

# Community News

*The Garage Sale Issue*

**FREE!**  
PLEASE TAKE ONE!

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



## Growers' Market Returns

By Kenna S. Eaton, Co-op General Manager

Tuesday, May 4, will see the annual return of the Co-op's own Growers' Market. Now in its eighth season, we are excited to not only bring it back — but to make it even better! This winter, we seriously considered how best to improve the market to make it more fun and more effective for the growers — and we came up with lots of changes we think you'll enjoy.

The market will move to the other side of the parking lot, lining 5th street and making it more visible from Washington St. And we have added some half-spots, so the number of vendors will increase.

Tourmaline Farms/Avon Eggs will take preorders for grass fed and finished beef and will sell poultry and eggs; Ravencroft Herbs will offer herbs, produce and CSA's; Elk Meadows will have plant starts, flowers and produce; Garfield Growers will have huckleberry muffins and huckleberry granola bars; Palouse Prairie Farms will sell lamb, beef, chicken and turkey and will offer a meat CSA; Lida will sell produce and eggs; and finally, Sticky Fingers Farm (Amanda Hixson House) will have lavender honey and strawberry chocolate mint ice cream! And, of course, you'll find various local gardeners who simply have more produce than they know what to do with.

Naturally, we'll bring back the live music and hot food, as well as Backyard Harvest, who is able to switch out your food stamps for market script so you can feed your

family local, fresh-from-the-farmer produce. At the same table, you can buy greens, berries and starts. This year, we'll add weekly demos of seasonal produce by our very own F.A.C.T. (Farmers Advocacy Co-op Team), a group of participating members dedicated to sharing great, local, affordable food. Additionally, we're adding some fun new features like a weekly drawing for a prize and our very own market tote to take home your goodies in. All in all, we're excited, and hope you are too.

Britt Heisel, the Co-op's Tuesday Growers' Market Coordinator, put us on Facebook (<http://www.facebook.com/pages/Moscow-ID/Moscow-Food-Coop-Tuesday-Growers-Market/107124975993233>). Britt will be updating it throughout the market season with information about our market — special events, grower spotlights, pictures, recipes, what the growers are bringing to market and other fun stuff.



Britt Heisel, Tuesday Growers' Market Coordinator

[www.moscowfood.coop](http://www.moscowfood.coop)

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3284  
N48

# Community News



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

The Garage Sale Issue

## Tuesday Growers' Market Sprouts in May

By Lovina Roselle, Co-op Newsletter Volunteer

If you're anything like me, your weekends are consumed by hikes with the dogs, getting out of town for some time on the river or in the mountains, or getting caught up in the social life of the glorious long days that come with spring and summer on the Palouse. That's just why the Tuesday Growers' Market is ideal to feed the "locavore" in all of us! Offering yet another way to shop for locally produced food and goods, the Tuesday Growers' Market not only helps support local farmers, but provides a mid-week venue to our community members who may not be able to make it to the Saturday Farmers' Market.

So what kinds of things will you be able to take home in the middle of the week? Not only will there be a variety of organic produce, herbs, eggs, flowers and meat to choose from, this year, the market is expanding to allow vendors to sell a number of value-added products that are derived from locally produced ingredients. Some of the new items include homemade ice cream and huckleberry muffins.

Tuesday Growers' Market starts May 4 from 4:30 - 6:30 p.m. and runs through October. Booths are set up in the Co-op parking lot and provide easy pedestrian access from 5th Street or the west side of Washington Street. Britt Heisel, Tuesday Growers' Market Coordinator, says we will see some new growers this year in addition to the returning favorites. The local farm lineup this spring includes Amanda Hixson and Keith House - Sticky Fingers Farm, Tourmaline Farms/Avon Eggs, Backyard Harvest, Elk Meadow Farm and Nursery, Garfield Growers, Buffalo Girls Farm & Spring Valley Gardens, Palouse Prairie Farms, and Ravencroft Farm. More space is

in the works to make room for new vendors and walk-ons.

When asked why the Co-op is willing to give up limited parking spaces, Britt replies with a smile, "Our goal is to grow local growers." The Tuesday market has demonstrated that it has the stability to help make local growers successful. One example of this is Kelly Kingsland and Russell Poe of Affinity Farms, who helped create the Tuesday market. By using the small public venue of the Co-op Growers' Market, they were able to cultivate a local clientele, distribute their CSA shares, and grow their business to its present established level.

This is Britt's first year as coordinator, and she has some great new ideas and energy to bring to the market, starting with the creation of a fabulous new Facebook page (<http://www.facebook.com/pages/Moscow-ID/Moscow-Food-Coop-Tuesday-Growers-Market/107124975993233>) to keep us informed of the weekly happenings. Search Facebook for "Moscow Food Co-op Tuesday

Growers' Market" and subscribe to find out what's new, learn more about vendors, check out pictures, and find recipes comprised of ingredients found at the Tuesday market.

Are you a local farmer looking for a "grower focused" market to help you grow your business? Have an abundance of crops coming from your hobby garden? Then load up the pick-up and head down to the Co-op on Tuesdays. Walk-on space is available for the nominal price of \$3 for a half-space or \$5 for a full-space.

The Tuesday Growers' Market is held in conjunction with the Co-op's Tuesday Outdoor Music Series, where live performances energize downtown from June through October. Local food vendors will also be on hand to enhance your shopping experience! For more information, contact Britt Heisel at [growersmarket@moscowfood.coop](mailto:growersmarket@moscowfood.coop).

Lovina Roselle will be profiling a grower each month and telling their story to the newsletter readers.



Illustration by Lucas Rate

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

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

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

### Co-op E-mail Addresses

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# CO-OPERATIONS

## Moscow Food Co-op Business Partners

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

### Food and Beverage

#### One World Café

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

#### Camas Prairie Winery

110 S. Main Street, Moscow; 208-882-0214  
<http://www.camaspriariewinery.com/>

Upon presentation of Moscow Food Co-op Membership Card, customer will receive an extra 5% discount. Must show card at purchase, not after.

### Childcare and Family Services

#### Moscow Parent Toddler Cooperative

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

### Professional Services

#### Allegra Print and Imagine

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

#### Copy Court

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

#### Krysta Ficca Photography

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

#### Nancy Draznin, CPM - Motherwise Midwifery

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

#### Erik Torok - LET's Coach

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

#### Mike Brown - LDP Academy LLC

PO Box 721, Troy, ID 83871; [www.lpdacademy.com](http://www.lpdacademy.com); [info@ldpacademy.com](mailto: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](http://www.bebebella.etsy.com); [amamaswork@yahoo.com](mailto:amamaswork@yahoo.com); 208-882-1353  
10% off any baby sling

#### Inland Cellular

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

#### Joanne Westberg Milot - Marketime Drug Inc.

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10% off all gift items

#### Lilliput Maternity and Children's Boutique

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

#### The Natural Abode

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

#### Hodgins Drug & Hobby

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

#### Safari Pearl

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#### Tye Dye Everything

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### Dance and Theatre

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525 S. Main Street, Moscow, ID 83843; 208-882-1445; [www.spectrum2studio.com](http://www.spectrum2studio.com)  
10% discount to new students

### House and Garden Services

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#### Dr. Arbor Tree Care LLC

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

#### Walter Spurling - Spurling House & Garden

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

### Wellness Services

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#### Integrative Mindworks with April Rubino

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

#### Andrea Masom, Licensed Clinical Counselor

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

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

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

#### Dr. Denise Moffat, MS, DVM, ND - Natural Health Techniques

1069 Elk Meadow Ln, Deary, ID, 83823; 208-877-1222; [\[NaturalHealthTechniques.com\]\(http://NaturalHealthTechniques.com\); \[www.NaturalHealthTechniques.com\]\(http://www.NaturalHealthTechniques.com\)](mailto:drnmoffat@</a></p>
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\$10 off initial telephone consult with mention of the Co-op Business Partner Program

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

PO Box 9381, Moscow; 208-669-2287; [info@healingpt.com](mailto:info@healingpt.com); [www.healingpt.com](http://www.healingpt.com)  
\$10 off initial and 2nd treatments

#### Jeri L. Hudak - Moscow Yoga Center

525 S. Main St.; [stewartjeri@hotmail.com](mailto:stewartjeri@hotmail.com); [www.moscowyogacenter.com](http://www.moscowyogacenter.com)  
10% discount for new students

#### Dr. Linda Kingsbury

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

#### Elisabeth Berlinger/Tom Bode - Moscow Felkendrais

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### Farms

#### RavenCroft Farm

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

#### Melissa Lines - SkyLines Farm Sheep & Wool

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

### Recreation and Lodging

#### Appaloosa Museum & Heritage Center

2720 W. Pullman Rd, Moscow; [museum@appaloosa.com](mailto:museum@appaloosa.com); [www.appaloosamuseum.org](http://www.appaloosamuseum.org); 208-882-5578  
The museum offers a 10% discount on the purchase of our gift shop merchandise. We operate a "no-admission cost" museum but do suggest a donation amount.

#### Sharon Dunn - Little Guesthouse on Adams

1020 S. Adams St., Moscow; [www.thelittleguesthouse.com](http://www.thelittleguesthouse.com); [sdunn@thelittleguesthouse.com](mailto:sdunn@thelittleguesthouse.com); 208-669-1654  
15% off a week stay, valid for Co-op members and their relatives. Not valid on special event nights

#### Krista Kramer - Peterson Barn Guesthouse

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

#### Donal Wilkinson, executive director - Adventure Learning Camps

PO Box 8245, Moscow; 208-310-3010; [AdventureLearningCamps@yahoo.com](mailto:AdventureLearningCamps@yahoo.com); [www.adventurelearningcamps.org](http://www.adventurelearningcamps.org)  
10% off on trips

#### Ashley Fiedler - Shady Grove Farm

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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

From Friday May 7 through Wednesday June 16, you can see a display of entries in City of Moscow's Wisescape Award Program. This annual program originated in 2008. Residents can nominate themselves or their neighbors. Entries of landscapes — in separate classes of homeowners, local business or apartment complexes — are judged for aesthetics and resource conservation. Some of the things that the judges look for in overall design are aesthetic appearance, limit of traditional turf, plant zoning and efficient irrigation. They also look for evidence of a reduction of resource use, such as water savings, less mowing, diminished use of fertilizer, reduced

use of pesticides, and the use of composting. The selection of plants suitable to our local climate and soil are also looked at.

These photographs of entries and the accompanying written descriptions are very interesting and of great help when considering improving one's own landscaping technique. There will be no official opening, but do come and look at these entries. You will probably know many of the people involved and have seen their yards as you walk around town.

## Tuesday Music at the Co-op

By Natalie Rose, Co-op Newsletter Volunteer

Spring has sprung and downtown Moscow is the perfect place to enjoy this gorgeous season! Starting in May, our Tuesday Night Music Series will be held outside from 5-7 p.m., during the Growers' Market. Stop inside at the Deli for a delicious, organic meal and head outside for local music and sunshine. See you there!

May 4 - 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 others.

May 11 - 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!

May 18 - Paul Smith, African-American Banjo

Paul will play authen-

## May Co-op Kids!

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

In April, the kids made amazing beeswax sculptures. For those of you who haven't worked with beeswax, it is a great modeling medium for kids of all ages. It smells

sweet, lasts forever and can be reused. It does take a little time to warm in the hands, but patience is a helpful thing for all of us to practice! I buy my modeling wax and natural art supplies from the gals at A Child's Dream Come True in Sandpoint, you can order online with delivery in a day or so at [www.achildsdream.com](http://www.achildsdream.com).

Co-op Kids is a twice-monthly activity for young children and their families. We meet in the Co-op Cafe and at Friendship Square downtown this month and all activities are free.



**Wet on Wet Watercolor**  
Meet us in the Co-op Cafe from 9-10 a.m. on Tuesday, May 11, to watercolor paint; if weather allows, we will sit outside on the patio.

**Friendship Square**  
Meet us outside at Friendship Square in downtown Moscow to play from 9-10 a.m. on Tuesday, May 25. I will serve healthy kids snacks and we can all enjoy the fresh air.

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

### Co-op Music in May

May 4: Daniel Mark Faller, Country/Americana

May 11: Mark Holt, Western/Bluegrass

May 18: Paul Smith, African-American Banjo

May 25: Emily Poor, Folk/Traditional

tic African-American banjo music on a fretless gourd banjo, tracing the instrument's West African roots into early American music.

