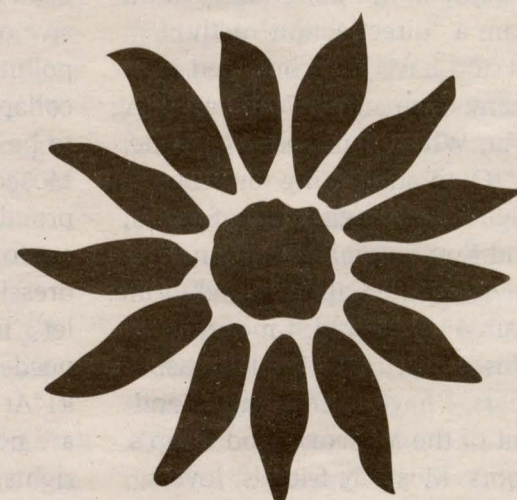
I am currently the Executive Director of the non-profit Adventure Learning Camps. We take children and families on wilderness trips all over the west. My other job is working for the Safe and Drug Free Schools Office at Moscow School District where I work with Jr, High and Sr. High school students in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

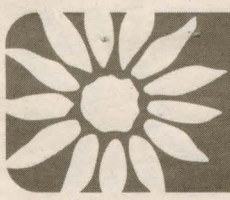


who need more one on one adult time. In my off time I volunteer to be on the board of directors of Audubon, and the Latah County Youth Advocacy council. 100% of my time is spent making our community and the world a better place for all of our children - they are our future.

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

3010 or donalwilkinson@yahoo.com.





Kim Vincent:

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

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

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

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

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

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



ment selects the products.

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

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

Cass Davis:

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

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

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

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

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

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



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



Andrika Kuhle:

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

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

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

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

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

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

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



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

Gary Macfarlane:

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

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

decisions.

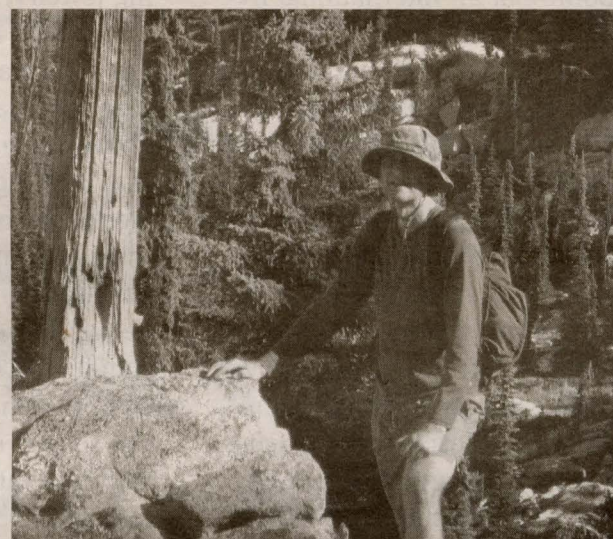
I have served on the MFC Board for one term and would like to serve one more. I believe that my past service on the board and my experience as an employee of the Co-op give me unique insight into the history of Co-op and how it functions. My long-standing environmental organizing and advocacy have taught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

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

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

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

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



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

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



Staff Profile: Melissa Obenchain

By Amy Newsome, Newsletter Volunteer

This month's interview came about from a recommendation from a couple of the cashiers. They both agreed that Melissa would be great to interview because of her interesting travels and unique skill. So one day I settled in with Melissa, ready to hear her tales. I wasn't disappointed.

Melissa began work at the Co-op about three years ago as a deli-server, and became a cashier about a month ago. Her life began ordinarily enough, being born and raised in Boise. Always an animal lover, she began pre-vet studies at the University of Idaho after high school. She studied for a couple years, over which time she became disenchanted with the program's emphasis on agricultural animals. To give herself some time and space in order to redefine her direction, she went abroad to teach English. Her first four-month stay was in India, her second was in Thailand. In both locations, she lived in rural villages with primitive accommodations. It was in India around a bonfire at an international living community that she began to learn the art of fire dancing. Fire dancing was something she had seen in the states but hadn't tried.

"The first time someone handed me a lit torch and I spun it a few times, I was hooked."

A gymnast from ages 3 to 15, Melissa has always been physically expressive. At Spectrum Dance in Moscow, she teaches fire dancing and is also learning belly dancing. She will be in her fourth Dancers, Drummers, and Dreamers performances this



"It was in India around a bonfire at an international living community that she began to learn the art of fire dancing."

March. Melissa also enjoys making jewelry, most often with natural stones and beads. When we met, she was wearing a beautiful piece she had made (see photo above). She also enjoys painting, creating some small abstract works but mostly recreates large images from photographs from her travels.

With her experiences abroad, she developed a keen interest in environmental conservation so she set her sights on a degree in conservation biology. She returned to Idaho the summer before she was to start study in her new field. After living

so minimalistically for nearly a year, she found the prospect of moving back into a suburban Boise lifestyle unthinkable.

"I guess it was like reverse culture shock."

She contacted an old high school friend and fellow fire dancer who had been living in a teepee on an organic farm in Sandpoint.

"I guess you could say we were considered the crazy hippies at our high school in Boise."

Her friend encouraged her to come up for the summer to find work on an organic farm. So Melissa stuffed everything she could in her car and headed up. It took a little while to find a farm that needed additional help, so Melissa ended up living out of her car for a couple weeks. Before long though,

she met a farmer with 40 acres who had an unoccupied bus with a bed and stove that she could live in, in exchange for help on his farm. The situation was exactly what Melissa was hoping for. In the Fall of 2006, she once again began study at University of Idaho. She graduated last December with a Bachelor's Degree in Ecology and Conservation Biology. For her thesis she spent four months in Kenya focusing on how women's NGOs (non-governmental organizations) can help mitigate unequal resource allocation. In particular, she worked with the tree-planting group, Green Belt Movement, founded by Kenyan environmentalist and first African woman Nobel Peace Prize winner, Wangari Maathai.

Melissa isn't done traveling yet. She has begun the application process to serve in the Peace Corps.

"I've got 'itchy feet'. I'm willing to go anywhere where it's warm and rural, either Asia or Africa again would be great."

Melissa has been dating Jordan Purkpile, an employee of John's Alley, for about a year now. I asked if it will make leaving for the Peace Corps more difficult.

"Of course, it will be sad when I leave. But doing international work has always been my dream, and he's very supportive."

At the end of our interview, Melissa met up with Jordan. They headed up the alley together walking side by side, Jordan's arm around Melissa holding her close, for now.

Amy Newsome lives in Moscow with her husband of 20 years, Richard; their daughters, Haley, 15, and Jamie, 12; their terrier mix dog, Mitzy; and a new addition to the family, a black and white tuxedo kitty named Purrsephone or Purrsy for short.

Beads & Beading Kits

NOW AVAILABLE


PRICHARD ART GALLERY

414 S Main Street Moscow

Starting in March:
Beginning - Intermediate -
Advanced
Beaded Workshops &
Classes

With Artist
Jeanne Leffingwell

Information & Registration
208-882-7211



INTEGRATIVE MINDWORKS

April Rubino, CHT, RYT, EFT-ADV
(208) 882-8159

Clinical Hypnotherapy
Emotional Freedom Techniques
Yoga & Somatic Therapy
Reiki & other Energy Therapies

Offering private sessions, onsite or by phone,
group classes and workshops
and audio recordings

www.integrativemindworks.com

SPECTRUM II ART AND DANCE STUDIO

525 South Main St., Moscow, Idaho 83843
(208) 882-1445
ubdanceguru@msn.com
www.spectrum2studio.com

Offering art and dance classes for child through adult



SPECTRUM II EMBRACES THE JOY OF DANCE FOR ALL, FOR LIFE. JOIN US AND SMILE!

MOSCOW YOGA CENTER

525 S. Main. 208.883.8315

Current session ends March 12.
New Session begins
March 22 - May 14

Offering Beginning, Level 1, Level 2,
Level 3&4 and Gentle yoga classes.

View our schedule on line at:
www.moscowyogacenter.com





Local Producer: Virginia's Salsa

By Johna Boulafentis, Newsletter Volunteer

What's colorful, zesty and comes in a jar? Virginia's Salsa of course! Virginia Solis Durham, owner of Virginia's Salsa, has provided the Co-op with salsa since 2001 and tortillas for over a year. Her products are located in Grocery's open face cooler in the back of the store. Also, the Hot Bar and Deli use her tortillas for wraps, burritos, enchiladas, and the like.

Virginia's relationship with salsa and tortillas goes way back; let's just say it's in her genes. Virginia, born in Mexico, grew up near the Mexico/California border in the towns of Mexicali, Mexico and Calexico, California. As a member of a large family (she has six sisters and nine brothers), she started helping her mother cook at 11. She still uses her family's recipes. However, today, she uses organic shortening rather than lard in the tortillas and when comparing her mother's salsa to her own said, "I think mom's is hotter and needs more salt!"

Virginia's story in starting Virginia's Salsa is an interesting one. In 2001, when she worked as an Instructional Assistant for Special Education at Moscow High School, a coworker encouraged her to approach the Co-op about distributing her salsa. For years, the School's Environmental Club had been successful in selling quarts of it as a fundraiser for their "Turtle Trip" to Mexico. The Co-op agreed and she expanded her salsa, making into a business. Although she retired four years ago after 19 years at Moscow High, she continues to fundraise with the students and chaperone the trip. During the fundraiser, she appreciates watching students participate in the "salsa operation" from chopping onions to filling jars.

Virginia begins her workday in her commercial kitchen at around 4 a.m. Inside, surrounded by walls brightly colored with copper, green, and red, and accented with Mexican plates (purchased on the Turtle Trips), she creates her salsa and tortillas. Virginia enjoys being her own boss because she can "crank up the music" and get cooking. She cleans and chops the salsa ingredients by hand. She explained that having "good, hot chilies" is crucial to her



“Virginia's relationship with salsa and tortillas goes way back; let's just say it's in her genes.”

product. After cooking the chilies, her personal test for "heat" occurs. While cleaning the cooking container in hot water, she said "If it makes me cough, I know I gotta good chilies. It gets in your throat. It's just horrible, but it's good though." When the salsa is complete, her husband/taste tester, Mike, will let her know if it "has a bite."

For me, the tortilla making process sounded especially fun. Between flips of the tortillas, Virginia dances to the Oldies, she said it brings back memories of high school and being a dancer in a band. Her sister's boyfriend was her dancing partner and their group even performed during a Battle of the Bands contest on television. She still remembers the station in which it aired — Channel 11, Yuma. Although not on stage anymore, don't be surprised if you find her twirling around her kitchen with a broom.

When purchasing her products, you have options. The salsa comes in pints and quarts and the "Happy Tortillas" as she called them, come by the dozen or half-dozen. Be quick though, her products go fast, especially on the weekends and during holidays. In less than a week, customers Co-op up about 12 quarts and 22 pints of salsa, and about

10 dozens and 14 half-dozens of

tortillas. Daily, her husband Mike — you know, the taste tester — who works across the street from the Co-op, checks in to see if she needs to make more products. In exchange for his work, she makes him burritos for lunch.

Lucky for us Co-op shoppers, Virginia only plans to supply the Co-op with her products, and she's sticking with salsa and tortillas for now. She's truly happy with her relationship with Co-op personnel and the community. She appreciates the jars people return and extra jars folks donate.

As many have asked Virginia (and she has asked herself) what makes her salsa different from other salsa even when using the same exact ingredients? Her mother said "It's in the seasoning and the hand." After hearing her story, I think it's in her dance.

Johna delights in eating Virginia's Salsa on just about everything: chips, eggs, fish, and even by the spoonful.



**Howard Hughes
VIDEO**

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

**Check out our featured
February sections!**

**Valentines Day
Section**

**Black History
Month Section**

**5 Movies, 5 Days, 5
Dollars. Everyday!**

Rent 2 New Releases, get 1 Free.



Alternative Transportation: Ben Lucas Loving Life

By John Dunn, Co-Op Newsletter Volunteer

Ben Lucas has been around. He has been there and done that to the point where he is certain in the knowledge of all that which makes him happy. Ben is a guy who is quick to state unabashedly that he loves life and all that it has to offer.

Ben is a native of King County and grew up in and around Seattle. A victim of childhood asthma, Ben spent too big a part of his growing years in hospitals. Once in junior high, Ben happened to notice that the soccer coach, a partially disabled Viet Nam vet, ran laps around the school field with a noticeable limp. Something clicked, and Ben decided then and there that he too could run if he chose. He began running, joined the track team, and learned that the childhood asthma nearly disappeared from his life.

In his early 20s, Ben got a job as courier delivering legal documents throughout downtown Seattle. The work initially was done by riding 50cc motorbikes. Ben soon realized that the scooters, although small and efficient, did not work as well as they could as they were often hung up in the downtown traffic snarl. Ben suggested he be allowed to



“Ben suggested he be allowed to use the old single speed cruiser bike he had spied lying around the company shop. His boss agreed and Ben soon proved that the bicycle was a reliably faster way to get documents transported throughout the city.”

use the old single speed cruiser

bike he had spied lying around the company shop. His boss agreed and Ben soon proved that the bicycle was a reliably faster way to get documents transported throughout the city. The courier company soon switched over to bicycles and has now been delivering legal documents in Seattle for more than 25 years.

Ben is a sculptor by craft who eventually grew tired of the congestion and sprawl of the city. Along with his partner, Ben moved from Seattle to La Grande, Oregon, where they lived for a short stint prior to moving on to Moscow. Currently a full time student of cosmetology, Ben commutes downtown to school exclusively by bike or on

foot. Ben plainly states that his time commuting allows him to see the birds and to pet the occasional stray cats, activities that he sees as part of being alive.

There are several basic ideas by which Ben lives. One belief is that there is not too much technology in the world, rather there are just too many people using technology unnecessarily. Ben also states that it seems many people are very willing to diet or even resort to surgery to drop extra pounds and don't seem to realize that ultimately the answer is simply that they just need to get out, avoid watching fictitious lives on TV and work on leading a real life. Many also seem willing to spend the extra time and money to go someplace to “work out” when, really, all they need to do is go out and work.

Remember, May is National Bicycle Month. Also, remember Co-op's BikeFest is coming up. Also, if you are looking for events which are bicycle and / or commuter focused, check out the following websites for information regarding community events:

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

John just returned from a 12 day bicycle ride that began in Georgetown, Malaysia and ended in Surat Thani, Thailand. He and his bike returned to Bangkok on Thailand's national railway system.

medical care
...with a personal touch

Family Medicine
Pediatric & Newborn Care
Wellness Counseling
Sleep Medicine
FAA & DOT Physicals




WALK-INS WELCOME!

Moscow MEDICAL
213 N. MAIN ST.
1 BLOCK SOUTH OF ROSAURES
208.882.7565
WWW.MOSCOWMEDICAL.COM

Camas Prairie Winery
Made in Moscow since 1983.
Grape wines, fruit wine, honey wine.
Try before you buy!
Mon-Sat 12-6:30
@ 110 S. Main St.

Unitarian Universalist Church of the Palouse
A welcoming congregation
Sunday Service 10:00 to 11:15 am
Coffee & Fellowship after service
Nursery & Religious Education
420 E. 2nd St., Moscow
208-882-4328
Rev. Kayle Rice, Minister
uuchurch@moscow.com
www.palouseuu.org





Volunteer Profile: Dena Neese

By Todd J. Broadman, Newsletter Volunteer

This month's interview took me all the way to the top — to the Co-op's Board of Directors. I interviewed Dena Neese and soon realized how fortunate we are to have her in a leadership post. She was elected to the Board just two days after Jackson, her son, was born. Before serving on the Board, she volunteered by packing bulk fruit, and then "Last year," Dena explained, "I decided to run for the Board because I wanted to work more on the strategic planning, the future of the Co-op."

That desire to shape a better future and help others in need is a central theme for Dena. As an immigration attorney, she began her practice in Phoenix, and after several years "wanted a real change in lifestyle — to get out of the city, in a more small-town environment." She is now with WSU and helps students and faculty with immigration issues. Her enthusiasm for the field is clear: "Whether an asylee from Colombia, a construction worker from Mexico, or a professor now working at WSU, I am continuously amazed by, and feel deep admiration for, the immigrants I have worked with — many have sacrificed so much to give their families back home or their children here, a better life."

With a mother from Singapore and a father who worked overseas for 16 years, acquiring a global perspective was natural for Dena. "It made sense for me," she explained, "my family's background and my travels to developing countries while a child really formed my view of



“Dena wants to remind Co-op members that the Board makes strategic decisions that impact the Co-op's future. Your vote in the upcoming election is important!”

the world, and I always knew that I would want to travel abroad and work with people from all over the world.” Her undergrad honors thesis at the University of Oregon was on Cuban migration. “After studying this issue, I pretty much knew I wanted to be an immigration lawyer.”

Moscow is not a new community for Dena, as she grew up in nearby Troy. Aside from the job offer from WSU, there were two other factors that lured Dena back to the area: UI's


Hydrogeology program, in which her husband is enrolled as a PhD student, and the Moscow Co-op. “When we'd come back to the area to visit my parents, we

always loved coming to Moscow, and we always made time to stop by the Co-op — it was actually huge in our decision to move to the area.”

Food has always taken on added significance for her. “My mother taught me (love of food) through being an amazing home cook of both Asian and Western cuisine — I learned a lot from her about cooking with the seasons, using our home-grown produce. She told me that she is eager to garden this spring, with son Jackson, and then grinned, “I hope he doesn't eat too much dirt.”

Dena wants to remind Co-op members that the Board makes strategic decisions that impact the Co-op's future. Your vote in the upcoming election is important! This year's election will occur March 25 – April 4. Four seats are open and there are seven candidates. “I urge all members to vote in the election — wouldn't it be great if this year 10% of members voted?”

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



Virginia Wolf

Distinguished Service Awards

WOMEN'S CENTER
WORKING FOR GENDER EQUITY SINCE 1972

The University of Idaho Women's Center cordially invites you to submit nominations to honor those who have demonstrated outstanding gender justice activism either on campus or in our community.
Online nomination forms are available at:
www.uidaho.edu/womenscenter/VWAwards
For more information: (208) 885-6616 or wcenter@uidaho.edu

WSU Mom's

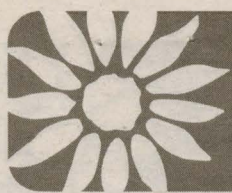
Spring Arts & Crafts Fair

Friday, April 9th | 10am to 9pm
Saturday, April 10th | 9am to 4pm

Free Admission
Beasley Performing Arts Coliseum
Presented by DLG Enterprises

www.palouse.net/dlgenterprises
509.332.5206





Omnivoria: A Spa Treatment for Your Sole

By Jamaica Ritcher, Newsletter Volunteer

Spas. Fish. Is there a way to connect these two?

Hmmm. A Co-op member is to a lavender bath as a fillet of sole is to...a pan of court bouillon?

Before this month, my experience with simmering dinner was limited to a few failed attempts to poach an egg. But as I read various recipes, not only did I quickly learn where I've been going wrong, I wondered why I hadn't learned earlier.

While health-benefits of eating fish are well-known, a study published by the American Heart Association last September found that Omega-3 fatty acids benefits are heightened when fish is baked or boiled. Boiled fish? That doesn't sound so appetizing — but fish simmered in a fragrant broth is another situation entirely.

Poaching turns out to be easy. The first trick is to keep the poaching liquid at a barely perceptible simmer — when bubbles just break the surface, it's time to cook. Lighter varieties of fish are most conducive to poaching. Salmon, trout, or sole are all good choices. I decided to try the Dover sole in the Co-op's freezer section. The Co-op's fish is wild caught off the northwest coast (Oregon, Washington and British Columbia, and then southern Alaska) and purchased from Borsteins, a longstanding fish company based out of Astoria, Oregon. The fish is brought in off the boats Sundays,

and arrive via Western Box Meats to the Co-op Monday afternoons.

Sole is also a nice choice because it has a low mercury content (0.03 parts per million, compared with tuna's average mercury levels of 0.3-0.5 parts per million), and is available year round.

The rule of thumb when poaching fish is about 10 minutes per one-inch thickness. My sole fillets were only about a half-inch thick, so was looking at a mere five minutes cooking time. Can a microwave even cook fish that quickly?

The other trick is the liquid, which can be the simplest of simple (water with a either a generous splash of white wine or small splash of vinegar), to something like court bouillon (French for "short broth" and, as it turns out, easier than it might seem), but the addition of an acid (be it wine or vinegar) is key.

With such an apparently no-fuss cooking method before me, I decided to try making a court bouillon which, if nothing else, is fun to say.

For my roughly one pound of Dover sole, I used a cup and a half of Flying Fish Riesling (about \$9 in the Co-op's wine section and given the name, a fitting choice), two sliced carrots, a sliced leek, a small handful of parsley (with stems), and a bay leaf. I then combined the

Dover Sole, poached in a "Short Broth"

- 1 pound of Dover sole fillets
- 4 cups water
- 1 1/2 cup Riesling, or white wine of choice
- 2 carrots, peeled and sliced
- 1 leek, white and pale green portions, sliced
- 1 bay leaf
- a few sprigs thyme
- a few sprigs parsley (with stems)
- 2 teaspoons of salt
- 2 tablespoons of butter
- 1 small squeeze lemon

Combine vegetables, herbs, wine and water, and bring to a boil. Reduce heat and simmer for about an hour. Strain and discard cooked vegetables. Return the broth to a shallow pan, bring to a boil, reduce to a slight simmer, and add the fillets. Let fillets poach for 5-10 minutes (10 minutes per 1 inch thickness of fish). After removing fish, increase the heat beneath broth. Reduce liquid by half before whisking in 2 butter and lemon. Let thicken slightly. Serve with the fish.

wine, water, herbs, and veggies, brought it to a boil, and then reduced the heat to let the broth simmer for an hour. The slicing of the vegetables was the most labor-intensive portion of the cooking endeavor; the simmering was time intensive, but even then required minimal attention. The way I calculate things, the hour is probably just the amount of time one might need to soak in a tub of hot water and bath salts and return refreshed and ready for dinner.