May 25 - 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.

The Moscow Food Co-op regular Board of Directors meeting will be held at 6 p.m. in the Fiske Room at the 1912 Center on Tuesday, May 11. The agenda for the meeting will be posted in the store a week prior to the meeting. Public comment period is at 7 p.m. The public is welcome to attend.

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## Board of Directors Report

By Kimberly Vincent, Co-op Board of Directors Secretary

Change is in the wind. Thank you to our record number of voters who participated in the Board election. I want to thank you for re-electing Andrika, Donal and myself. I also want to welcome Jamie to our Board. Thank you to Gary for volunteering three years to the Board. Gary always brought ideas that created interesting debate — some we incorporated into our policies and others we did not. But we appreciate the perspective he brought. After four years as President, I decided it was time to step down. I wanted my third term on the Board to be more of a creative role rather than in leadership. At our April meeting, the Board elected our new executive committee: Bill Beck is President, Andrika Kuhle is Vice President/Treasurer and I am the new Secretary.

During our winter retreat, our facilitator, Jessica Bearman, did a wonderful job of helping us focus on building consensus as we updated our by-laws. Thank

you to Jessica for her hard work, her insight and her ability to keep us moving forward. Jessica shared something called “the ladder of inference.” We all have our own beliefs and experiences that shape how we view the world and make decisions. She began with this visual aid to remind us that we need to make decisions based on observable data and not make inferences about what others meant or their intentions. It seems we have some work to do in this area.

Jessica also noted that members of the Board fiercely and passionately argue even when we agreed. The culture of our Board was one of debate rather than dialog. This was very timely, because in April, Bill Beck, Andrika Kuhle, Kenna Eaton and I attended a board leadership training in Portland. The theme for the training this year was “Board Culture.” Bill and I both found the discussion about debate versus dialogue very timely and gave us many

ideas of how we could improve our Board culture. All four of us came away from the training with many ideas of ways to improve the process of communication: process of dealing with complaints, process for communicating with members, process for improving our Board culture, etc. Thus, during our spring retreat, we will work on Board culture as well as continue our work to revise our ends policies.

We are sorry to accept the resignations of Chris Norden and Dena Neese. Thank you both for your dedication and hard work over the past year. Your input will be missed. According to our By-laws, the Board of Directors may appoint replacements. We would like to invite members to fill out a candidacy packet if they would like to be considered for a one-year appointment. Candidacy packets can be obtained in the Co-op at the board by the entrance or on the website at [www.moscowfood.coop](http://www.moscowfood.coop) on the main menu (to the

left, click on Board of Directors and search for Candidacy Packet). The requested information must be submitted electronically to [bodfeedback@moscowfood.coop](mailto:bodfeedback@moscowfood.coop) no later than 11:59 p.m. on May 27, 2010. The Board will then carefully consider all candidates and choose two new Board members to serve until the completion of the election in March 2011. So, if you would like to volunteer to serve on the Board for slightly less than a year, please supply all requested information. If you would like to be considered, I do hope you will introduce yourself to any Board members in the Co-op and please try to come to our May Board meeting in the Fiske Room of the 1912 building on Tuesday May 11, 2010, at 6 p.m. Meeting potential candidates helps us to make wise choices. We look forward to meeting a strong pool of potential candidates for the new Board positions.



## The Front End News

By Annie Hubble, Front End Manager

As some of our student workers head out for the summer, I would like to thank all the front-end team for their excellent work. I will always remember the cashier meeting just a few months ago, when, unprompted, the cashiers, one after another, kept saying how this job was the best they had ever had. They cited the great customer body, who spread the smiles; their fellow workers, who made coming to work such a joy; the co-op itself, in its great treatment of workers — (high on the list was the free staff lunch; health

insurance for those who work over 30 hours a week; and constant recognition of their work, be it through the Co-op bucks reward system or simple verbal acknowledgement), and their feeling good in general about working in an alternative where the employees know they are important in the big picture. I know I love working here, and 2011 will mark my 20th anniversary as an employee of the Co-op.

Thank you, everyone — fellow workers, members (now 6,000 in number!), and all who shop here — for making this such a great workplace. Enjoy your summer. Enjoy your adventures. And come into the Co-op for that cup of coffee; for a taste of good local music on Tuesday nights; for the monthly art shows on the Deli walls; and, of course, for the delightful choice of grocery items. We have all together made the Co-op the great place it is, and we should be proud in the achievement.

## Seed Swap!

By Mary Etlen Brewick

What should you do with those extra broccoli/kale/carrot/spinach seeds that you bought but won't fit in your garden? What if you want to try a few seeds of that vegetable you've been daydreaming about to see if they'll work in your plot? Well, the Moscow Food Co-op is here to help! We are organizing a Seed Swap to be held at the Tuesday Growers' Market.

During the months of May and June, you can stop by the Growers' Market (in the Co-op parking lot) any Tuesday night from 4:30 - 6:30 p.m. and participate in a couple of different ways. Everyone is welcome!

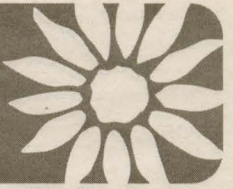
- ➔ Swap seeds you don't need for seeds you'd like to plant!
- ➔ If you have extra seeds or pots to donate, we'll gladly accept them. Please label the seeds (or make sure you can identify them and we can label them).
- ➔ Pots can be donated at the Moscow Food Co-op, just look for the bins.
- ➔ Buy seedlings from our growers and pot them before leaving the Growers' Market!

➔ If you have seeds or starts and want to plant them yourself, but just aren't sure what to do next, come and plant them with us! You can bring your own pots or use a donated pot. Planting bonus — the Co-op will provide the potting soil!

Happy Gardening!

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## Election Wrap-Up

By Carol Spurling, Outreach and Ownership Coordinator (and Elections Committee); Dena Neese, outgoing Board Member (and Elections Committee Chair); Sequoia Ladd, Participating Member Coordinator (and Elections Committee); and Julia Piaskowski, Elections Committee Volunteer

The Elections Committee would like to announce the official results of the 2010 Board of Directors election, held from March 25 – April 4.

Approximately 650 members voted in the election. The results were as follows:

1. Andrika Kuhle – 448 votes
2. Donal Wilkinson – 384 votes
3. Kimberly Vincent – 377 votes
4. Jamie Bentley – 358 votes
5. Mark Mumford – 296 votes
6. Gary Macfarlane – 196 votes
7. Cass Davis – 98 votes

We congratulate the winners. The top three vote-getters were incumbents, and the newly elected member, Jamie Bentley, was welcomed to the Board at the April meeting. We express our gratitude to all of the candidates for their willingness to serve their Co-op.

The elections committee would like to thank the dozens of volunteers who assisted during the election by staffing the voting table at the store during most store operating hours for 10 days straight, and the volunteers and staff who stayed up until midnight on April 4 verifying and counting 650 ballots. Their volunteerism is inspiring!

We also thank the Co-op membership, who turned out in record numbers, for exercising their rights and demonstrating how strongly they support the second Co-operative principle, democratic member control.

The elections committee, normally concerned largely with the logistics of conducting an election, was admittedly taken by surprise with controversy and voter turnout never before seen at the Moscow Food Co-op.

The elections committee is charged with assembling a pool of strong candidates for the Board of directors; facilitating discussion about the candidates' reasons and qualifications for running; and conducting a fair election that maximizes member participation.

To these ends, two orientations were held for potential candidates where lengthy information packets were provided about the roles and responsibilities of Board members. When the pool of candidates was finalized, each candidate was required to provide a statement about their skills and qualifications for the Board and why they were running. A candidate forum was also held at the Co-op during the dinner rush to allow a large number of people to listen and participate. The forum included questions written by the election committee to allow candidates to address several topics relevant to the Co-op, as well as questions from the audience. Approximately 75 people attended the forum and more listened when it was rebroadcast on KRFP Radio Free Moscow.

All members whose membership was paid and up to date by February 28, 2010, were eligible to vote (one vote per membership). Absentee bal-

lots were accepted for the month of March 2010 at a lock box in the front of the Co-op and at a post office box managed by Kay Keskinen, an elections volunteer. In-store voting was available for 10 days.

The Elections Committee spent hours handling the following questions raised by some members, Board members and candidates during the campaign:

1. Whether the Elections Committee should have tried to stop the publication of a news article in *Community News* by the editor (a member and volunteer) about candidate Cass Davis' legal action against the Co-op.

On a Friday afternoon, the Elections Committee received an e-mail from a Board member, informing the Committee that in the next few days, the editor of the *Community News* was planning to publish an article about candidate Cass Davis and his legal action against the Co-op. The Board member essentially set forth that while the newsletter editor said this was an interview with the candidate, the candidate said there was no interview, and that the article would create bias against him. The Board member urged the elections committee to take action to stop publication of the article. Given time constraints, the Elections Committee did its best to gather information, and ultimately determined that there is no existing Co-op policy that gives the committee authority to stop publication of articles in the *Community News*. Moreover, the Board itself decided not to create any policy at that time to try to stop the *Community News* from publishing the article.

A majority of the Elections Committee determined that the electioneering/campaigning policy statement the Board unanimously voted for in January 2010, that the election committee provided to all candidates, did not set guidelines for this particular situation:

"We encourage [candidates] to engage in an open, vibrant discourse during the election season. We discourage candidates from aggressive electioneering at the Co-op, as well as from distributing leaflets and handouts during the voting period. Interfering with the voting process is prohibited."

2. Whether a Candidate who has taken legal action against the Co-op in the past, or is talking openly about taking legal action in the future, may run for a seat on the Co-op's Board of Directors.

The Elections Committee determined that although Board members, according to their code of conduct, might not be able to bring legal action against the Co-op while they serve on the Board, candidates have not yet agreed to this code of conduct and the possibility existed that the candidate would, if elected, drop the legal actions.

3. Whether the voting process was

conducted in a fair and anonymous manner.

An unprecedented, rigorous process was put in place before voting commenced, in consultation with local parliamentarian and member of the League of Women Voters, Kay Keskinen, to ensure a fair and open process of voting and ballot counting. Voters were required to identify themselves before voting and to sign their ballot envelopes in the presence of the election volunteer. Ballots were numbered and initialed by election volunteers, to insure that only official ballots could be used to vote, and to insure that an individual vote could be traced back to the voter in the event that a member would want confirmation that his/her vote was counted. At no time were any ballots handled by less than two people, one of whom was always Kay Keskinen. Ballots were collected daily and stored by Kay Keskinen, and when they were not in the presence of the election volunteer or front-end staff, they were in a store safe. There were a small number of absentee ballots that were counted. The margins of victory were much larger than the total number of absentee ballots.

Votes were counted in the Fiske Room at the 1912 Center on Sunday, April 4, immediately following a membership meeting in the Great Room of the 1912 Center. Prior to the counting of ballots, all candidates were informed that either they themselves, or one designee chosen by them, could observe the counting of the votes. The eligibility of each voter was verified by a team of two people against current membership lists before votes were counted, by looking up the member name/number listed on the envelope and checking it against a member list. Verification and counting took place on opposite sides of the Fiske Room. Verified ballots were placed faced down on a table by one person and opened and separated from the envelopes, still face down, by another person. The ballots were then collected for counting by a different person who never saw the front of the envelope. Ballot numbers were checked against numbers on the envelopes, without votes OR the name of the voter visible at the same time. No one who saw the names on the envelopes was involved with counting ballots. No one who saw the names on the envelopes saw the actual ballots. No one who saw the names on the envelopes had any managerial role at the Co-op. The absentee ballots were similarly verified, and kept anonymous.

Votes were counted by two people, one reading off the votes and one observing. Votes were tallied by two people on opposite sides of the two people counting, and the tally was checked after every 50 ballots. If there was any discrepancy, those 50 ballots were counted again. The members of the Election Committee were present

during the ballot counting process, and we all believe the process, while long and tedious, was impartial and anonymous. Ballots and ballot envelopes are currently in the safe keeping of Kay Keskinen and will be destroyed after an appropriate amount of time, determined by the Board.

4. Whether campaigning/electioneering should be allowed.

The official electioneering policy established by the Board in January 2010 stated: "The Elections Committee has informed all candidates that we encourage them to engage in an open, vibrant discourse during the election season. We discourage candidates from aggressive electioneering at the Co-op, as well as from distributing leaflets and handouts during the voting period. Interfering with the voting process is prohibited."

One candidate distributed campaign flyers directed at employees in the back of the store. One candidate posted flyers inside the store, which were removed because only Co-op-generated materials are allowed on in-store bulletin boards. Another candidate and sitting Board member sent an e-mail that, among other things, recommended that members not vote for certain candidates. The e-mail was sent to many people, including all Co-op employees on the employee e-mail list. One candidate, to our knowledge, posted comments about the election on Facebook.

Staff was informed by Co-op management that they should not let election issues interfere with store operations, and candidates were not allowed in the back of the store for campaign purposes. One department manager posted the e-mail from the candidate referred to above in that department log book. When another candidate contacted the Election Committee to inform them of this, the Election Committee chair contacted the Store Manager, who immediately took action.

The Elections Committee faced several unprecedented issues and questions during this year's election season, and we are proud that the election process was democratic and fair for both the voters and the candidates. We are a group of unpaid Co-op volunteers and part-time staff, willing to serve our Co-op by overseeing the election and voting processes. We humbly remind those who have complained about some of our decisions that we volunteered and worked numerous hours in an attempt to make the best decisions possible, given time constraints and our limited authority overseeing an unprecedented election.

We appreciate everyone's participation in this year's election and will keep you informed throughout the year about any new guidelines or policies suggested for 2011.

Please send any comments or feedback to [outreach@moscowfood.coop](mailto:outreach@moscowfood.coop). Thank you!



## Open Letter to Moscow Food Co-op Board and Membership

By Chris Norden

I am resigning from the Moscow Food Co-op board of directors because we have collectively failed to defend the second cooperative principle of democratic member control by allowing our electoral process to be corrupted. Likewise, we have allowed the fifth cooperative principle of education, training, and information to be grossly abused by tolerating, abetting or directly engaging in the deliberate disinformation of our membership in order to advantage particular candidates. These are failures for which I share responsibility, my consistent objections to these actions notwithstanding. Actions have consequences. Some of you will think this is a victory, and a cause for celebration. It is not.

During the year-plus I've served on this board, I've been shocked, disheartened, and ashamed by the hostile and at times viciously uncollegial treatment of pro-labor progressive board members and board candidates. We've been the subject of lies, character assassination, distortions of our records of service both to the Co-op and the community generally, and have been accused variously by managers, fellow board members, and newsletter staff of wanting

to factionalize and destroy the Co-op. In fact, we've been advocating for nothing more radical or threatening than living wages, a modest degree of job security for non-managerial employees, and ultimately a fairer and stronger cooperative by virtue of enhanced workplace democracy, greater economic fairness, and improved retention of rank and file staff. I know these policies enjoy considerable support among our membership, which is presumably why it is seen as necessary to marginalized and even demonized those advocating such reforms.

Current managerial and board culture has come to thrive on scapegoats. Constructive criticism is labeled as complaint, complainers are marginalized and told they're wrong or misinformed, and are shunted off as Co-op haters or malcontents. No; we are committed members and owners who believe our co-op has fallen short in its claim to be "ethical and sustainable." With this resignation, there are no more obvious scapegoats on the board. The remaining board members will need to be directly accountable to a membership many of whom, myself included, feel we have been derelict in our

defense of the cooperative principles which should define us.

I offer thanks to those board members who've tolerated and even valued our dissenting opinions and perspectives, and wish you well in future efforts, especially in advocating for a functional, fully inclusive co-op community. Please remain mindful that a cooperative is everyone, not just one or a few individuals at the top. The current policy governance model favored by the National Cooperative Grocers Association exaggerates the importance of the General Manager position. In fact, it is rank and file workers, as much or moreso than top management, who determine the health, functionality, and future success of any cooperative. Those workers should be respected, valued, compensated, and retained accordingly.

The membership of this cooperative needs to increase its awareness and willingness to participate in the governance of the institution it in fact owns. Thomas Jefferson said people tend to get the government they deserve, and that democracy only works with an educated, aware, and vigilant citizenry. Particularly regrettable are vot-

ers so ill-informed and gullible as to accept the preposterous smears directed toward outgoing board member Gary Macfarlane, a highly principled, diligent, and committed board member whose record of service was dishonored and distorted beyond recognition by another "successful" candidate in a mass emailing, a copy of which was placed in the employee day log by one manager prior to the election, and not removed by upper management when made aware of its placement.

Writing about Homer's Iliad, Simone Weil observes that power crushes those who lack it, and intoxicates those who possess it. I appreciate having been given the opportunity to serve our co-op community as a board member. As a dear friend said when quizzed by a sitting board member about whom she would be voting for, "We're voting for the crazy ones."

And yes, I still love the Moscow Food Co-op. The Seven Cooperative Principles, our mission statement, and current strategic plan are all available at: [www.moscowfood.coop](http://www.moscowfood.coop).

## Building Cooperation: A Response to Chris Norden's Resignation

By Bill Beck, President, Board of Directors

The Moscow Food Co-op Board of Directors accepted the resignation of Chris Norden at our April meeting. The Board respects Chris' decision to express his point of view about the recent election.

This election was unusually contentious and emotions ran high among many Co-op owner-members. Diverse opinions were expressed and vigorous campaigning took place. This generated a high level of interest and some controversy. The result was that an unprecedented number of votes were cast — almost three times as many as in previous elections. There are hurt feelings and some lingering controversy as a result of this election. Where do we go from here?

First, we want to thank Chris. We would have preferred that he

serve his term, but accept that he has chosen to resign. Our Board of Directors is committed to working together with respect. We work together based on the assumption that everyone wants to make the Co-op better, everyone wants the Co-op to succeed as a business while recognizing that our Co-op must adhere to principles that value people, healthy food and community building. All of our Directors are pro labor. We all support making our Co-op the best workplace possible. We have appreciated Chris's hard work in support of these shared values.

Second, the Board remains committed to our mission statement and strategic plan. We are proud of our Co-op and the great progress we have made together over the last 37 years.

We have just completed the most engaged election in our Co-op's history. The election was openly conducted in the newsletter and at our forums. The ballots were counted, and in a fair and open election, our owner-members chose the directors to govern our Co-op this year.

This Board's commitment to work together to represent our diverse owner-members has never wavered. Owner-member participation in our Co-op has never been stronger. We are working together to sustain our Co-op's mission. We look forward to everyone's continued and growing participation and support of our Co-op.

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## Responding to Chris Norden: How Is It to Work at the Co-op?

By Kenna S. Eaton, Co-op General Manager

Chris Norden's resignation letter certainly sparked a lot of conversation around the Co-op. Staff and volunteers certainly were angry at the allegations and misrepresentation of their workplace, their efforts and their opinions. It's hard not to be defensive when one feels attacked, and the writer attacked many of us, not just myself. Speaking for my staff is a challenging undertaking not to be taken lightly. That's why usually I don't, but this month, I felt moved to defend them as well as their opinions.

Pro-labor? Nobody is more pro-labor than I or the rest of the management team. I know that each of us here works hard to support our co-workers so they can do their jobs better. We know that by working together,

we are smarter and more effective than alone (just look at last year's financial success). Every day, I receive compliments from our member/owners. Just yesterday, a longtime member shared how much she enjoys shopping at the Co-op because of the staff. When she added that this is her "happy place," it sure made me smile. And I'm quick to respond that it takes an entire community to make a Co-op successful — both the broader community and the staff community.

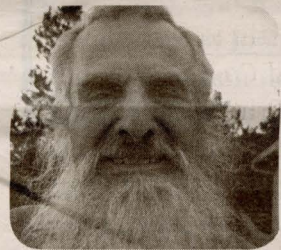
Many of our staff community felt threatened by the decision of Cass Davis to run for the Board on the one hand and threaten to sue the Co-op on the other. They couldn't understand how someone could act that way. Many felt this was a move designed to destroy their workplace, not

make it better. In fact, who better to improve this workplace than the staff themselves? Last year, we formed the BEST workplace committee — comprised of staff only with our HR manager as lead — with the express goal of making the Co-op the best place to work (and volunteer) in Moscow. Together, they are defining what that means and defining the steps to get there.

Yes, it may mean better wages, but it also means improved communication between departments, improved training programs and more opportunities to interact outside the Co-op — at their suggestion, we're paying our staff to help clean Paradise Creek in April. Our staff likes working here. Yes, it's a job to some, but to others, it's a way of life, and they don't like it when

someone speaks for them and speaks erroneously.

One staff person's response to Norden's letter said that, "If we act like there are two sides, then people will feel like they have to choose a side. Personally, I want what is going to continue to make the Co-op the thriving, vibrant community that is so much more than just a grocery store to so many." And another said "[Let's] get on with doing what we all want to do — working towards a successful, just and ever-better Co-op — [let's] take this opportunity to firmly define in our own voice who we are and what we want for the business and workplace we all love."



## Responding to Chris Norden

By Bill London, Co-op Newsletter Editor

Who are the bad guys that Chris Norden is so mad at?

In his resignation letter, it is obvious who he believes are the good guys. Norden says the good guys are the "progressive Board members and Board candidates" in the last Co-op election. Specifically, that's Cass Davis, Gary Macfarlane, and Chris Norden. Davis and Macfarlane got the lowest number of votes, and now Norden has resigned.

Since Norden's good guys resoundingly lost the election, the bad guys must be the hundreds of Co-op members who did not vote for them.

Not so, says Norden. The really bad guys are the "managers, fellow Board members, and newsletter staff" who corrupted the election process with lies.

He must be including me with those really bad guys. I did write an article about Cass Davis and his three-part legal attack on the Co-op in the March issue. I wrote that article because Davis was running a stealth campaign. Davis was not publicly discussing, with the membership at large, his plans to sue the Co-op and his plans for "sys-

temic change" that would dump General Manager Kenna Eaton and dismantle the existing Co-op management.

Without reading an article on that topic, how would the Co-op membership know about this relevant and significant information? Was it really in the Co-op's best interest to allow a candidate to decide what to reveal and what to hide from the voters, especially in this extraordinary situation?

I expected the article to be controversial, so I followed the rules I learned in my 30 years as a professional journalist. When I called Davis, I identified myself and explained I was writing for the newsletter. He willingly and candidly spoke with me for 45 minutes.

After that interview, Davis had two choices. He could have shown the courage of his convictions and stood behind the truth about his legal challenges and plans to remake the Co-op. Or he could try to kill the messenger instead of addressing to the message.

Sadly, Davis chose the second option. He and Chris Norden

e-mailed and attended Board meetings and meetings of the Board Elections Committee, demanding that my article be killed, and for the first time ever, that the Co-op newsletter should be censored. The Board did not bend, thankfully, and the truth was printed.

For me, the irony was profound. These "progressive Board members and Board candidates," who have publicly supported local independent media and free speech for years, were trying to censor independent media and trying to curtail free speech.

For Co-op member-voters, the election showed that they understood that our Co-op is a real success — providing a community hub, anchoring Moscow's downtown, compensating its employees well, and fostering real progressive change — that they wanted to support. Seeing the truth, they voted in unprecedented numbers, nearly three times as many voters as in previous elections.

The Co-op's election was not, as Norden claims, "corrupted" by lies. Instead, the membership responded to the facts and voted

accordingly. No matter how many big words Norden uses to cover the truth and to display his indignation, the reality is that the recent Co-op election was a triumph of member democracy.

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## Our Plastic Footprint

By Kenna S. Eaton, Co-op General Manager

Sunday, April 11, I was lucky enough to be invited to dinner to meet, amongst others; Captain Charles Moore of the Algalita Marine Research Foundation (plastic pollution) and Brad Rodgers, Manager of Sustainability and Advanced Packaging for Frito-Lay/PepsiCo. Brad was the corporate lead for the new 100% compostable Sun Chips bag just introduced for Earth Month. The other honored guest was our very own Dr. Patricia Hunt from WSU, one of the first research scientists to discover the effects of all that plastic we're ingesting on a daily basis through water bottles and the like, AND a Co-op member. Even better that the dinner was held here at the Co-op and that our staff got a chance to showcase their talents in a wonderful meal focusing on seasonal and organically grown foods. Greg Moller, Professor of Environmental Science and Toxicology at the UI, had invited these three; me; Nancy Chaney, Mayor of Moscow; Duane Nellis, UI President; and about 15 other people to eat dinner together at the Co-op, saying that he thought it was important to eat

food in a creative setting that was a little bit "community theater."