While the bouillon simmered, my house smelled wonderful, rich with leeks and carrots, tempered with the stringency of the wine.

At the end of the hour, I strained the liquid using a colander fitted with a portion of a flour sack tea towel to get a nice clear broth.

The fish takes hardly any time to cook, so once the table was set and the rest of the meal was prepared, I returned the strained bouillon to the low-sided pan and returned it to a boil before reducing the heat to that barely perceptible simmer and set

the fillets into the pan. Once entirely opaque, I removed the fish to a plate to firm and used the remaining bouillon for a sauce.

To make the sauce I returned the broth to a boil until it reduced by half, then whisked in a few tablespoons of butter and small squeeze of lemon.

The sole was delicate and, despite thorough cooking (I'd gotten distracted and let the fish simmer a minute or so too long), was still very moist. The fish had taken on the essence of the cooking broth and, even though the sauce mainly consisted of the very medium in which I'd cooked the fish, there was no redundancy of flavors. The sauce buttery with a mouthwatering tang from the lemon. I'd also brought home a Co-op baguette, which turned out to be the perfect thing for sopping up the remaining sauce once the fish had been devoured

Correction:

In the Omnivoria column in February's newsletter, it was stated that Brennus, the Co-op's meat manager, uses vinegar to treat the beef that he grinds into burger. In fact, Brennus does not use anything to treat the beef he grinds into burger at the Co-op. Some meat processors dip the beef into vinegar, a natural disinfectant, to help prevent bacterial contamination in the finished product. The processor for Eaton Beef, a local producer, has used vinegar in that facility.

Jamaica Ritcher lives in Moscow with her husband and two children.



Kenworthy Performing Arts Centre

Your Downtown, Community Theater

Young Victoria (PG)

March 5-7

Palouse Women Artists presents:
Who Does She Think She Is?

March 8

Fantastic Mr Fox (PG, but not intended for kids)

March 12-14

Percy Jackson & the Olympians (PG)

March 19-21

Coop Good Food Film Series:

End of the Line

March 25

Sapatq'ayn Cinema: University of Idaho's

Native American Film Festival

March 26-27

Call or visit our website for up-to-date times and ticket info

Titles and dates subject to change

www.kenworthy.org • 882-4127 • 508 S. Main Street

SPURLING HOUSE & GARDEN

Landscaping
Pruning ~ Gardening
Handyman Services

Walter Spurling
(208) 669-0764



Allergy and Gluten Free: Spa Dining at Home

By Terri Schmidt, Newsletter Volunteer; illustration also by Terri



Today's world can be stressful. The news constantly reminds us of our struggling economy, global warming, water shortages, natural disasters, and much more. Many of us long for an escape. Visions of lying on a warm Hawaiian beach or spending days looking out at blue oceans while on a Caribbean cruise fill our minds. A lucky few have the option of spending a pampering week at a luxury destination spa where their every need is met. Body treatments and massages, engaging activities, meals by excellent chefs, and beautiful surroundings bring them peace and they are restored in body, mind, and spirit.

Unfortunately, most of us do not have the above options due to time and money constraints. But that does not mean we can't find ways to pamper ourselves and escape from the stresses of everyday life. Our local towns have many talented massage therapists you can swap back rubs with a spouse or friend. The Co-op has some fine wines, and lovely smelling lotions, soaps, and candles that can make a relaxing bath more spa like. life.

Enjoying some special foods will compliment your home spa experience. Spa menus have delightful sounding items listed such as: "Tea Smoked Duck Breast with Pears and Blueberry Jus" or "Buttermilk Panna Cotta with Berries and Vanilla Sabayon" The recipes are often very involved and time consuming. (If you are interested in checking out either of these recipes, here is the link: www.epicurious.com/articlesguides/

healthy/spamenus/ananda)

We may not have the luxury of employing a world-famous chef to cater to our palates with fine cuisine, but we can create some healthy food of our own that nourishes our body and spirit. Spa chefs are attentive to the nutritional value as well as the beauty of food, often making dishes prepared with whole grains, free range chickens and eggs, and fresh organic vegetables and fruits. These kinds of ingredients are readily available at the Moscow Food Co-op.

Kate Chan isn't a world famous chef (yet!), but after being diagnosed with Celiac Sprue, she decided to "... just grab it by the horns ... and well ... bake, cook, and enjoy life again." She experimented in the kitchen and came up with some delicious recipes. You can read her story and find many recipes on her website: glutenfreegobsmacked.com. Kate has given us permission to print her gluten-free lavash bread recipe.

You can use the flat bread as a wrap and add your own fillings. Try pesto, turkey, and organic lettuce for a tasty combination. For a vegetarian meal, add grated carrots, humus, and chopped lettuce. Or pair it with the homemade rosemary chicken and avocado spread recipe on this page. I am very fond of rosemary as an herb, but when I don't have fresh rosemary and have to use dried leaves, it feels like eating little sticks. Knowing my dislike of this texture, my son gave me a great gift. He painstakingly hand ground an entire jar of rosemary for me, so I can have the lovely flavor without the prickly texture.

Gluten-free Sandwich Wraps

By Kate Chan. Recipe makes one jelly roll pan of wraps/gluten-free lavash bread: <http://glutenfree.wordpress.com/2008/05/14/gluten-free-sandwich-wrap-take-3-a-new-whole-grain-version/>

- ▶ 1/4 cup sorghum flour
- ▶ 1/4 cup millet flour
- ▶ 1/4 cup potato starch (NOT flour)
- ▶ 1/4 cup tapioca starch
- ▶ 1 Tablespoons yeast
- ▶ 2 Tablespoons powdered buttermilk or non-dairy powdered milk
- ▶ 2 teaspoons xanthan gum
- ▶ 3/4 cup of warm water (+/- tablespoons of water)
- ▶ 1 1/2 teaspoons agave nectar
- ▶ 1 teaspoon olive oil
- ▶ 1 teaspoon apple cider vinegar
- ▶ 3/4 teaspoons salt
- ▶ 3/4 teaspoons cracked black pepper*
- ▶ 3/4 teaspoons cumin*
- ▶ 3/4 teaspoons dill*
- ▶ 3/4 teaspoons fennel*

(*Feel free to omit the seasonings (but not the salt) if you prefer a plain flavor. I found the herbs to be an amazing addition for my sandwiches.)

Preheat your oven to 400F. Mix together the dry ingredients in the bowl of your mixer - sorghum, millet, potato starch, tapioca starch, xanthan gum, yeast, powdered buttermilk, salt and optional seasonings. Mix together the water (start with 3/4 cup), agave nectar, olive oil, and vinegar. Pour the liquid ingredients into the dry and mix on low until blended. The dough should not resist the beaters and bounce around in the bowl but rather be more of a soft cookie dough - maybe even a bit more wet. Beat the dough on high for no more than 2 minutes. Line a jelly roll pan with parchment paper. Spread the dough as thinly as possible to cover the 10 x 15" jelly roll pan. (To do this, I used a rubber spatula and kept dipping it in to water to keep the dough from sticking. This dough is not really as sticky as you might think - but the extra water helps push it out easier.) Bake at 400F for 13-16 minutes until the top begins to brown and the edges are browned. Let cool completely before storing in an airtight bag. (I rolled mine up in the parchment paper and then tucked it in to a gallon size Ziploc.)

Chicken Avocado Filling for Wraps

- ▶ 2 or 3 free range chicken breasts
- ▶ 1 cup Pacific organic chicken broth (it's gluten free)
- ▶ 1 tablespoon fresh lemon juice
- ▶ 1 teaspoon ground rosemary
- ▶ sea salt
- ▶ ground pepper
- ▶ 2 ripe avocados
- ▶ 1 cup chopped fresh tomato

Rinse the chicken breasts, cut them in half, and place in a casserole dish with a lid. Mix the chicken broth and lemon juice and pour over the chicken. Sprinkle with rosemary, salt, and pepper. Put lid on casserole dish and bake at 350 degrees for about 45 minutes. The broth will keep the chicken moist and tender. Cool slightly. Peel avocado and mash in a bowl. Spread a piece of the lavash bread with the avocado and sprinkle with chopped tomatoes. Shred chicken and place on top. Add salt and pepper to taste. Roll the bread up like a wrap. Enjoy.

You might consider grinding your rosemary also for the fullest satisfaction. To make yourself feel more like you are eating at a luxury spa, give your meal a fancy name like - Luscious Poulet Du Jour in Lavash.

Terri is happy to live on the

but offers many wonderful places to escape into the beauty of nature. To contact: allergypage@yahoo.com



Veganesque: Oils of the Ancients

By Caitlin Cole, Newsletter Volunteer

When I found out that the theme for March's Co-op Community News was home spas, I wondered what I could say about the subject. I was thinking of spa treatments as an extravagance in which I had little interest. Then at Christmas time, my friend Virginia gave me a wonderful present ... a home spa basket with all homemade remedies. I was amazed at the handmade bath salts, hand scrub, lip balm, and sugar scrub in their miniature mason jars artfully arranged and given to me. I undid the lids and sniffed and sniffed, smelling honey, coconut, and lavender. "How did you do this?" I asked her. She said it was easy and she used all natural ingredients. She said she hoped I would pamper myself with these lovely potions she made for me. Maybe there is something to this home spa thing, thought I. In the days after Christmas, I began doing some research on homemade spa treatments while enjoying the things Virginia made. I was thrilled to find out

that spas date back to 4,500 years ago to ancient Egypt. The Egyptians loved luxury and were also very practical people, so they made their own treatments from the food around them. To keep the skin smooth and soft, scrubs were made from almond and olive oils then mixed with salt or sugar. Plant oils were then added to add scent, but also for their healing properties. One common oil used was myrrh, which was believed to have positive effects on the pulmonary system, plus it smells very pleasant! The scent is my favorite thing about my home spa.

I ran out of my spa gifts quickly! I had to learn to make



my own. What I like about making my own is how inexpensive it is compared to ready-made products. Virginia was right, it is simple! There is a basic oil to sugar (or salt) ratio, then add a few drops of essential oil. I have tried a few oils, my favorites are hemp, coconut, and almond oils. If you decide to use olive oil, beware that it has its own strong scent and does not blend well with essential oils. Scrubs, in general, are a little messy to make and do not stay entirely mixed. After making a batch, I put the potions into small yogurt containers or other small recyclable that has a lid.