We sat down to eat in the deli — the tables pushed together to create a more intimate setting — as the staff served a feast of risotto stuffed mushrooms, local green salad and homemade (by us!) ravioli and grilled asparagus — yum — and when finally, we were simply too full, tiramisu for dessert. Conversation sparkled over the excellent food as we talked about sustainability and our environment — relevant topics, considering the theme of the dinner. Eventually, Nancy Chaney unveiled her "Our Plastic Footprint Day" proclamation, asking citizens to (amongst other things) "... consider reusing receptacles for shopping, to think twice about the packaging of goods purchased, and ... to be generally aware of the possible risks to our health and the environment from our increasing plastic footprint." Wow. That's pretty cool. If you'd like to read the proclamation in its entirety, see the sidebar. If you want to reduce your plastic usage, consider bringing your own tote bags to the Co-op when shop-

### OUR PLASTIC FOOTPRINT DAY PROCLAMATION

- WHEREAS,** Plastics are ubiquitous in our society and may take hundreds of years or more to degrade in the environment, and
- WHEREAS,** Petroleum-based plastics and plasticizer additives may be found in bags, bottles, toys, food packaging, storage containers, cookware, dental sealants, personal care products, and elsewhere, and
- WHEREAS,** Biologically harmful chemicals are known to leach from some of those products, and
- WHEREAS,** Such materials can affect thyroid and reproductive hormone production, as well as brain function, and
- WHEREAS,** In many cases, more sustainable, greener alternatives to plastic are available, and
- WHEREAS,** Between 1970 and 2003, plastics became the largest component of the waste stream in this Country, and
- WHEREAS,** One isolated area of the Pacific Ocean, 1,000 miles northeast from Hawaii, includes an expanse of trash roughly twice the size of Texas, composed largely of plastics, and
- WHEREAS,** The University of Idaho and Washington State University are hosting research vessel Captain Charles Moore of the Algalita Marine Research Foundation, who discovered that whirlpool of waste, for speaking engagements on April 12 and 13, and
- WHEREAS,** Global recycling of plastics is less than 5%, while plastics production increased 25-fold between 1960 and 2000, and
- WHEREAS,** Such plastic debris is harmful to marine biota, including fish consumed by humans and the marine plankton absorbing the Earth's carbon dioxide, and
- WHEREAS,** The public health and environmental effects of chemicals from plastics in unknown combinations and concentrations over extended periods of time are not well understood, and
- WHEREAS,** Scientific knowledge and policies to address these concerns are expected to increase over time,

**NOW, THEREFORE,** I, Nancy Chaney, Mayor of the City of Moscow, do hereby proclaim April 12, 2010 as

#### Our Plastic Footprint Day

in the City of Moscow, and I ask all citizens to use reusable receptacles for shopping, to think twice about the packaging of goods purchased, to recycle plastic waste, to make purchasing decisions that encourage the development and use of more environmentally-benign and degradable packaging, to consider potential for plastic chemical exposure associated with heating food in plastic containers, to assess whether glass, metal, paper, or some other material might suffice in lieu of plastic, and to generally be aware of possible risks to health and the environment from our increasing plastic footprint.



DATED this 5<sup>th</sup> day of April, 2010.

*Nancy Chaney*  
Nancy Chaney, Mayor

ping. For every bag you re-use, we'll give you a dime that you can either take or donate to local

organization through our "A Dime in Time" program.

## A Dime in Time: Solving Problems

By Ryan Goodson, Future Problem Solving Program representative



designed to "develop the ability of young people to think globally and to design and promote positive futures using critical, creative thinking."


Students who participate in the program work in one of three components: Global Issues Problem Solving, Community Problem Solving and Scenario Writing. Through research and creative problem solving, teams and individuals in GIPS address hypothetical future scenarios based on real contemporary issues. (This year's topics are Sensory Overload, Invasive Species, Orphaned Children, Food Distribution and Green Living.) Using these same topics, writing skills and futuristic thinking, scenario writers produce short creative works that reflect their research and forward thinking. Community Problem Solving (CmPS) provides an outlet for those students who want to address an area of concern they identify in their city, state,

nation, etc. Students who participate in CmPS use the same problem-solving model, but go one step further and implement their action plan.

The culmination of the FPSP year is the International Conference. Attendance at this conference is by invitation only. Two MJHS students were invited to attend this spring. Donations from the *Dime in Time* program will be used to help pay expenses of students attending the International Conference.


Attending this international gathering with other students who value creativity and problem solving validates the work that these students do throughout the year, inspiring them to continue learning and honing their problem solving skills, skills that help fulfill the mission of MJHS, that these students might "be positive contributors in a constantly changing world."

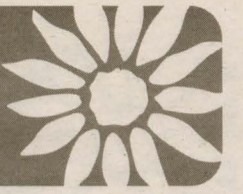
The Moscow Junior High School (MJHS) Future Problem Solving Program would like to thank the Moscow Food Co-op for their support through the *A Dime in Time* program during the month of May. For over 25 years, MJHS has participated in the Future Problem Solving Program International. Conceived of and started by Dr. E. Paul Torrance, FPSPI is



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## May Outreach Update

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

**W**hew. Where I grew up, spring was the beginning of tornado season. Here, we just schedule so many things that life FEELS like a tornado. But that's all part of the fun of living in a town like Moscow!

The cashiers have been doing a wonderful job explaining the benefits of membership and signing up new members this spring. Here are the numbers: the Co-op now has 5,910 current memberships. Since the beginning of January, we have 723 brand new members, and while 640 memberships expired, we got 1,760 renewed memberships in this same time period! Wow! Welcome to all the new members; thanks for joining us and helping us be ever better than before!

Lately, the Co-op has been at the Green Fair and UI's Earth Day BBQ. We welcomed local vendors at Taste of Palouse, launched our new Mamas and Papas group, and have been donating lots of food and gift cards to local non-profits and other organizations in need. We gave a field trip to home-school students, offered several Essential Living and two series of Essential Wellness classes, gave interviews to several students doing homework projects related to sustainable, organic and local foods — and oh, we also helped put on the Food on the Table conference! (See related story.)

Watch for a new set of Good Food Films coming this month and through the summer, and for a new set of Good Food books for the book club.

Another exciting outreach activity in March was the opening session of the Co-op's new customer service training classes for all employees. We're all feeling pretty fortunate to work with so many great people, and hopefully that shows in the service we give you.

The Dime in Time program earned \$541.50 for the Palouse HIV Consortium in March. The April Dime in Time recipient was Orphan Acres, and the May recipient is the Moscow Jr. High School Future Problem Solvers.

In March, we decided to match customer contributions made to Impulse Giving organizations. Sojourners Alliance received a total of \$116.80, the Humane

Society \$33, Backyard Harvest \$958, and Palouse Prairie School \$406.64. Thanks to everyone who contributed generously in March!

\*\*\*\*\*

Dear Moscow Food Co-op:

I just wanted to let you know how much I appreciate the local food sources you provide and the low prices on them as well. Tonight I went to one of the chain stores here in town since it was the end of the month and our allotted grocery money for the month was running low. I suffered some major sticker shock and realized that this store was charging way more money for way less quality than the Co-op. Their regular prices were more than the Co-op's organic ones! I happily came and spent my money at the Co-op, confident that I'm spending my money well every time I buy produce, dairy or bulk products. Thank you for enabling wise choices in our community. Not many others (at least where groceries are concerned) do the same.

Sincerely,  
Elise, Moscow

\*\*\*\*\*

Dear Moscow Food Co-op:

We just wanted to thank you so much for the Co-op's donation of \$474 to match the donations made to the Impulse Giving program for the month of March. Your generosity definitely inspired other communities to give both small and big donations to Backyard Harvest.

Now it is our turn to give back. We will use a portion of the donations we received from the Impulse Giving program to fund two produce shares for needy families through our new partnership with Soggy Bottom Farm. Then later this summer, we will use the remainder to provide \$5 tokens for families who come and use their federal food assistance benefits to purchase fresh fruits and veggies at the Tuesday Growers' Market.

Thanks again for helping us get healthy, fresh, local foods to our neighbors in need!

Amy Grey  
Director, Backyard Harvest

\*\*\*\*\*

Dear Moscow Food Co-op:

Thanks to everyone involved with Empty Bowls! We earned \$1,842.50. Everyone raved over

the soups and loved the bread. Thanks for all your help and support and many kudos to the soup and bread makers.

Sincerely,  
Carolyn Guy, Palouse Studio Potters Guild

\*\*\*\*\*

Dear Moscow Food Co-op:  
Thanks to the Moscow Food Co-op and its members for supporting the Global Architecture Brigade at the University of Idaho!

Sincerely,  
Tyler Macy

\*\*\*\*\*

Dear Moscow Food Co-op:  
Thank you for helping to make the Latah County Youth Advocacy Council 2010 Gala Event a success! Just like the boy in the Starfish Story, together we raised more than \$10,000 to support youth substance abuse prevention programs in Latah County while making a difference one at a time.

Sincerely,  
LCYAC

\*\*\*\*\*

Dear Moscow Food Co-op:  
Thank you for donating to our 30-year celebration!

Sincerely,  
Brooke, Moscow Day School

\*\*\*\*\*

Dear Moscow Food Co-op:  
A special thank you goes out to everyone who helped make Moscow Recycling's and Whitman County Recycling's Home and Garden Show and Palouse Green Fair booths such a successful endeavor. It is the hope of Whitman County and Moscow Recycling to bring greater awareness not only to recycling, but to buying products made from recycled materials. An extra thank you to our sponsors, who provided the products and supplies to make this event possible.

Many event goers remarked on noticing your store's commitment to providing customers with so many choices on purchasing environmentally friendly products. In all, total attendance at our booths was over 3,000. Without your support, our booth and mes-

sage could not have reached so many people. Thank you again, and we look forward to working with you in the future to promote "green" programs in our communities.

Sincerely,  
Judy Dunn-Gray, Whitman County Recycling & Waste Recycling

Andy Boyd, Moscow Recycling

\*\*\*\*\*

Dear Moscow Food Co-op:  
On behalf of all the patients in our region, thank you for hosting a blood drive with the Inland Northwest Blood Center. On April 7, 31 faithful donors from your organization gave the "gift of life" to patients...On behalf of the many lives - past, present, and future - thank you for your commitment to INBC. Together we are working to save lives.

Jeff Bryant, President and CEO  
Inland Northwest Blood Center

\*\*\*\*\*

Dear Moscow Food Co-op:  
Thank you for your recent donation on behalf of the Moscow Food Co-op to the Museum of Art's Buy-A-Busload-of-Kids program. Your gift of \$100 will buy a bus to the museum and a memorable experience for the children who visit. Last year alone, over 3,000 public school students were able to visit the museum because of the generosity of people such as you.

This year, the students have had the opportunity to experience the historic photographs of Chavez Ravine taken by Seattle photographer Don Normark, and contemporary work exploring the synergy of Art + Architecture...

We are pleased that you have chosen the Museum of Art for your support. During these economic times, your generosity is especially noted and appreciated.

Sincerely,  
Chris Bruce, Director  
Jill Aesoph, Director of Development  
WSU Museum of Art

### HOW SAFE IS YOUR DRINKING WATER?

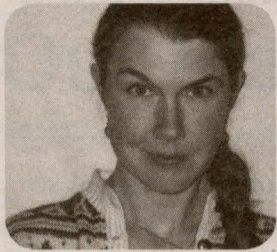


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## The hardest participating member (volunteer) position at the Co-op

By K. Sequoia Ladd, Participating Member Coordinator, [participate@moscowfood.coop](mailto:participate@moscowfood.coop)

*This is an open statement to the Board and membership that I was originally going to address to the Board of Directors as an owner/member at the May meeting. However, due to recent events, including an unprecedented election and the recent resignation of two Board members for very different reasons, I feel that it should be addressed to the entire Co-op community.*

When times are the most challenging, dialogue tends to diminish and is replaced by fear-based rhetoric, by rumor and conjecture, by emotional reasoning and narrowed perspective. It has been argued that it is in our nature to do so when we feel threatened, or hurt, angry or sad. It is the rare individual that can dialogue despite these emotional responses, who is willing to step back and see the bigger picture despite the perceived precarious footing that may cause.

Now more than ever, we need a Board of rare individuals to dialogue instead of debate for the sake of debating. To be willing to put forth ideas and creative solutions instead of staying entrenched in the safety of ideals; to represent all of the diverse views and needs of our community, and work toward common goals. I write this understanding that I am asking a lot of our volunteer Board of Directors, because they already give so much.

Our Moscow Food Co-op Board of Directors has the incredibly difficult task of balancing the social principles of cooperation, with the capital needs of a business. They must understand and facilitate a melding of socialist values and capitalist practices; keeping two conflicting paradigms in balance is no mean feat. They write policy for our Co-op, approve our budget,

*Now more than ever, we need a Board of rare individuals to dialogue instead of debate for the sake of debating. To be willing to put forth ideas and creative solutions instead of staying entrenched in the safety of ideals; to represent all of the diverse views and needs of our community, and work toward common goals.*


advance our strategic plan in cooperation with Co-op staff, and chair committees, among other activities. Their time commitments and workload often go above and beyond the 12 hours needed for an 18% discount. They are a voice for our membership, tireless advocates for our Co-op, and defenders of our mission.

I would like to thank Chris Norden and Dena Neese for serving on our Board. Chris has been a thoughtful advocate for environmental sustainability and social justice while serving on the Board, and has resigned from the Board because he feels the election process compromised two of the cooperative principles (please read Chris's resignation statement in this issue of *The Community News*). Chris's perspectives and views added diversity to our Board. Thank you, Chris, for serving our membership. Dena has been a Board member who asked very specific questions, wanting to know the whole story before making a decision. She spent an extraordinary amount of time thoughtfully responding to and resolving many unprecedented issues that came up while chairing the Election Committee. Her fairness and impartial logic, willingness to hear and evaluate all sides, and tireless work ethic were imperative to a democratic election process. Dena has resigned from the Board to spend more time with her beautiful baby boy and husband (please read Dena's resignation statement in this


issue of *The Community News*). Thank you, Dena, for serving our membership so well.

We are now in need of two Co-op members to step forward and serve the Co-op community for a one-year appointment. They may be member nominated or self-nominated, and will become a Board member after a majority vote by the current sitting Board of Directors (for more information, please read the article submitted by the Board in this issue of *Community News*). I will not sugar-coat this position; it takes a willingness to dialogue, to see a larger picture, to propose solutions and to have thick skin when community members criticize your decisions or actions. It is the hardest participating member position at the Co-op. However, it is also arguably the most important.


If you know a rare individual that has these leadership qualities, please nominate him or her for the Moscow Food Co-op Board of Directors. If you happen to see one of our current Board members, thank them for their generous service to our Co-op and community. It is time for us to come together, dialogue with each other, and move forward toward common goals that benefit the Co-op and the community. In challenging times this is one of our strengths and it is time we use it to full advantage. After all, we are a **cooperative**.



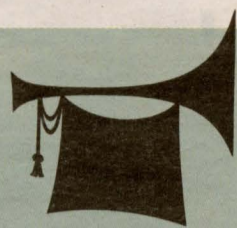
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## Co-op Shoppers Speak Out:

Asked by Ashley Fiedler on April 15, 2010

**Q** What are you looking forward to at this year's Renaissance Fair?



"The food. I'm there for the food. There should be a beer and wine garden."

—Summer Baugh, Deary, Doula



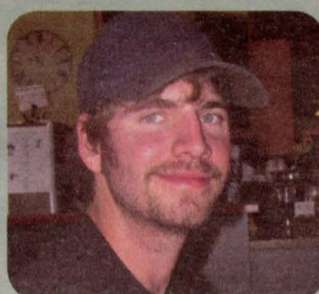
"This will be my first time going. I'd like to see the crafts, music and food."

—Jana Curry, Pullman, WSU Grad Student



"I love it when people get in the spirit and wear costumes. I'd like to see more of it."

—Davina Pastrama, Moscow, Holistic Nutritionist



"The what? Is there a beer garden?"

—Kyle Meredith, Lewiston, Tree Trimmer



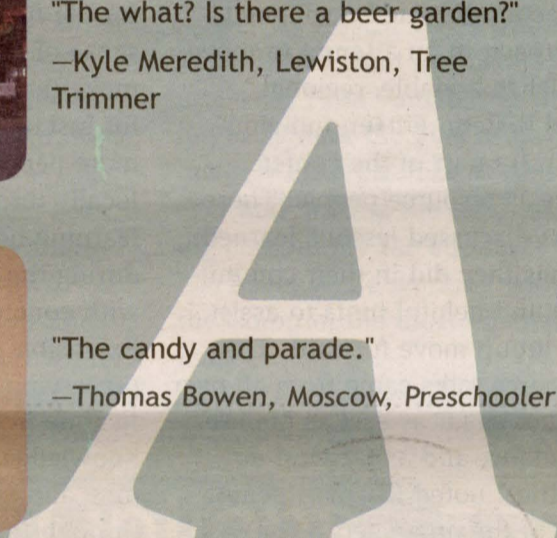
"I really love the music. I like hearing new music."

—Nancy Draznin, Genesse, Midwife



"The candy and parade."

—Thomas Bowen, Moscow, Preschooler



## Annual Membership Meeting Held April 4

By Carol Spurling, Outreach and Ownership Coordinator, outreach@moscowfood.coop; Photos by David Hall, Newsletter Volunteer

On the tenth day of our election this past March and April, we wrapped up the election process with a member meeting, held the afternoon of April 4 at the 1912 Center. Member meetings always involve great food, and this time was no exception: the Co-op deli prepared delicious vegan chocolate fudge cake, and platters of fresh fruits, veggies, breads, dips and spreads, and last, but not least, cookies.

Members were given one last opportunity to meet the Board candidates and ask them questions, and to vote. Candidates Gary Macfarlane, Jamie Bentley, Mark Mumford, Kimberly Vincent, Andrika Kuhle, and Donal Wilkinson were present; candidate Cass Davis was not present.

Board president Kim Vincent gave a short presentation about

the Board's role in governing the Co-op, followed by presentations by each of the Board committees and the Board/Staff joint committees on their accomplishments in the past year, and their plans for the future.

After the presentations, Co-op General Manager Kenna Eaton talked about the Co-op's financial performance in 2009, our best year ever. The meeting ended with drawings for door prizes from our mercantile section.

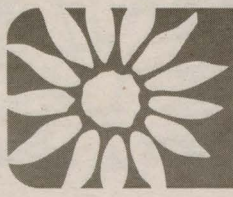
Many thanks to the Board for hosting the meeting, to the kitchen for making the wonderful food, to the volunteers who helped set up tables and do other tasks, and to the members who attended!



Left: Member/owners attending the annual meeting at the 1912 Center



Below: Chris Norden presents a committee report, with Andrika Kuhle standing by, at the annual meeting.



## Food on the Table Conference a Success!

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

On Friday evening and Saturday, March 26 and 27, over 110 people from the region gathered for the Food on the Table conference, sponsored in part and organized by UI Extension, UI Sustainability Center, Rural Roots, Backyard Harvest, WSU Organic Farm, and the Moscow Food Co-op. Over 12 organizations were involved – a great example of community collaboration.

The conference's goal was to establish some concrete plans for increasing local food resources on the Palouse.

“Rather than the traditional conference format, we used an action-oriented, facilitated approach in an attempt to move closer to a viable, regional food system. Fifteen individuals were part of the conference as resource people. These folks discussed lessons learned, things they did in their community and helpful hints to assist the group move forward. The resource folks came from all over Idaho, as far as east as Moiese, Montana, and as far west as Seattle,” noted Kristen Koenig, one of the organizers.

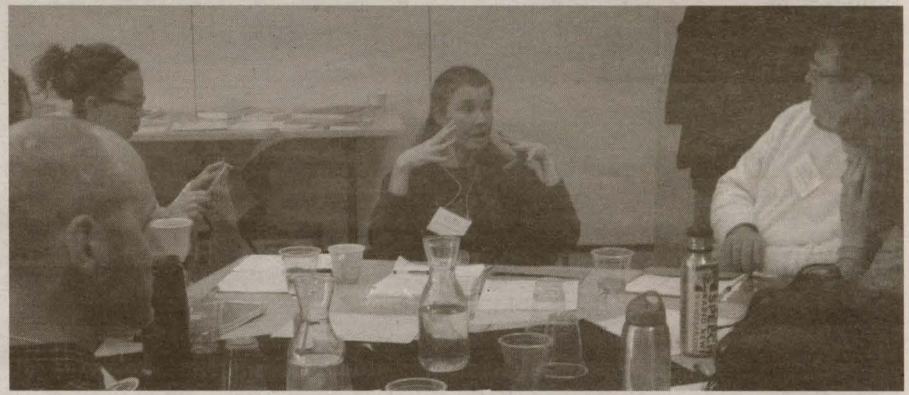
Although we are still waiting for the results of the participant surveys, the organizers received so many positive comments that we feel confident that the conference was useful and inspiring for most of the participants, and

went a long ways towards our goal.

Conference attendees chose one “track” on which to focus, out of the four tracks available: Food Processing on the Palouse, Farming as a Lifestyle and Business, Farm to Institution, and Backyard Bounty. Each track had a facilitator to lead the group through the process of establishing priorities and identifying challenges and opportunities; and each group benefited from resource people to offer their insight and experience in solving similar problems.

Everyone came to the conference with his or her own vision for the future, and left with a sense of how they can act to make that vision come true. I, for instance, had a vision of more people being able to eat locally throughout the winter by learning how to preserve food during the growing season. I left with concrete plans to take the Extension course on canning and preserving that is offered online in June in order to round out my knowledge, and then teach canning and preserving workshops through the Co-op's Essential Living series later this summer.

Conference organizers are considering the best way to share all the information and resources from the conference with participants and others, by posting notes, resources, contacts, etc.



Top: Diane Green from Sandpoint facilitates a small group discussion at Food on the Table conference on Saturday, March 27.

Bottom: Sequoia Ladd from the Moscow Food Co-op talks with a small group interested in homesteading and self-sufficiency.

online. We are also considering if it is possible to ease the way for ongoing discussions and collaboration through some kind of online forum. I'll report on these developments as they occur.

Although it appears that we all could have used another day to firm up our track's action plans – I couldn't believe how fast the day went by, and how tired I was after a day of intense discussion - we expect that the relationships forged during the con-

ference and the ideas for moving forward will continue.

Metaphorically speaking, the seeds for improving our local foodshed were planted last fall at the Palouse Food Forum, and at this Food on the Table conference, the seeds sprouted. Now it is up to all of the attendees and our community to nurture those sprouts, and harden them off so they can survive outside the greenhouse.

## Recycling at Home ... Piece of Cake

By Miriam Kent, Pre-cycling Czaress

Used to recycle more? Throwing those yogurt containers in the trash? Really want to set up a workable system?

Here are some simple ideas to help you do just that. Phase 1 is inside, where it's easy; I'll cover that here. Phase 2 is outside and will be covered in the June newsletter.

So, here goes: Decide where you'll set up your system, what kind of containers you'll use, the number of categories you have, and how you'll label, then make a plan for moving it all out and to the recycling center.

Ideas for where: under the kitchen sink, in the broom closet, in the laundry room, in a foyer, on the back or front porch, or in paper sacks lined up anywhere that's convenient.


Ideas for containers: 5-gallon buckets (square buckets take up less room and are often free at the recycling center), small trash cans (the students throw out many of these at the end of the semester), or paper sacks (hint: fold down the short end of your bag 1" to help it stay open).

Ideas for categories: mixed paper, glass, plastics, newspaper and mixed recycling to sort later on. I find sorting in Phase 2 more user-friendly (read the article next month for more particulars on sorting, especially for curbside recycling).

Ideas for labeling: fat indelible markers to write on the container or bag, duct tape and a marker, or have your kids draw and write down the words and then tape them to the container.

Hope this is helpful ... and yes, you do have to wash out that yogurt container.