I am so happy I discovered my own home spa remedies! I love that I can use the same recipes as the ancients, and my skin

has never been softer. I use my scrubs in the shower and I keep a little pot of it by the sink. The hand scrub does a great job of getting the dirt and sticky messes off my hands, and the coconut scent is heavenly! Our Co-op has everything you need to make your own scrubs, including a huge choice of essential oils. One of these little bottles goes a long way, as only a few drops are needed.

I hope you will try one of my favorite experiments below for your own home spa!

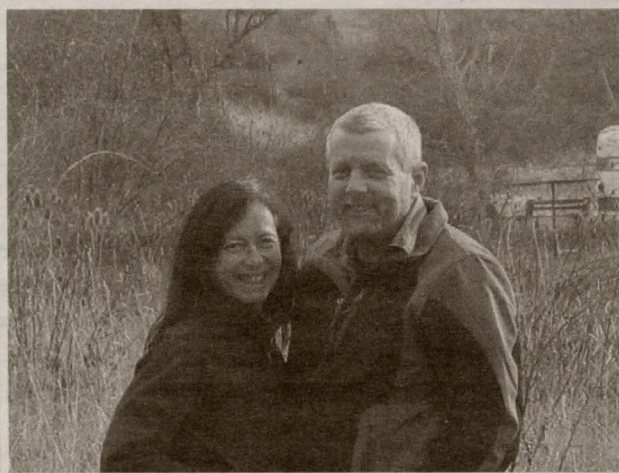
Caitlin Cole is celebrating two years of a gluten free existence!

Gardeners Hand Scrub

- 1/2 cup hemp oil
- 1 cup raw or white sugar
- 10 drops lavender oil

Egyptian Bliss Scrub

- 1/2 cup almond oil
- 1 cup raw or white sugar
- 6 drops myrrh
- 6 drops clove oil



Cass with his partner Erika.

*Please Vote! *

Our Co-op was founded on ideals, when natural food was no more than a niche market. The challenge as we grow is to hold onto our values and remain a Co-op not just in name but in spirit and practice. The future is coming. I'm ready; I firmly believe we can adapt, and evolve, pioneering new industry standards without ever sacrificing the values of our Mission Statement.

Vote for me Cass Davis for Board of Directors

For the past 25 years I have been involved in this community. It would be an honor to be elected to volunteer for this important and challenging position.

Voting dates: Tuesday March 25th through April 4th

This ad paid for in small contributions from community members



Into the Cupboard

By Ivy Dickinson, Newsletter Volunteer

The fig is an ancient fruit and appears in the earliest of recorded history. Remnants of figs have been found in excavations of Neolithic sites traced to at least 5,000 B.C. Adam and Eve were said to have clothed themselves with the leaves of the fig tree, after their ill-famed encounter with a certain red skinned fruit. Buddha was said to have meditated under the Bo tree, which is a variety of fig, and the Quran has an entire chapter named after the fig tree. Plato documented that Greek athletes at Olympia were fed diets of figs to increase their running speed and overall strength. Possessing an extremely high sugar content, one can imagine these ancient "energy bars" giving the athletes quite a boost.

It is estimated that there are over 700 varieties of fig, which isn't too surprising as it is one of the oldest trees to be cultivated for its fruit. And speaking of that "fruit," it may surprise you to learn that the fruit of the fig is actually an inverted flower, but since it looks and tastes like a fruit, it is referred to as a fruit by convention. Nutritionally speaking, the fig is a powerhouse. Figs have been recognized for their nutrient content including potassium, calcium, and iron. Beyond minerals and vitamins, the high-fiber content of the fruit contributes to fit, efficiently functioning bodies. The potassium in figs also plays an important role in regulating blood pressure.

Another reason I really love

figs is that they are an extremely versatile fruit, easily paired with honey, prosciutto, wine, and a wide variety of spices ranging from sweet cinnamon and cloves to the citrusy lemon and orange. Figs are readily available (at least in dried form) year-round and always add a considerable depth of flavor to whatever they are added to. For my first recipe this month, I chose a fig tapenade that highlights all of these attributes. It is both sweet and salty, and the thyme accompanies it perfectly. This would be the perfect side dish to bring to a potluck or spa party as it can be prepared quickly and is both sophisticated and incredibly tasty. It can also be arranged into a stunning presentation.

Words barely describe my second recipe. As with my first recipe, preparation is simple. It is the character of a few choice ingredients that make this recipe amazing. It is a simple dessert of richly sweet fruit offset by tangy and decadent Greek yogurt that will hold its own after the most decadent of meals and against the most discerning critics.

Sources:

Fig and Walnut Tapenade found online at: <http://www.epicurious.com/recipes/food/views/Fig-and-Walnut-Tapenade-with-Goat-Cheese-105649>

Ivy finds it impossible to resist eating a few figs prior to incorporating them into the dish for which they are intended. If you suffer from a similar affliction, share your story at ivyrose7@hotmail.com.

Fig and Walnut Tapenade with Goat Cheese

- 1 cup chopped stemmed dried Calimyrna figs
- 1/3 cup water
- 1/3 cup chopped pitted Kalamata olives or other brine-cured black olives
- 2 Tablespoons extra-virgin olive oil
- 1 Tablespoon balsamic vinegar
- 1 Tablespoon drained capers, chopped
- 1 1/2 teaspoons chopped fresh thyme
- 2 5.5 ounce logs soft fresh goat cheese, each cut crosswise into 1/2-inch-thick rounds
- 1/2 cup chopped toasted walnuts
- 1/4 cup toasted walnut halves
- Fresh thyme sprigs (optional)
- Assorted breads and/or crackers

Combine chopped figs and 1/3 cup water in heavy medium saucepan. Cook over medium-high heat until liquid evaporates and figs are soft (about 7 minutes). Transfer to medium bowl. Mix in olives, olive oil, balsamic vinegar, capers, and chopped thyme. Season tapenade to taste with salt and pepper. Arrange overlapping cheese rounds in circle in center of medium platter. Stir chopped walnuts into tapenade; spoon into center of cheese circle. Garnish with walnut halves and thyme sprigs, if desired. Serve with breads and/or crackers.

Honey-Vanilla Poached Figs and Cherries

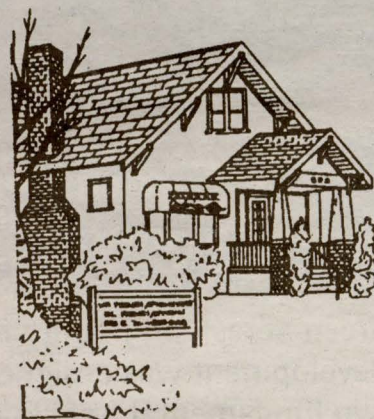
- 2 cups water
- 1/2 cup honey
- 1/2 vanilla bean, split in half lengthwise
- 8 ounces dried Calimyrna figs, stemmed, halved lengthwise
- 2 ounces dried tart cherries
- 3/4 cup plain Greek yogurt
- 3 tablespoons chopped unsalted natural pistachios

Bring water to boil over medium-high heat. Stir in honey and scrape in seeds from vanilla bean; add bean. Add figs and bring to boil. Reduce heat to medium-low; cover and simmer 15 minutes. Add dried tart cherries; cover and simmer until figs and dried cherries are tender, about 10 minutes longer. Transfer fig mixture to bowl. Chill until cold, about 3 hours. Discard vanilla bean. Divide fig mixture among 6 bowls. Top each serving with dollop of yogurt and sprinkle with pistachios.



Fig and Walnut Tapenade with Goat Cheese

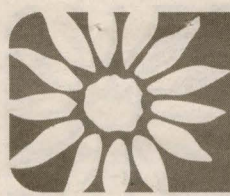
PALOUSE
Ocularium
VISION CENTER



Thorough, Personal Eyecare
High-Tech, Quality Materials
Down-to-Earth Atmosphere
Your Best Value

Dr. William R. French, Optometrist
Dianne French, Optician

202 E 7th St, Moscow
883-EYES (3937)
dfrench@moscow.com



Forever Wild

By Will Boyd, Friends of the Clearwater

One of America's most unique folksingers and backcountry travelers, Walkin' Jim Stoltz, on tour from the mountains of Montana, will bring his powerful multi-media show, Forever Wild, to the 1912 Center at 412 East Third Street in Moscow, on Monday, March 8, at 7 p.m. The mix of stunning photography, stories, and music make this one-of-a-kind concert an inspiring journey into our nation's last wilderness areas, and a great family event.

Walkin' Jim gets his name from nearly 27,000 miles he has walked through the wild country of North America. Carrying a guitar and writing his songs along the way, his lyrics express a great love and respect for the Earth and the wild places he knows so well. Known for his powerful baritone and emotion-packed vocals, Stoltz's Forever Wild show is much more than a concert. It combines live music and poetry with stunning, multi-image slides to create a stirring celebration of the natural world.

Stoltz is a veteran of more than 30 years of performing. In this year's show he will be sharing images and songs from the Arctic National Wildlife Refuge, his Yellowstone to Yukon walk, the Utah canyon country, the Northern Rockies, and wild places all across America. You can read more about Jim and listen to his music at <http://www.walkinjim.com/>

This multi-media concert will be held as a joint benefit for the local conservation non-profit Friends of the Clearwater and the University of Idaho Ecology and Conservation Biology Club. Tickets for the concert will be available for \$10 at BookPeople of Moscow, Bruised Books in Pullman, or at the door. Beer/wine and non-alcoholic beverages will be for sale by Mikey's Gyros. For more information, call 208-882-9755.

Top 4 reasons to buy a Gift card from the Co-op:

1. It's a great way to budget the money you spend at the Co-op
2. You can give the card to your kid so they can eat healthy
3. It helps the Co-op save \$\$ on credit card fees
4. Its re-usable, re-fill-able and easy

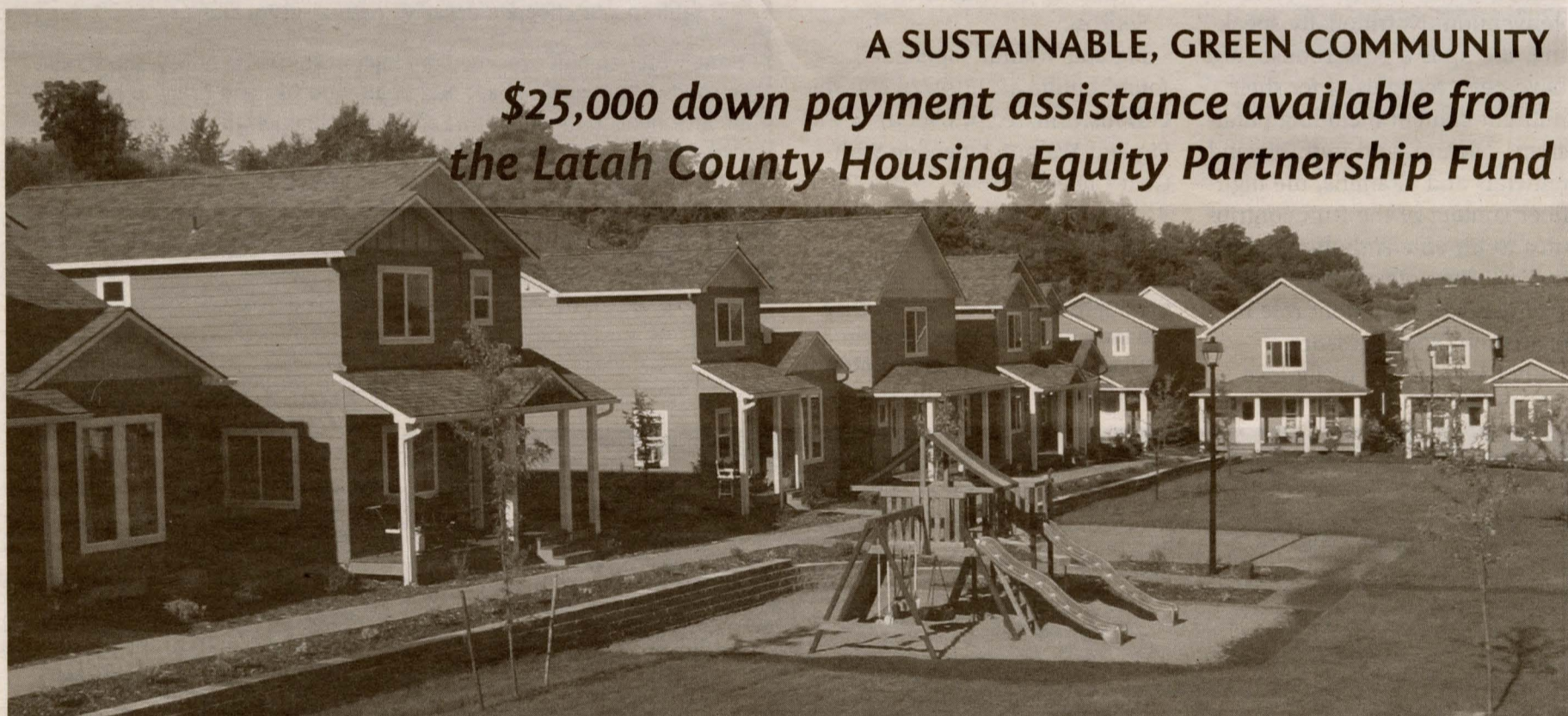
Ask a cashier for details or to purchase a card!



MOSCOW FOOD CO-OP
www.moscowfood.coop



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



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

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

GREEN ACRES

COMMUNITY HOME DEVELOPMENT

MOSCOWGREENACRES.NET

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

Contact Christin N. Beebe
509-330-0635



Tax Help Available

By Mary Hughes, Local Tax-aid Project Coordinator

Federal and state income taxes are prepared and e-filed for free by the American Association of Retired Persons (AARP) Tax-Aide Program for middle- to low-income taxpayers with emphasis on those 60 or over. This program is available until Wednesday, April 14, at the 1912 Center located at 412 E. 3rd Street in Moscow. Hours of operation are Wednesdays and Fridays from 10 a.m. - 3 p.m. No appointment is necessary: first come, first served. We will be in the Great Room unless otherwise noted.

We can prepare the following returns: Forms 1040 EZ, 1040A, 1040 as well as Schedules 1, 2, 3 EIC, A, B, R, V, ES, Form 2441 (Child and Dependent Care Credit) Form 8863 (Education Credits), Form 8812 (Additional Child Tax Credit) and Schedule C-EZ (Profit and Loss from Business with no inventory, depreciation, employees and with less than \$5,000 in expens-

es.) Please bring a copy of last year's return and all relevant forms and documentation from 2009.

AARP Tax-Aide program is the nation's largest volunteer-run tax assistance and preparation service, preparing tax returns and answering tax questions free of charge. AARP Tax-Aide is a program of the AARP Foundation and is offered in conjunction with the IRS.



Tai Chi in the East City Park

By Kevin Smith, Class Leader

Tai Chi is complete exercise system, originating in the Chen village in China, approximately 400 years ago. It is a martial art, whose roots can be traced back to a retired general, Chen Wangting, who devised a fighting system based on his battlefield observations. However, he also wove principles of traditional Chinese medicine into the fabric of the exercises. The result, in short, is a system that stretches, strengthens, and balances mind and body.

The benefits of Tai Chi are well documented. Studies have been conducted in many western research facilities (to include the Mayo Clinic and Tufts University). Tai Chi is showing to benefit such conditions as: post-myocardial infarction rehab, coronary artery bypass surgery, cardiac rehabilitation, hypertension, general cardiorespira-

tory prophylaxis and functional improvement, multiple sclerosis, rheumatoid arthritis, osteoarthritis, microcirculation and endothelial function, immune function, dementia, and general stress management.

Dr. Kevin Smith has practiced martial arts for nearly 30 years and Tai Chi for 10 years. He will be leading a class in the East City park on Tuesdays and Saturdays at 6:15 am starting March 23. That first class will be free and all are welcome to observe and questions are encouraged. Please call 208-874-3979 with any questions.



Essential Wellness Classes

Essential Wellness Classes with Drs. Bailey and Kevin Smith

All classes from 6-7 pm, Thursdays, in the Arts Workshop in the 1912 Center, 412 East Third Street, Moscow. Classes are free for Co-op members, but space is limited. Please reserve your spot by emailing: outreach@moscowfood.coop

Thursday, March 11

Forward Head Posture – Its Detrimental Affect on Your Health

– Dr. Bailey Lynn Smith

Humans' propensity toward a dowager's hump has health implications beyond posture. Nervous tissue being compromised in this position can contribute to various disease processes like allergies, ADHD, IBS, MS, Parkinson's, low back issues, fertility issues...symptomology unable to be relieved with pills and nutritional supplements. Come hear what is being done to contribute to your own ailments and what you can do to get your life back.

Thursday, March 18

Paraspinal Musculature – Getting Over the Hump!

– Dr. Bailey Lynn Smith

As powerful back muscles responsible for posture grab hold of the 14 lb. head at the top of the spinal column, they become very strong. We need to teach them to loosen their grasp and learn to contract! Pulling the body upright has health implications beyond just posture. Find out how to re-educate your muscles to work for a healthy two-legged animal.

Thursday, March 25

Low BackPain – Strengthening and Re-educating Your Core

– Dr. Bailey Lynn Smith

Low back pain is an epidemic in our society, and it costs the US \$13 billion annually in lost productivity. Injury prevention is crucial, and post-trauma re-education is critical in strengthening and retraining your core musculature. Come learn and practice core work with prevention and alleviation of back issues being the emphasis.

Thursday, April 1

How To (Not) Herniate a Disc While Working Out!

– Dr. Bailey Lynn Smith

Working out at the gym can be downright dangerous! Most of the clientele are uninformed as to proper machine setup, range of motion, usage of sets and reps, and high risk equipment and positions. There is a lot to know, and most gyms utilize trainers not up-to-date on the anatomy and physiology behind working out and disc injury potential; most are left on their own to figure it out and remember what they think they remember from high school! Come learn and understand what you need to do to keep from injuring/re-injuring yourself in the gym. It is NOT normal for your back to hurt during or after your workout!

Thursday, April 8

Headaches – A new approach to an old problem

– Dr. Kevin Smith

Hear how a simple, painless procedure has helped hundreds of patients conquer their pain and get their lives back! Learn about the options available to you.



Drs. Bailey and Kevin Smith, D.C. are graduates of Palmer College of Chiropractic in Davenport, IA. Their clinical technique of preference was established over 50 years ago by Dr. William Blair. Currently there are less than 75 doctors skilled in the Blair technique in the United States.

This unique approach, an advanced division of chiropractic, requires additional coursework and expertise. The analysis of the patient's spine is

exact, giving the practitioner unique insight into the cause of a variety of afflictions. The corrections are very gentle, the results are profound. It must be emphasized that there is no turning, twisting, popping or cracking of necks or any other joint in the body. The sole objective is removing interference in the nervous system so that the body can do what it is designed to do – heal.



New at the Library

By Chris Sokol, Adult Services Librarian

“What really knocks me out is a book that, when you're all done reading it, you wish the author that wrote it was a terrific friend of yours, and you could call him up on the phone whenever you felt like it.”

—J.D. Salinger, *The Catcher in the Rye* (published 1951)

(Jerome David Salinger was a reclusive writer whose reputation rests on a small but influential collection of works: *The Catcher in the Rye*, *Nine Stories*, *Franny and Zooey*, and *Raise High the Roof Beam, Carpenters and Seymour: An Introduction*. He died in January at the age of 91.)

FICTION

Deep Creek by Dana Hand. A historical thriller inspired by the actual 1887 massacre of Chinese miners in Hells Canyon (see *Massacred for Gold* below).

The Gravedigger's Daughter by Joyce Carol Oates. In 1936 a family escapes Nazi Germany and settles in upstate New York, where the daughter embarks on the journey of becoming American.

Stealing Fatima by Frank X. Gaspar. In a small Portuguese-American fishing village on Cape Cod a priest struggling with his private demons sets off a series of events that challenge the faith of the villagers and himself.

NONFICTION

The Allergen-Free Baker's

Handbook by Cybele Pascal. Bake without gluten, wheat, dairy, eggs, soy, peanuts, tree nuts, and sesame.

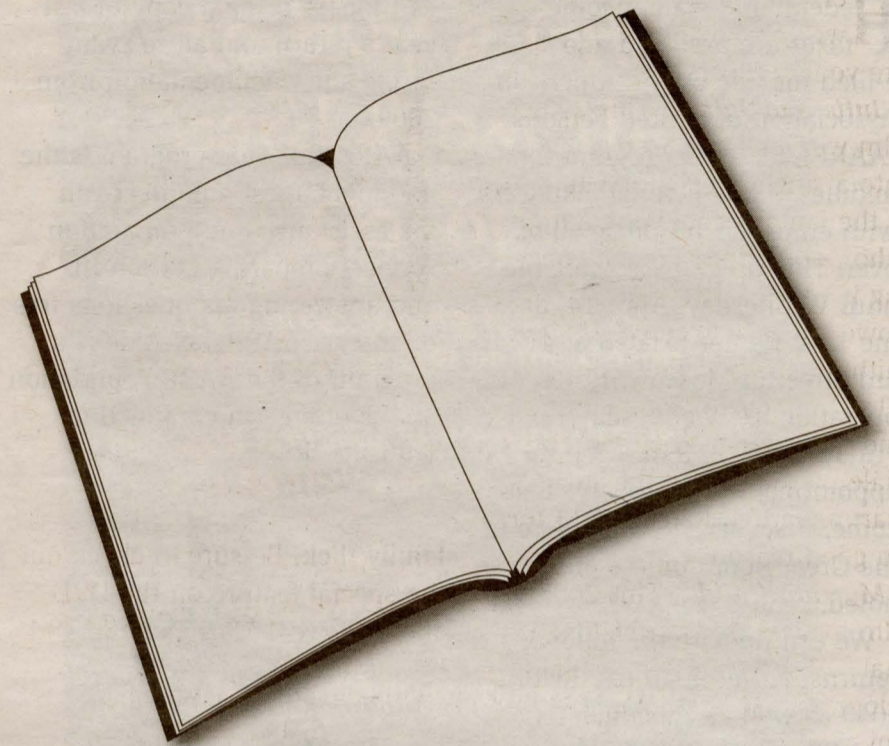
American Sketches: Great Leaders, Creative Thinkers, and Heroes of a Hurricane by Walter Asaacson. Exploring the roots of creativity, from Ben Franklin to Woody Allen.