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## Produce Ponderings, Spring 2010, Local Forecast: Awesomeness

By Scott Metzger, Produce Department Manager

Produce Department sales have been up every month in 2010, and we couldn't have done it without our stellar staff and you, our valued customers. We finished January up \$4,000 from 2009, February was up over \$9,000 from 2009 and March finished up \$14,000 over 2009 sales, even with a slow Spring Break. If history is any guide, sales for April and May will continue to be strong as the semester comes to a close and students and their families gather for graduation festivities. Thank you, everyone, for continuing to shop with us and choosing to buy your organic and local produce at the Co-op. We appreciate your patronage.

The need to eat wholesome and healthy organic fruits and vegetables transcends race, gender, religion and politics. Everyone needs to eat and everyone deserves to eat healthy food, and that is why everyone in this community is welcome to shop the Co-op and enjoy the bounty of our produce department.

At the Co-op, we view our local farmers as the first link towards growing a stronger economy here in Moscow. Every dollar spent on locally grown foods, whether at the Co-op or the market, stays within our community. By growing a stronger farmer community, we grow a stronger Co-op, and vice versa.

Historically, the Produce Department has the slowest sales of the year during the summer months of June through August. There are a number of reasons for this sales decline: community members leaving for the summer, students leaving town, harvest from home gardens and the Farmers' Market competition. All of these things coincide in the summer, which traditionally leads to a summer sales slump, this despite the fact that this is the time of year when we carry the largest variety and highest quantity of locally grown fruits and vegetables. These factors, combined with a kind of "Hodge Podge" local purchasing system, led us to evaluate our problems and develop some solutions.

The problems we encountered were as follows:

1.) Too many local small farm-

ers growing the same crops, causing overlap

2.) Inconsistent price structure between Produce and Deli, and wholesale vs. retail pricing and between individual farmers.

3.) Inconsistent ordering and delivery scheduling and heavy volume of calls.

4.) Competition with Farmers' Market and Growers' Market.

5.) Weak achieved margins on local produce due to high wholesale costs.

This year will be our best ever. After gathering input from the local farmers at our annual "local growers meeting," we are looking at the following changes to our local purchasing systems for the produce department.

1) Entering into local purchasing agreements with the farmers to set prices and quantities for each farmer's produce for the year.

2) Eliminating or reducing overlap of crops between farmers.

3) Coordinating wholesale pricing between the different Co-op departments

4) More clearly defining wholesale prices vs. retail or market pricing for the farmers

5) Increasing the total volume purchased of each crop from each farmer, thereby making this the best local produce season on record.

6) Standardizing delivery days and times and enforcing labeling requirements.

7) More clearly labeling local produce in the store with improved signage.

Our goals for revamping the local purchasing system in 2010 are as follows:

1.) Greatly increase the volume of local produce available at the Co-op during the summer and fall months.

2.) Reduce the price to the consumer for local produce.

3.) Greatly increase local produce sales at the Co-op.

4.) Strengthen the local farming community buy purchasing more produce from each farmer and entering into purchasing agreements with each farmer, thereby ensuring income predictability for farmers.

5.) Encourage new farmers and larger vegetable farms to become

established on the Palouse

6.) Establishing systems and standards for the Co-op that will outlast staff and that make ordering and delivering easier.

By making local purchases as a consumer, you are essentially voting with your money. It is an easy way to contribute to making a big difference in a world in which we often feel marginalized.

It is my pleasure to announce that as of this printing we have 13 purchasing agreements signed and are working with a total of 34 farmers this year, including six new to the Co-op farmer folks — Anne Bose, Denise Moffett and Michael Robinson, Jim Maxwell, Kahne Blyth, Kevin Paulus and Loni Suomi — and more in the works. There are plans for 132 different varieties of produce to be grown locally, and literally thousands of pounds of produce grown for us in 2010. If all goes well, it will

be, far and away, our best local season ever, and I invite everyone to shop the Co-op all summer when you're in town, and help us turn the negative summer trend around.

I appreciate everyone's help, ideas and input in formulating this new strategy for the Co-op Produce Department. The Green Commerce Committee has been very helpful in bridging the gap in understanding between the needs of the local small farmer community and the needs of the Co-op buyers. Thanks also to all of the amazing local farmers, as well as Jessica Wiley, Annie Pollard, and Hunt Paddison. Your input has been valuable in working to achieve the goal of having the best local produce season ever and making the local farming community the strongest it has been, while working with the Co-op in the most efficient manner.

## Healthy Options

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Programs take place at Gritman Medical Center unless otherwise noted. For a complete list of all our services and programs, visit us at [www.gritman.org](http://www.gritman.org)

### Diabetes Wellness Class – FIRST TUESDAY of each month

May 4, 4 to 5 p.m. **FREE**  
"Be Sweet to Your Feet" Presented by Brad Capawana, MD  
Gritman Conference Center

### AARP Driving Program

May 18 & 19, 5:30 to 9:30 p.m. Fee: \$12 AARP Members; \$14 for non members  
A refresher course for the experienced motorist age 50 and older but open to all licensed drivers. Pre-registration is required. Call 208-883-2232 or email: [education@gritman.org](mailto:education@gritman.org)

### Lunch & Learn – Bicycling for Fun & Fitness

May 21, noon to 1 p.m.  
Learn about bike basics and more with T Jay Clevenger, owner of Paradise Creek Bicycles and Shirley Rencken, physical therapist and bike fit pro at Gritman Therapy Solutions. Topics will include bicycle conditioning, how to resolve joint pain issues, how to select the right bike for your needs and bike safety. Light snacks are provided. At the Gritman Conference Center.

### Support Group

Ongoing & Weekly **FREE**  
For new moms and their babies – newborn to 6 months. Call 208-883-6399 or email [childbirth.education@gritman.org](mailto:childbirth.education@gritman.org) for more information.

### Tobacco Cessation

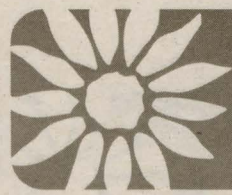
Ongoing **FREE**  
If you've been thinking of quitting tobacco, now is the time. Learn the skills needed to stop using tobacco for good. Free individual sessions are facilitated by Jim Parsons, a nationally trained Certified Tobacco Treatment Specialist. To learn more or schedule a consultation, call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

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## Welcome to the Co-op's BikeFest!

By the 2nd/3rd grade class at Palouse Prairie School

Welcome to BikeFest, which is May 8, and National Bike Month, which is all of May! Last year was the very first BikeFest at the Co-op. Carol Spurling, Membership Coordinator at the Co-op, said there were a lot of new bike racks just put in that morning. "I was going to wrap them with a big ribbon for a ribbon-cutting ceremony." There were already bikes parked there, so she had to wrap the ribbon around all the bikes!

Carol also had another funny story about a big semi-truck that was delivering stuff to the Co-op during BikeFest. Carol said, "The truck was so big that everyone had to pick up their tables and move while the truck beeped and backed up in the alley!"

BikeFest is about celebrating the health of bikes. It includes food, bike rides, an Alley Cat Treasure Hunt, a bike swap, and music. You can also receive free treats. If you bring your bike and it needs fixing, a bike mechanic can fix it. And after the bike swap, the bikes that are left will be given to the Village Bicycle Project to be donated to Ghana.

Come to BikeFest on Saturday, May 8. At 9:30 a.m., the Three Forks Bike Club is having a fundraiser breakfast of pancakes. The music is a bluegrass band called Cosby's Sweater from 11 a.m. - 1 p.m. BikeFest will end at 3:00.

BikeFest is at the Co-op in the alley to the right of the Co-op. They got permission from the city to block off the alley for BikeFest. That way, people can still park in the parking lot and no one gets run over.

A couple of bikers named Isaac and Emmett started BikeFest. Families, friends, Co-op members, non-members, students and grandparents can come. "We hope a lot of people ride their bikes," Carol said.

We think that BikeFest is at the Co-op because lots of people go to the Co-op, and lots of people that know about the Co-op ride bikes. Some people have a hard time riding their bikes, so when they go to the Co-op there are a lot of people who can help them learn. And the bike swap is a good way for people to get a new bike because it only costs your old bike that you don't want any more.

Carol and a few other people

arranged the different jobs for BikeFest, like blocking off the alley and moving tables.

Carol said that here in Moscow we love riding bikes and love our trails. This is the second year we are having National Bike Month in Moscow, but in other parts of America, people have been celebrating National Bike Month since 1956! That was a while ago.

Each event of National Bike Month is in a different place. (See box.) On May 14 you can ride to work or school to support Bike Month and get free goodies. There's also a Nearly Naked Bike Ride!

We will see you at BikeFest! Meet us at the Village Bicycle Project table!

Please note that the Co-op parking lot will still be open for cars during BikeFest (not everyone can ride a bike, after all), so everyone please be careful

coming and going. And please, wear your helmet whenever you ride! See you at BikeFest!

The 2nd/3rd grade class at Palouse Prairie is passionate about the environment. We are excited to see you at BikeFest during National Bike Month! Our names are Cameron, Cathan, Elizabeth, Emily, Emma, Gabriel, Jeremiah, John, Jonna, Karina, Lee, Lena, Liam, Owen, Sam, Savanna, Taylor D., and Taylor J.



- May 3, Monday, 7 p.m.**  
**MOSCOW MAYOR NANCY CHANEY'S PROCLAMATION** of the City of Moscow's support of National Bicycle Month. City Hall council chambers. Please be prompt!
- May 5, 12, 19 and 26, Wednesdays, 11 a.m.**  
**TOW YOUR TOTS.** Meet at Mt. View Park for a group ride to Patty's Mexican Kitchen on two-for-one Wednesdays. Free bike tune-ups May 5 at 10 a.m.
- May 6, Thursday, 5:30 p.m.**  
**THE TOM AND ALY SHOW.** Slide presentation of Tom and Aly Lamar's bike travels through New Zealand. Join us at Gritman Conference Center, 700 South Main. Refreshments will be served. **FREE!**
- May 8, Saturday, 9:30-3 p.m. Live music 11-1:00**  
**MOSCOW FOOD CO-OP BIKEFEST.** Three Forks Bicycle Club fundraising pancake breakfast, bike swap and sale, free bike tune-ups, Alley Cat Treasure Hunt, midday refreshments. More at [www.moscowfood.coop](http://www.moscowfood.coop)
- May 13, Thursday, 7-9 p.m.**  
**SPOKE-N WORD** bicycle poetry at One World Café. Open mic. Recite poetry, sing, read short stories or about bicycling. The stage is yours.
- May 14, Friday, 7-8:30 a.m.**  
**BIKE TO WORK DAY.** Stop by the corner of Sixth and Main for coffee, treats and spoke cards for your bike wheels.
- May 15, Saturday, 9 a.m.**  
**BIKE THE LATAH TRAIL TO TROY.** Meet at NRS East parking lot (corner of Blaine St. and Troy Hwy). Stop for coffee at the Filling Station Cafe in Troy. 24 miles RT, about 3 hours.
- May 21, Friday, noon-1:00**  
**LUNCH & LEARN.** Bicycling Fun and Fitness, presented by T Jay Clevenger and Shirley Rencken, Gritman Conference Center, 700 South Main, FREE - Light snacks will be served.
- May 22, Saturday, 8 a.m.**  
**WAFFLE RIDE TO PULLMAN.** Meet at Chipman Trail trailhead, corner of Pullman Hwy and Perimeter Dr. Ride to the Old European Restaurant for breakfast. Bring your wallet and fellow cyclists. 17 miles round trip.
- May 22, Saturday, 6:00 p.m.**  
**LATAH TRAIL FUNDRAISER DINNER,** silent and live auctions and entertainment. Contact Nora Locken at [latahtrail@gmail.com](mailto:latahtrail@gmail.com) or 208-874-3860 for more information.
- May 29, Saturday, 8 a.m.**  
**JULIAETTA-TO-KENDRICK RIDE & Locust Blossom Festival Parade,** which begins at 10:00. We need to be in Kendrick at 9:00; meet at the Juliaetta trailhead at 8 a.m.
- TBA, 5:30 p.m.**  
**NEARLY NAKED BIKE RIDE.** Watch for this on Facebook and B4L Web site on a warm summer evening; starts at Friendship Square.
- TBA**  
**SPONTANEOUS MASS RIDES** around Moscow could happen at any time. Feel free to join in and bring your bicycle-riding pals.

Keep up with Bike for Life events at [www.bikeforlifemoscow.com](http://www.bikeforlifemoscow.com) and on Facebook



## A Frozen Treat For Everyone

By Peg Kingery, Chill and Frozen Buyer

I don't think I've ever met anyone who doesn't like ice cream ... but I have met a lot of people who can't eat ice cream because of the inability to digest milk lactose. The good news is that the Co-op carries a variety of non-dairy frozen desserts as well as ice cream.

Turtle Mountain has been a long-time leader in refrigerated and frozen products made from soy milk. The Co-op carries both their Purely Decadent and their So Delicious lines of frozen desserts in a wide array of flavors and sizes. All of these are dairy-, lactose- and cholesterol-free, contain no trans fats, are certified vegan, are made with organic ingredients and have less than half the fat of super premium dairy ice cream.

Recently, Turtle Mountain added a new line of products made from coconut milk. These are dairy-, lactose-, gluten- and cholesterol-free, are sweetened with agave, contain no soy protein or trans fats, are certified vegan and are made with organic ingredients. Another frozen dessert made from coconut milk is produced by Luna and Larry's Coconut Bliss. These are certified organic, 100% vegan, sweetened with agave, kosher pareve, and made with certified fair trade ingredients.

What's so special about coconut milk? It's naturally rich and creamy. The fat in coconut milk is high in medium-chain triglycerides (MCT's), identical to those found in breast milk, giving coconut milk similar germ fight-

ing and heart-protective properties. Unlike other fats, MCT's do not need to be broken down and can be used immediately by the body as energy. They also may stimulate metabolism.

Rice milk and almond milk fans can also cool off when temperatures rise with frozen desserts from Imagine Foods. Both Rice Dream and Almond Dream contain no refined sweeteners or cholesterol and are lactose-free. Almond Dream is also gluten-free.

Living Harvest hemp milk is a hot seller off the grocery aisle shelves. If you're looking for its nutritional benefits AND dessert, try Tempt frozen dessert. Tempt is dairy-, soy- and gluten-free, vegan, kosher pareve and made with organic ingredients. Some

of the flavors are nut-free as well.

Hemp seeds, from which hemp milk is made, are one of nature's most perfect foods. They contain all 10 essential amino acids, are rich in omega-3 and omega-6 fatty acids and contain high amounts of magnesium, iron, potassium, phytonutrients and vitamin E.

I doubt few people are as happy as I am that there are such a variety of non-dairy frozen treats. I've tasted them all and each satisfied my craving for something cold and creamy. If you can't or choose not to indulge in ice cream, I invite you to try these products. They're guaranteed to make you happy too!

## Good Food Film Series Sneak Preview

By Aimee Shipman, Co-op Volunteer

The May screening of the Co-op's Good Food Film Series will be held on Thursday, May 20. All GFFS films are at 7 p.m. at the Kenworthy Performing Arts Center in downtown Moscow. Tickets are \$4 for Co-op members and \$6 for non-members.

The May Good Food Film Series selection features "What's Organic about Organic," a skillful exploration of the debates

that arise when a grassroots agricultural movement evolves into a booming international market. Each of the film's characters is intimately connected to the organic world; they're farmers, activists, and scientists. While many folks can easily endorse "organic," the characters in the film take the discussion beyond just shopping for another eco-label. As we glimpse into each of their lives, we see how organic agriculture has the potential to solve many of our environmental and health problems. The film will explore how organic farming can be used as a soil and air protection system, a healthy solution to toxic pollution, and an innovative means to combat global warming. As the film moves from farm fields to government meetings to industry trade shows, we see the hidden costs of conventional agriculture. We also see how our health, the health of our planet, and the agricultural needs of our society are all intimately connected. The film compels us to look

**Co-op Essentials**  
**Essential Living Class**

**Down-sizing and Up-skilling: Gardening on a budget**  
Sunday May 9, 10am-12pm

If you are thinking about putting in a garden this year but are daunted by the prospects and cost, this class might help. We will cover the basics:

- Crops that do well in our soil and climate
- Space requirements
- Water conserving techniques
- Tools (what do you need, really?)
- Plants that provide a lot of food for your time and effort
- Reality check (slow and steady wins the race)

Please wear outdoor clothes and shoes that can get dirty, and bring a list of foods that you or your family enjoy eating. A pencil, and notepad or journal will also be necessary. This class will be held at my home in Moscow. If it rains class will be cancelled and moved to another day. Class size is limited to 12 participants.

Sign up by emailing: [outreach@moscowfood.coop](mailto:outreach@moscowfood.coop)

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

MOSCOW FOOD CO-OP 121 E 5th Street in downtown Moscow 882-8537 • [www.moscowfood.coop](http://www.moscowfood.coop)

**What's ORGANIC About Organic?**  
The Back Road to Real Answers  
A documentary by Shelley Rogers

**Presented by the**  
**Moscow Food Co-op**  
**Good Food Film Series**

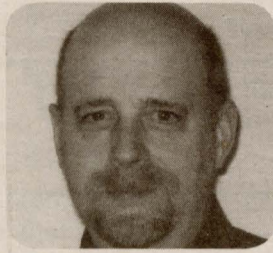
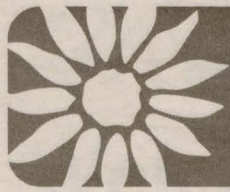
\$4 Co-op members  
\$6 general public

7 pm  
Thursday, May 20, 2010  
Kenworthy Theatre  
508 S. Main  
Moscow, Idaho

**MOSCOW FOOD CO-OP**

forward towards a new vision for our culture and encourages us to ask, "How can we eat with an ecological consciousness?"





## Salad Bar Here This Month

By Steve Kobs, Store Manager

The new salad bar is scheduled to be installed around May 20. The location is in front of the pastry case and the cash register. The preparation work will begin about a week earlier, taping into plumbing and electricity that was put into the floor when we moved into this building.

Customers will be able to walk around the bar and select from a variety of chilled salad ingredients and prepared salad. There will be self-service dressing

choices. At the end of the bar, three self-service soups will be available. Other hot foods will still be available at the current full-service counter.

A big thank you goes out to all the members who contributed their time and money to get the salad bar at the Co-op. The funds raised will cover the cost of installation. The fixture itself will be paid for out of our capital budget.



### Dear Co-op Members, Staff and Management:

With regret, I have informed the Co-op Board of Directors that I will resign from the Co-op Board on May 1st.

The sole reason for my resignation is that I wish to spend more time with my 1-year-old son, Jackson. I don't feel able (or perhaps willing) to continue to juggle a full-time, demanding job, motherhood and Co-op Board responsibilities at this time. I suppose I didn't realize how difficult this juggling act would be when I ran for the Board, before Jackson was born.

Thank you to Co-op members for allowing me to serve you over the past year. It has been a pleasure and honor working with my fellow Board members, member volunteers, management and staff. Board members spend enormous amounts of energy and time volunteering to make the Co-op a better place – I have deep respect and admiration for all who are willing to take on this volunteer position for the typical three-year term. I am sad to leave now, as I feel I just got my "Board feet" under me. I am excited about many of the current projects and ideas swirling around and I so want to be involved.

However, when I am able to spend a quiet Sunday afternoon with Jackson, watching him explore a dandelion for the first time, I know this was the right decision for me. The Co-op is truly a special place, consisting of generous, passionate and engaged people. I am happy to have had the opportunity to work with such great people!

Sincerely,  
Dena Neese

## Price Shopper: Pet Food

By Obi Pallen Richard, friend of Joe and Amy, Newsletter Volunteers

My feline friend recently became very ill and lost a lot of weight. Everyone thought it was my fault at first because, I'll admit, sometimes I do shove him out of the way and eat his food if I can get away with it. But I've always done that and he never got skinny before. Let's just say he's always been "fluffy." Sometimes at night I think I hear him crunching on my food too, by the way. But I digress, anyway, after he got sick, everyone got all worried about him and started buying him all kinds of different and exciting foods to try to get him to eat again. Which has turned out to be a great idea. He is gaining weight and doing much better. And don't tell anyone, but I may have gained a little weight too, though I don't think you can really see it unless I lay on



my side.

Joe and Amy went to Rosauers and the Co-op to find yummy foods for us, I mean the cats. They ended up saving \$9.70 by shopping at the Co-op and pranced around the kitchen like rabid fools. That's not the first time that's happened, strangely enough.

ITEM	Co-op	Rosauers	Difference
Lick Your Chops Turkey & Brown Rice Cat Food, 5.5 oz can	\$1.45	\$1.89	-\$0.44
Wellness Turkey & Salmon Cat Food, 5.5 oz can	\$1.54	\$1.89	-\$0.35
Natural Life Chicken & Veggie Cat Food, 5.5 oz can	\$1.15	\$1.39	-\$0.24
Natural Life Adult Cat Food, 8 lb bag	\$15.39	\$18.19	-\$2.80
Wellness Lamb & Sweet Potato Dog Food, 12.5 oz can	\$2.35	\$2.69	-\$0.34
Natural Life Dog Food, 13.2 oz can	\$1.69	\$1.79	-\$0.10
Natural Life Senior Dog Food (kibble) 8 lb bag	\$13.99	\$17.29	-\$3.30
Natural Life Adult Dog Food, chicken flavor, 8 lb bag	\$11.49	\$13.49	-\$2.00
Lick Your Chops Adult Dog Food, 13.2 oz can	\$2.05	\$2.29	-\$0.24
Newman's Own Dog Treats, 10 oz	\$3.90	\$3.79	\$0.11
<b>Totals</b>	<b>\$55.00</b>	<b>\$64.70</b>	<b>-\$9.70</b>

MOSCOW FOOD CO-OP

**Co-op Mamas & Papas!**

**For new-ish parents and expecting parents**

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

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

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

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

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



## SUGGESTION BOX

*I am extremely disappointed in the role Bill London has played in the current BOD election. The Co-op needs to either claim him as an employee and reign him in, or fire him. The harassment of voters by phone, and "interviewing" under false pretenses is underhanded, and undermining of the Co-op "democracy."* —Kelly

Hi Kelly, thanks for writing. You can read more about the election elsewhere in this newsletter, but as the Outreach Coordinator, I supervise Bill London, Volunteer Newsletter Editor, so I want to respond to your concerns.

What I hear you saying is that Bill London should be penalized for two things: calling members on the phone, and for publishing an article about a candidate with information that you feel was obtained under false pretenses.

The issue of phone calls is strictly about a member/owner expressing his opinion to other member/owners. That's what elections are all about, aren't they?

I appreciate that whether Bill London officially interviewed Cass Davis with Cass' full understanding or whether he only talked informally with Cass on the phone but off the record, is a question in your mind that will forever remain a matter of "he said" and "he said."

As a journalist myself, I formed my opinion about whether or not the article should be published

by looking carefully at its contents. In it, I could not find any inflammatory language, editorial judgment, or any factual errors. Cass was given the opportunity to respond in the same newsletter to the article, or to contribute his own article, which he declined. Cass was also asked several times to point out factual errors in the article, which he has never done. Candidates for election may wish to control what relevant information is published about them, but censoring the media has never been considered democratic.

Feelings ran high during this election, it's true, but I really believe that democracy at the Co-op is alive and well, and that the newsletter has always and will continue to play an important role in helping its members be informed and engaged. I'm happy to speak with you more about this, if you'd like; please give me a call 208-669-0763 or send an e-mail to outreach@moscowfood.coop. —Carol

*The fish folk are back in the parking lot on Fridays. They are not local producers. Why do they get this special treatment? Do they rent the three parking spaces from the Co-op? Why do they get to park their truck in the Co-op parking lot all day?"* —a concerned member

Dear member- Excellent questions! Thanks for asking. Many years ago, the Fish Folks were just the "Fish Man" and he sold

his fresh fish out at the intersection of the Troy and Lewiston highways. Since fresh fish was not available anywhere else on the Palouse, everyone had to drive out to him on Fridays to buy their fish. It was like a party out there on that windblown, dusty, alternately freezing and darn hot corner. Thus was started the tradition of "Fish Fridays." When the Fish Man lost his right to be on that corner (something about re-construction of the highway), we eagerly invited him to come to the Co-op's parking lot and continue his tradition. None of us wanted to lose that opportunity to select the freshest fish in town, to talk to the owner, to ask questions, to get the perfect recipe for tonight's dinner and to gain insight about the fishing industry. And though the faces may have changed over the years, the tradition has not. As the business has grown, Dale and Victoria Young, the owners, have added employees, thereby enhancing the employment opportunities for quite a lot of people. We appreciate the quality of the product, the humor and quotes Dale and his employees share with us, and the festive tradition of having the "Fish Folks" in our parking lot every Friday. Personally, I'd hate to lose all that bonhomie all for a few parking spots for cars — wouldn't you?