Barbed Wire: The Fence That Changed the West by Joanne S. Liu. The history of the struggle among ranchers, farmers, Indians, inventors and outlaws ushered in by the invention of barbed wire.

Charles Darwin's On the Origin of Species: A Graphic Adaptation by Michael Keller; illustrated by Nicolle Rager Fuller. A colorful introduction to this seminal work.

The Checklist Manifesto: How to Get Things Right by Atul Gawande. A surgeon reveals the surprising power of the ordinary checklist.

Drink This: Wine Made Simple by Dara Moskowitz Grumdahl. How to stop being overwhelmed and intimidated by learning to discover your own



personal tastes.

Get Me Out: A History of Childbirth from the Garden of Eden to the Sperm Bank by Randi Hutter Epstein. A journey through the history, fads, fables, and science of birthing.

Handmade Home: Simple Ways to Repurpose Old Materials Into New Family Treasures by Amanda Blake Soule. Thirty-three sewing and craft projects that reflect today's families.

Historical Atlas of the American West by Derek Hayes. A sweeping history of the West traced through more than 600 original full-color maps, posters, photographs, and extensive text.

Historical Atlas of the Pacific Northwest by Derek Hayes. A fine collection of maps of exploration and discovery.

How to Teach Physics to Your Dog by Chad Orzel. A physics professor and his canine sidekick explain quantum mechanics in understandable terms.

Massacred for Gold: The Chinese in Hells Canyon by R. Gregory Nokes. In 1887, more than thirty Chinese gold miners were murdered on the Oregon side of Hells Canyon, with the evidence pointing to a gang of rustlers and schoolboys as the killers.

Modern Hebrew by Shula Gilboa. Two compact discs and a book to help you learn to speak, understand, and write Hebrew as it is used today.

Mountaineering: The Freedom of the Hills ed. by Steven M. Cox and Kris Fulsaas. The classic mountaineering text published by The Mountaineers in Seattle,

now in its seventh edition.

No Sheep for You by Amy R. Singer. Advice and patterns for knitting with cotton, silk, linen, hemp, bamboo, and more.

Slow Death by Rubber Duck: The Secret Danger of Everyday Things by Rick Smith and Bruce Lourie. How the trappings of daily life create a toxic soup inside each of us.

Storey's Guide to Raising Sheep by Paula Simmons & Carol Ekarius. Ensure the health and well-being of your flock with this up-to-date resource.

Sweet Needle Felts by Jenn Docherty. Twenty-five projects using a little wool and a little needle.

The Vincent in the Barn: Great Stories of Motorcycle Archaeology by Tom Cotter. Every motorcyclist's dream: the classic bike parked, forgotten, and waiting to be discovered.

CD

Idaho Songbag: A Sampler of Songs About Idaho People, Places, and Historical Events. Produced by the Idaho Humanities Council. Explore the roots of Idaho's music heritage with musicians Pete Seeger and others.

March Deli Specials

Wednesdays

vegetarian hot bar lunch and dinner.
save \$1 with UI or WSU student ID no coupon needed \$5.00 minimum purchase

Fridays

buy at least \$5 of hot deli food and get a free large cookie. no coupon needed

Monday Bakery Special free small cookie

Mondays in March, only from 5pm to 7pm



Redeem at Deli Counter.
One coupon per customer only at the Moscow Food Co-op.
No rain checks or price adjustments, no other discounts.
Cashiers: Store Coupon.





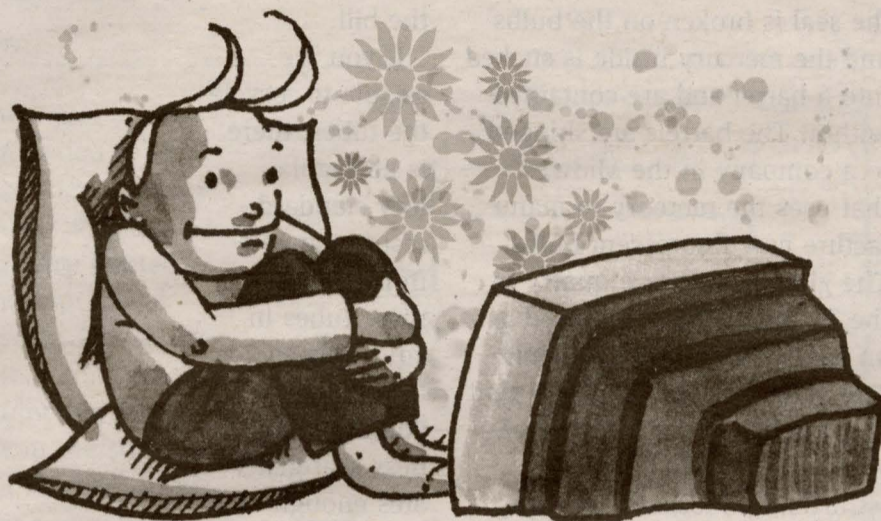
Fun Flix

By Bill London, Co-op Newsletter Volunteer

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

Julie and Julia... This 2009 film weaves together two lives into a single great story. Julia is the famous cookbook author who popularized French cooking in the U.S., Julia Child. Julie Powell is her devoted fan, who faithfully uses Childs' cookbook 50 years later to focus her life and jumpstart her career. The dialog is sharp and the story is warm-hearted. Rated PG-13 for no good reason.

Martian Child... This 2007 film focuses on two misfits, a male sci-fi writer who wants to adopt a child, and an orphaned boy who believes he came from Mars. Of course, the movie revolves around the odd but entertaining dance as the two learn to love each other. This movie is rated PG and is a great



family flick. Be sure to check out the special feature on the DVD about the real Martian child and his father.

Food, Inc... This 2008 documentary answers the question: What's all the fuss about fresh, local and organic food at the Co-op? If you are wondering what is wrong with America's agri-business food-delivery

system, this is the one movie to watch. Many of the images and ideas in the film have real impact - for example, the chickens, in huge dark confinements, unable to move more than a few inches, regularly dosed with antibiotics to keep them alive until slaughtering time. Rated PG, despite the trauma-inducing images.

The Union... This 2007 documentary focuses on the loose network of growers and distributors of BC Bud, the very popular marijuana grown in British Columbia. The members of that network call it the Union. And the title symbolizes the strength of underground pot-production. But that's just the beginning, and the film broadens to a historic look and a political examination of the craziness of marijuana prohibition. For a polemic, this film is very well done. Not rated, but suitable for teens and older.

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

Bill London edits this newsletter and is proud that the Co-op membership cares so much about the Co-op and actually participates in the direction and future of our community.

It's Your Co-op, Vote!

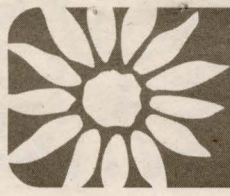


Vote for the Co-op Board of Directors candidates of your choice

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

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

See pages 20 - 23 for candidate profiles



Fluorescent Lights and Recycling

By Andy Boyd, Co-op Newsletter Volunteer

Many people have made the switch to Compact Fluorescent Light bulbs (CFLs) because they have heard or read that they use less energy than the century's old incandescent light bulb. This statement is true. A CFL will use at least two-thirds less energy than a standard incandescent lamp. And although one CFL requires five times the energy to produce than an incandescent lamp, it still represents less manufacturing energy overall because 6-10 times as many incandescent lamps have to be produced to last as long as one CFL. Further, the extra power needed to run the incandescent lamp will generate an extra 200 pounds of greenhouse gasses.

The biggest issue with CFLs is the mercury contained within. Mercury is a toxic metal that ultimately leads to adverse environmental and health affects. A CFL contains about 5mg of mercury. An incandescent lamp has no mercury (although they do contain a minute amount of lead), however, a coal fired power plant will emit 10mg of mercury to produce the electricity to run an incandescent lamp compared to only 2.4mg of mercury to run a CFL for the same amount of time. So in the long run, the incandescent lamp will emit more mercury into the environment than a CFL.

Because of the mercury component, every attempt should be made to recycle CFLs and other fluorescents. The recycling process for these lights is not a complex process. EcoLights in Seattle described the process as follows;

the seal is broken on the bulbs and the mercury inside is sucked into a barrel and are contained within. The barrels are shipped to a company in the Midwest that uses the mercury to manufacture new fluorescent bulbs. The glass is sent to a quarry in the Tacoma area and is used as an aggregate to make cement. The aluminum end caps are sent to a smelter in the Seattle area where they are recycled.

Currently, Moscow Recycling, Pullman Disposal, the Whitman County Transfer Station and the Whitman County offices in Colfax provide free drop off for CFLs. This program is paid for by Avista as they are promoting the use of CFLs to residential consumers due to their energy savings. If Avista did not offer this program, these entities would have to charge approximately \$1.40 per bulb to send the CFLs to a recycler. As you may imagine, not many people would be willing to pay this price so this is a great program offered by Avista.

The question remains however, what to do with other fluorescent lights? Unfortunately, the entities above do not have the space to manage such a program and most people are not willing to pay for the recycling. However, if you choose to recycle these items, an internet search will reveal many companies, including EcoLights, that will send you the appropriate boxes for your lights and will bill you for the shipping and recycling service. EcoLights can even recycle your old incandescent bulbs if you are willing to foot

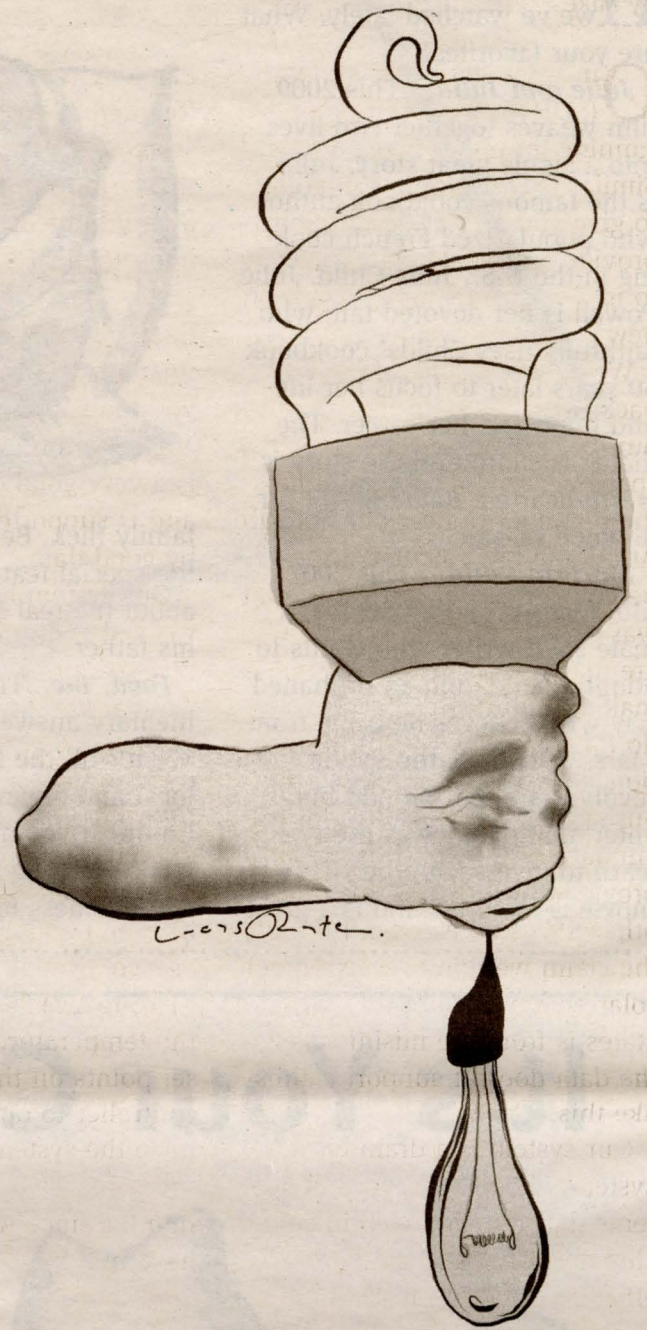
the bill.

If you are unable to recycle the tubes, there is no regulatory standard restricting you from placing these tubes in your household trash (unless you are a business that generates enough of these tubes to be defined as a small quantity generated who are required to recycle them). Unfortunately, this will result in the release of a small amount of elemental mercury into the environment.

If the recycling of these items is impractical, you may want to consider replacing these fixtures with other lighting options.

Because CFLs are easily recycled in our area, they make a great choice for your pocketbook and the environment. So please consider using them in fixtures throughout your house as they come in many shapes, styles and wattages.

One final note, if you happen to break a fluorescent bulb or tube in your home, follow the



link below for appropriate clean-up procedures to minimize your exposure to the mercury. www.epa.gov/mercury/spills/index.htm#fluorescent

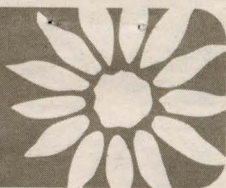
Sources: www.eartheasy.com; Earth911.org; www.npr.org; www.ecolights.com

March Dime in Time Palouse HIV Consortium

Just clip this coupon and hand it to a cashier and we will add \$1.00 to support the Palouse HIV Consortium.

The Palouse HIV Consortium distributes grants for business and agencies so people get the services they need.





Sustainability Review – Our Solar Hot Water System Revisited

By Mike Forbes, Newsletter Volunteer

Our solar hot water system (SDHW) has been up and running for about 2 years now. Similar to last month I'm going to give you a brief description, provide an update, convince you to install a system and discuss new financial incentives.

We have a residential drain back SDHW system that supplies our domestic hot water, provides space heating backup, and has the potential to heat our hot tub. At one point I calculated the percentage of our hot water that was supplied by the sun. There are many variables to consider making it difficult to accurately do this. After two years in operation, I'd conservatively say that our system provides 60% of our annual hot water needs. 35% is provided by wood heat and the other 5% is by electric. I think the claim we don't receive much solar energy here in the northern states is from the misinformed, the data doesn't support claims like this.

Our system is a drain back system, one of two types of systems that function well in cold climates. They are the most efficient but don't work in all applications because they require gravity to work. The other system, pressurize glycol, doesn't require gravity to function. The basic gist is that when a sensor detects the panels are warm a pump will kick on and circulate the non-toxic anti-freeze through the panels and extract heat from them. The solution is then circulated through a tank and the heat energy is transferred into the domestic water. When the water in the tank reaches a set temperature the pump turns off and the water in the pipes drains back into a holding tank. A very simple concept that provides excellent freeze-protection.

We have four 4' by 8' flat plate collectors on our roof, more than the average house would need. I compared flat plate with the newer evacuated tubes and settled on the flat plate because they shed snow better, provide nearly the same performance for domestic hot water uses, and are half the price. In my discussions and readings the claims that evacuated tubes will pull heat from the sun on a cloudy

day just aren't founded in good science. It is true they will, but on a very limited, non-practical scale. The adage that collectors will function when you the sun casts a shadow on you is a very good one and is supported by good data.

Our system has worked well for two years now. Annual maintenance consists of checking the anti-freeze drain back tank and topping it off if needed. I haven't added any yet. Initially I had to tweak the temperature set points on the controller to optimize the system, this took several months since we have multiple tanks and getting them to heat equally took some tinkering. Typically systems that heat more than your domestic hot water only require multiple tanks.

What should you do? If your house has good solar exposure, installing a solar hot water system is the first renewable energy device you should install. Its payback is much quicker than any electricity generating device such as PV panels. If you measured the energy you spent on heating hot water you'd be surprised at how high of a percentage of your total energy consumption it is. Whether you install flat plate or evacuated tubes is up to you and your budget. They both work fine but for us the flat plate was better since we receive more snow than others in the area.

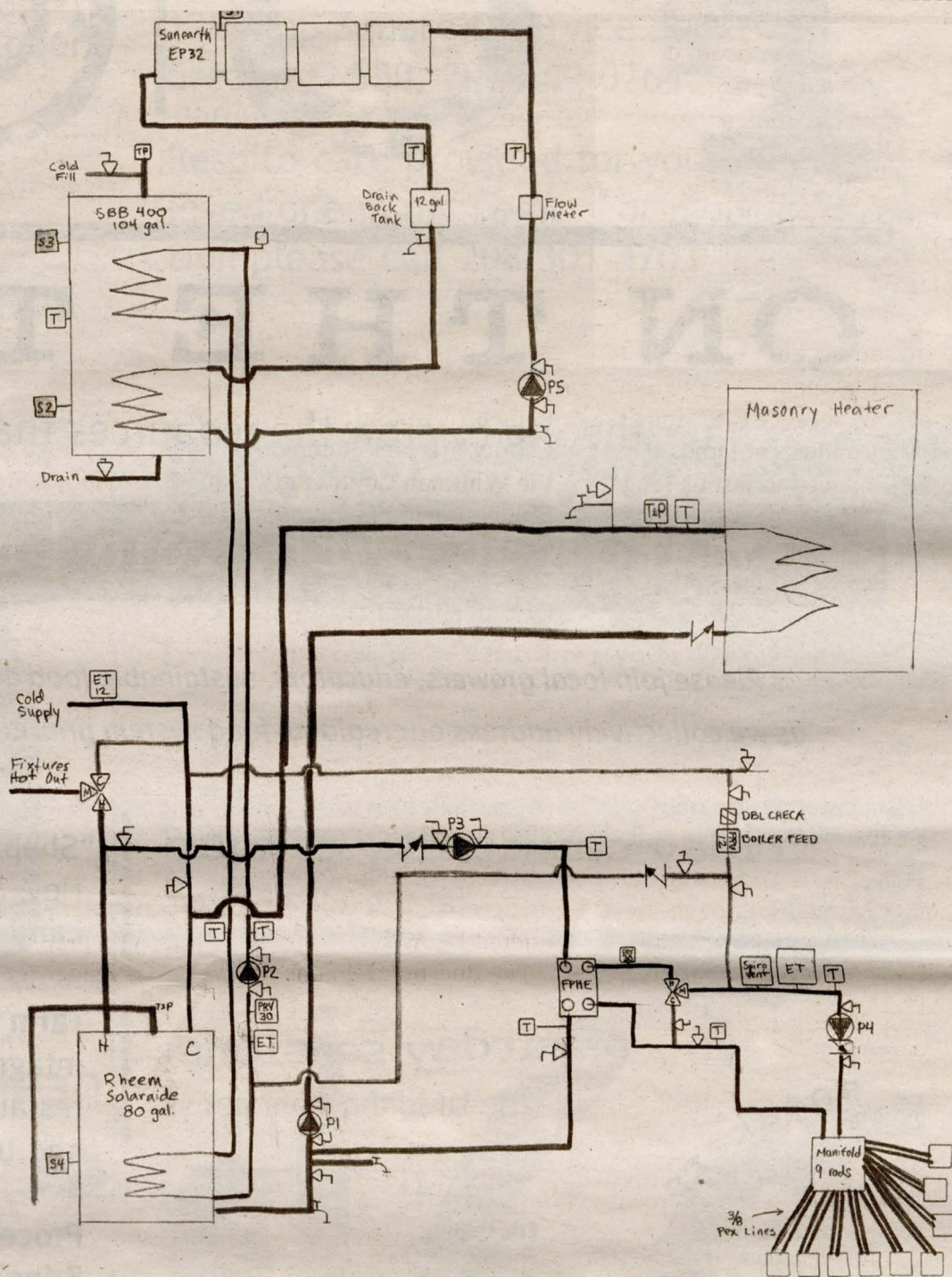
Now is the time to install a system financially. You will receive 30% of your investment back in a direct tax credit at the end of the year. Spend

\$10,000 on a system and in the end you'll get back \$3,000. For you Idahoans, you'll also see a deduction that lasts for four years. If I was to spend \$10000 this year I'd personally see a \$300 tax reduction. For everyone this'll be different since it's based on your income.

There hasn't been a better

time to install these systems since the Carter era. Locally, you can contact David at The Natural Abode or look on www.findsolar.com to find an installer near you.

Mike is enjoying the warmer weather and the spring like conditions in March.



Sell your produce or local products at the Co-op Tuesday Growers Market

This year the market will operate from May through October, from 4:30pm to 6:30pm.

We are inviting growers to sell value-added food items. Products must be made locally and include at least one item grown by the seller. We are not accepting craft items.

Contact growersmarket@moscowfood.coop for the guidelines and application.



COMMENTARY

FOOD

ON THE TABLE

a gathering to grow the resources that will feed the palouse

march 26-27th, 2010 | moscow, idaho

Please join local growers, educators, sustainable food advocates, and community members as we collectively address our regional food system priorities in this unique "working" conference.

friday community dinner

[at the 1912 Center]

"Shepherding Change:
How Localizing Food can Transform the
Landscape & our Communities"

saturday sessions

[at the UI Idaho Commons]

Farm to Institution
Integrating local food into
restaurants, schools, hospitals
and universities

Processing on the Palouse
Bringing local meat and value-added
products to market

Farming as a Business & Lifestyle
Starting your farm and selling
to your community

Backyard Bounty
Increasing community self-sufficiency

speakers

Janie Burns
HomeGrown Poultry, LLC
New Plymouth, Idaho

Eric Odberg
Shepherd's Grain
Genesee, Idaho

Mary Embleton
Cascade Harvest Coalition
Seattle, Washington

Laura Theis
Idaho's Bounty
Ketchum, Idaho

Diane Gasaway
Marian Gillis
Northwest Cooperative
Development Center

Karl Sutton
Mission Mountain
Food Enterprise Center
Ronan, Montana

Diane Green
Greentree Naturals
Sandpoint, Idaho

Mimi Feuling
Cascade Creek Farm
Bonner's Ferry, Idaho

registration

For more information and registration details please visit
WWW.RURALROOTS.ORG/FOODONTHE TABLE
fri dinner \$20—sat conference \$20 (lunch not incl.)—sat lunch \$15
REGISTRATION DEADLINE MARCH 18TH (SPACE IS LIMITED SO REGISTER EARLY!)

Sponsored by



Partners

University of Idaho
Extension



RURALroots
healthy farms healthy food healthy communities



The University of Idaho | Rural Roots | Backyard Harvest are equal opportunity/affirmative action employer and/or educational organizations. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation, or disability.

With additional support from





Unclassified Ads

ORGANIC VEGGIES. Split half-share WSU CSA. Pick-up WSU Farm every other Friday afternoon. May through October. \$150. 509-758-4775.

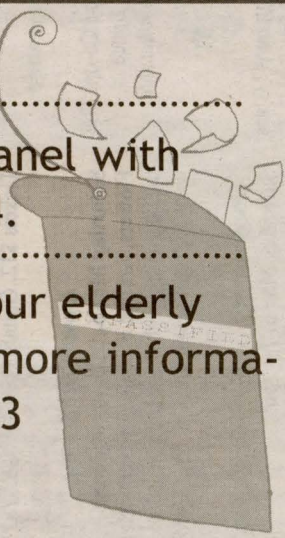
Solar-gain STUDIO, Moscow. \$360. Remodeled. Garden. 883-2638.

Lawn mower. Garaged. \$10. 883-2638.

Utility sink. \$10. 883-2638.

125 Amp Square D service panel with breakers. \$50. 208-669-0764.

Respite care provided for your elderly loved one in my home For more information please call 208-301-4703



Mix 'n Match Wine Deal
Select a dozen
Wines at least 750 ml
Get 10% off




no coupon needed

Monday through Friday Member Specials

March 8 - 12

Member Special
hamburger - lean
Save 50 cents per package
Family Packs, 3+ pounds
Good only from Monday March 8 to Friday March 12. One coupon per customer only at the Moscow Food Co-op. No rain checks or price adjustments, no other discounts. Must be a current member. Cashiers: Store Coupon.



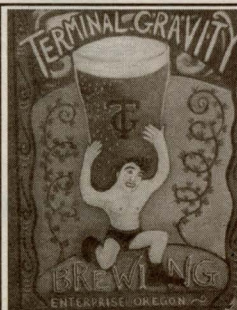
March 15-19

Member Special
sushi
Save 50 cents
Good only from Monday March 15 to Friday March 19. One coupon per customer only at the Moscow Food Co-op. No rain checks or price adjustments, no other discounts. Must be a current member. Cashiers: Store Coupon.



March 22-26

Member Special
organic bananas
59 cents per pound
Good only from Monday March 22 to Friday March 26. One coupon per customer only at the Moscow Food Co-op. No rain checks or price adjustments, no other discounts. Cashiers: Store Coupon.

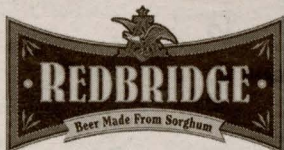
New beers
Worth a look

Terminal Gravity
Enterprise, Oregon



India Pale Ale and
Extra Special Golden

Individual bottles or in six packs



Gluten Free Beer
no wheat or barley, just sorghum

MOSCOW FOOD CO-OP

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

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

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

.25	.50	.75	1.00	1.25
1.50	1.75	2.00	2.25	2.50
2.75	3.00	3.25	3.50	3.75
4.00	4.25	4.50	4.75	5.00
5.25	5.50	5.75	6.00	6.25
6.50	6.75	7.00	7.25	7.50
7.75	8.00	8.25	8.50	8.75
9.00	9.25	9.50	9.75	10.00
10.25	10.50	10.75	11.00	11.25
11.50	11.75	12.00	12.25	12.50
12.75	13.00	13.25	13.50	13.75
14.00	14.25	14.50	14.75	15.00
15.25	15.50	15.75	16.00	16.25
16.50	16.75	17.00	17.25	17.50
17.75	18.00	18.25	18.50	18.75
19.00	19.25	19.50	19.75	20.00

Name: _____

Email or phone#: _____

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

Bulletin Board

Co-op Events

Annual Membership Meeting

Sunday Apr 4, 4—6 pm
Great Room, 1912 Center. Co-op Board candidates will also be present to take questions.

Board of Directors meeting

Tuesday Mar 9, 6pm in the 1912 Center.

Co-op Board Election

Thursday Mar 25, 5:30pm
Voting begins and continues through April 4.

Candidate Forum

Thursday Mar 25, 5:30—7:30pm
In the Co-op Café to answer questions.

FACT

Wed/Thu 5—7pm + Fri/Sat 11am—1pm
Farmer Advocacy Co-op Team is a new program to help increase awareness about seasonal, local/regional, affordable food.

The Taste of the Palouse

Saturday Mar 6
Taste products provided to the Co-op from local and regional producers.

Co-op Kids – Meet Tuesdays at 9am

Tue Mar 9: Meet in Cafe to learn about trees.
Mar 23: Meet in Cafe to welcome spring.

Art at the Co-op

Friday Mar 12, 5:30—7pm
Opening reception for annual Quilt Show. Meet the artists Kristin Jones, Alicia Cunningham, and April Lechlet

Good Food Book Club

Sunday March 21, 3—5 pm
Discussion Book: "Hit by a Farm" by Catherine Friend. At the Sister's Brew Coffee House. Free. bookclub@moscowfood.coop

Good Food Film Series

Thursday, March 25, 7pm
"The End of the Line" at the Kenworthy.

Food on the Table conference

Fri/Sat March 26/27
Co-sponsored by the Moscow Food Co-op. The registration deadline is March 18. Space is limited. www.ruralroots.org/foodonthetable

Backyard Chickens 101

Sunday Mar 28, 10am-12pm
Thinking about getting some laying hens? Class is free, but limited to Co-op members. Email: outreach@moscowfood.coop.



Sun Mar 21—Good Food Book Club
Tue Mar 23—Coop Kids—meet in the
Tue Mar 23—Music—Emily Poor
Thu Mar 25—Co-op Wellness Class
Thu Mar 25—Good Film Series—End
Thu Mar 25—Board Directors Candi
Fri Mar 26-27—Food on the Table Co
Sun Mar 28—Backyard Chickens 101
Tue Mar 30—Music—Natalie Rose
Thu Apr 1—Co-op Wellness Class

Events at a Glance

Daniel Botkin

Board of Directors Meeting

Palouse

meet in the C

Daniel Mark Fa

Wellness Class

the Co-op—Quil

op Wellness Class

Co-op Wellness Classes

Thursdays, 6—7pm at the 1912 Center.
Register at: outreach@moscowfood.coop

Mar 11: Forward Head Posture

Mar 18: Paraspinal Musculature

Mar 25: Low Back Pain

Apr 1: How To (Not) Herniate a Disc While Working Out!

Apr 8: Headaches—A new approach

Tuesday Night Music Series 6-8pm

Mar 2 - Mark Holt, Western/Bluegrass

Mar 9 - Daniel Mark Faller, Country/Americana

Mar 23 - Emily Poor, Folk/Traditional

Mar 30 - Natalie Rose, Soul/R&B

Community Events

Thursday Concert

in Maher, in The Attic.

Artists' Reception

5—7pm
Palouse Watercolor Socius
play of work at BookPeople.

Low Mardi Gras

continues in downtown Moscow.
for Friends ☎ 882-1823

Get on Spring

9:30am—4:30pm
for friends. An event celebrating the beginning of the gardening season. www.livinginthegarden.com ☎ 332-0647

Community Coffee House for Haiti

Saturday Mar 6, 7—9pm
Fair trade goods, and Haitian made crafts. CCUCC, 525 NE Campus Avenue, Pullman.

MOSCOW FOOD CO-OP

Japan Day in Pullman

Monday, Mar 8, 4—7pm
at WSU Kimbrough 101. Enjoy Japanese food and film: "School Days with a Pig" admission, light refreshments provided. <http://www.forlang.wsu.edu>

Forever Wild

Friday Mar 8, 7pm
with Jim Stoltz at the 1912 Center. www.friendsoftheclearwater.org

St. Paddy's in Palouse

Wednesday Mar 17, 6pm
with stew, music, no host bar. \$16 adults, \$7 for 12 (younger kids are free). with or Dona Abderhalden. ☎ (509) 878-1701, donarae@gmail.com

Palouse Folklore Society

Saturday Mar 20, 7:30pm
Contra dance with Potatohead band and caller TBC at the 1912 Center.

Tai Chi in the East City Park

Tuesday Mar 23, 6:15am
First class free and all welcome to observe and questions are encouraged. ☎ (208) 874-3979.

Dahmen Barn Events

Sunday Mar 7, 1—3pm: German Oom Pah Band playing on Sausage Feed Day.
Saturday Mar 6, 1—4pm: Opening reception for "Perfecting Pastels" exhibit.
Saturday Mar 20, 1:30pm: Cowboys & Cowgirls in story and song.

Vigil for Peace

Moscow: Fridays 5.30—6.30pm
Ongoing since November 2001. Meet in Friendship Square. Resources, encouragement, and opportunities for action. Dean or Gretchen Stewart ☎ 882-7067, sperrine@potlatch.com

Pullman: 1st Fri of month, 12.15—12.45pm
Under the clock by the Public Library. ☎ 334-4688, nancyw@pullman.com

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

University of Idaho Library--periodicals

Rayburn Street
Moscow ID 83844-2364

Moscow Food Co-op
121 East Fifth
Moscow ID 83843