—Kenna S. Eaton, General Manager

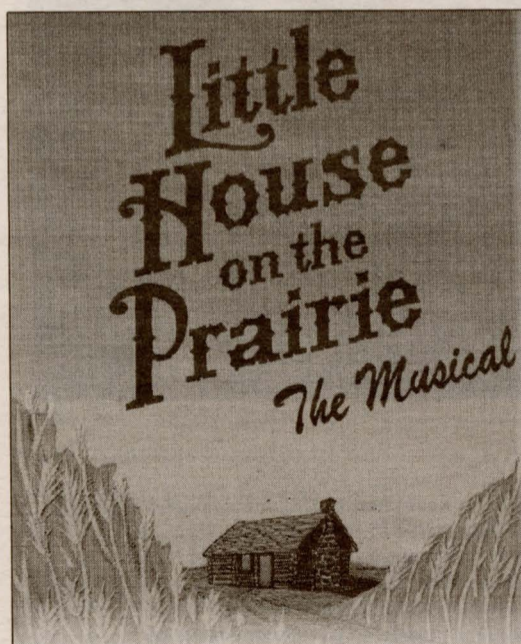
*It was difficult for me to get a green cart out this morning. The grey carts were packed against the others. Can the front of the store be a little more user-friendly?* —Nicole

It was tight in there. We have experimented with different arrangements. When you were here, one side was too short and we did not catch it. You're right, impossible to deal with it with kids and everything else in hand. I think the current arrangement is better. If you think something would work better, please mention it to a cashier. —Steve Kobs, Store Manager

*We were wondering what happened to the child-sized shopping carts? My daughter was disappointed when there were not any on our last visit.* —Kate

I feel bad about that. There are a lot of children who really look forward to using the carts. One of the problems that we have had is that some customers are being struck by carts operated by children. Even the most diligent parent cannot observe and anticipate where their child might take the cart. What we noticed is that the number of collisions is much higher on Saturdays — our busiest days. Our solution to this was to pull the small carts from the floor on Saturdays. Not perfect, but the reported mishaps have dropped.

—Steve



### IMAGINATION ARTS WORKSHOP

July 5th-10th  
9:00am-1:00pm  
Ages 6-12

Festival Dance Studio 110  
(UI PE Building)

Cost: \$85

\$25 non-refundable deposit  
due by June 15th

To Register: call  
883-3267 or e-mail

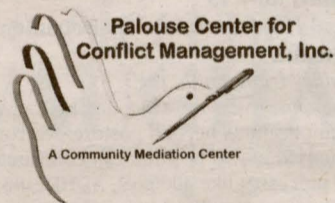
Amanda@festivaldance.org.  
Spots are limited, so call  
now!

**Moscow's only  
Summer Mini-Musical!**

Our most popular workshop! Students will learn choreography, musical theater, and general stage craft from Katie Saunders, Festival Dance faculty. Students will make their own "Prairie" costumes for the final show at the Moscow Farmer's Market July 10 at 9:00 am.

Participants should bring a sack lunch and wear comfortable clothing. Black leotard and tights required for final performance. Preferred pre-requisite: read or be familiar with *Little House on the Prairie* by Laura Ingalls-Wilder

"Got Conflict?  
What's Your Conflict  
Management Style?"



**Learn whether you are an Avoider,  
a Competitor, a Compromiser,  
an Accommodator, or a Collaborator**

**Workshop offered on Monday, May 17, 2010  
7:00 PM - 8:30 PM, Fiske Community Room  
1912 Center, 412 East Third Street, Moscow**

**Workshop attendees will learn about conflict, understand the five ways of managing conflict and the advantages and disadvantages of each, and learn their own conflict management styles.**

**Instructor: Kay Keskinen, CPM, mediator and trainer for the Palouse Center for Conflict Management, a non-profit community mediation center located in Moscow.**

**Registration fee is \$10, adult students only. Students must pre-register. Class is offered through Moscow Parks and Recreation. Contact them at (208) 883-7085 to register or for more information.**



## Volunteer Profile: Beata Vixie

By Todd J. Broadman, Newsletter Volunteer

While talking with Beata, what became clear to me is that the Co-op serves many purposes, one of which is to bring folks together from across the globe. This was also Beata's perspective. "The Co-op in Portland, Oregon, kind of reminded me of shops from my country, smaller, simple, bulk food, had to bring your bag, local produce." The "country" Beata refers to is Poland, her home.

Beata arrived in Chicago in her late teens to visit her Grandmother and stayed. "My plans [to stay] were changed when the Polish borders closed due to Martial Law." I vaguely recalled the time period — Lech Walesa and the Solidarity trade-union movement. "At the time, many people were happy for me," Beata said, then lowered her head, "but I was not happy. I love my country and wanted to be there."

Building upon her undergraduate degree in Biology, Beata is currently enrolled in a combined WSU-UI program — Master's of

Science in Food Science. When I asked about her path from Chicago to Pullman, she went back five years to her time in New Mexico. "We lived in a small town of about 20,000 people and there was no Co-op. So I joined with a few others and decided to start one. We learned so much, and the more I got involved, the more I was motivated and convinced that a Co-op would strengthen the community."

That project instilled in Beata the need for a healthy alternative and a place for like-minded



***"Beata volunteers as committee member for the A Dime in Time program; the program donates monies from the return of reusable bags to a worthy non-profit each month."***

School." Life-long learning remains a strong value. Beata's husband teaches and does research in WSU's Mathematics

folks to gather. "So when we moved to Moscow," she continued, "it was easy to get involved with the Co-op." Beata volunteers as committee member for the A Dime in Time program; the program donates monies from the return of reusable bags (a dime per bag) to a worthy non-profit each month.

She smiles. "Our son is now 14 and loves Middle

Department. "I am interested in new technology for the food industry as well as traditional ways of growing food. I am also learning yoga and meditation." In her Food Science program, Beata is learning about food chemistry and microbiology. "Food science is fun stuff and the folks in the department are really great."

I soon understood that Beata's true home is nature. "I love the outdoors; my favorite thing is to hike and spend time in the woods." And she spoke with equal ease about her passions, which include "healing, the family dog — Obi, and connections with people."

When asked what was most needed right now for our planet, she didn't hesitate. "We need respect, knowledge and understanding towards nature and other humans."

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.



## Essential Wellness Classes

### Essential Wellness Classes with Dr. Bailey Lynn Smith, D.C.

All classes at 7:00 pm, 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, May 13

#### Forward Head Posture — Its Detrimental Affect on Your Health

— Dr. Bailey Lynn Smith, D.C.

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, May 20

#### Paraspinal Musculature — Getting Over the Hump!

— Dr. Bailey Lynn Smith, D.C.

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, May 27

#### Low Back Pain — Strengthening and Re-educating Your Core

— Dr. Bailey Lynn Smith, D.C.

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.

Tuesday, June 1

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

— Dr. Bailey Lynn Smith, D.C.

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, June 3

#### Hip Displacement

— Dr. Bailey Lynn Smith, D.C.

Ever notice how the person in front of you walks with their toes pointed out? Do you? Anyone dealing with knee/ankle pain needs to remember that "the hip bone's connected to the leg bone." Learn how you can work with your 8 main weight bearing joints to create stability and strength for your entire skeleton while re-educating your muscular structure to keep you and your hips pain-free in a position of structural integrity!

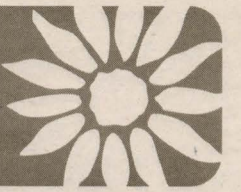


Drs. Bailey and Kevin Smith, D.C. are graduates of Palmer College of Chiropractic in Davenport, IA. Their clinical technique of preference was established over 50 years ago by Dr. William Blair. Currently there are less than 75 doctors skilled in the Blair technique in the United States.

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

**MOSCOW FOOD CO-OP** 

121 E 5th Street in downtown Moscow  
882-8537 • www.moscowfood.coop



# Staff Profile: Rose Keller

By Amy Newsome, Newsletter Volunteer

I spotted Rose Keller in the health and beauty aid department quietly stocking shelves with a kindly and approachable air. Rose's youth belies incredible life experience.

Rose was born in Orofino to two scientist parents. Her family moved to Burns, Oregon, when she was 4 and her brother was 2. Her dad works for the Natural Resources Conservation Service and her mom works for the Bureau of Land Management.

Her parents instilled the love of international travel in Rose by taking family trips, primarily to South America. When Rose was 15, she traveled to Kenya with her paleontologist grandmother.

"That was the first trip that I felt old enough to really absorb everything. I found the culture and the people amazing and developed a love of languages."

After graduating high school in Burns, Rose began studying Microbiology at the University of Idaho, but soon switched to International Studies.

"I think it was my trip to Kenya that led me away from natural science and toward social science."

Rose earned a Bachelor's degree in International Studies with minors in Economics and Russian. She spent one year studying at the University of Eastern Finland. Her undergraduate thesis focused on the informal economy of the Russian and Finnish Karelia region. Her professors encouraged Rose to come back after she graduated to serve as a research fellow at the Karelian Institute.

She did return, study there for over two years and earn her Magister degree, a European degree somewhere between a Masters and a PhD. She split her time between Russia and Finland. Her research looked at how women's organizations from both sides of the border work together in spite of their ideological differences. There isn't agreement on many issues, but they are united in the fight against human trafficking, primarily of young women for prostitution. That is the issue Rose focused on during her time in the region. Rose explains, "Girls from central Asia and Russia are promised an opportunity to work or study abroad. Their travel paperwork



***"Rose, along with her research team, presented their findings to the European Commission in Brussels. They appealed for more support for the women's organizations that are working to fight human trafficking."***

is arranged for them, but once they cross a border their documents are destroyed and they are stuck."

After her research was complete; Rose, along with her research team, presented their findings to the European Commission in Brussels. They appealed for more support for the women's organizations that are working to fight human trafficking.

In addition to her rich educational life, Rose has also managed to maintain a meaningful partnership. Rose met her boyfriend, Joe King, two weeks before they graduated from U of I. Joe moved to Germany to be a translator for Porsche when Rose moved to Finland. They were still able to see each other, with just a two-hour flight between them. Joe is currently in a PhD program at WSU in Sociology, where Rose is also volunteering as a research assistant. Rose would like to finish her PhD in Geography. They're both anxious to get back to Europe, so if an opportunity came up to finish

their degrees there, they'd take it. Rose would eventually like to work in the EU Ministry, in a development arm with Russia. Joe would like to become a Sociology professor.

When Rose was attending U of I, she always liked shopping at the Co-op and thought she'd like to work there one day. So when she saw an opening for a Wellness Assistant, she thought it would be a perfect fit. She had experience working at a natural food store in Portland, Oregon. She also has a couple ailments that have led her to be knowledgeable about many supplements. Rose was diagnosed with Rheumatoid Arthritis at the age of 13. She was also diagnosed with Celiac Disease while in Finland. She was able to experience Finland's healthcare system firsthand.

"Their socialized healthcare was wonderful. You don't have people putting off going to the doctor because of the cost."

An avid swimmer since age 6, she swims four days a week. She also teaches swimming at WSU.

"Swimming really helps with the arthritis," she shared.

After my interview, I was left in awe of this incredibly resilient and fascinating young woman. I look forward to hearing about Rose's future endeavors.

Amy Newsome had a particularly difficult time getting this article down to the 700 word limit. Thanks (and no thanks) Rose!



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# Local Producer: Genesee Valley Daoist Hermitage

By Johna Boulafentis, Newsletter Volunteer

Spring has definitely arrived on the Palouse. I embrace the eclectic weather; days mixed with rain showers, sun and hail. I had the pleasure of enjoying a spring afternoon with Charlotte Sun and Master Sun Da-Jin, who farm and operate the Genesee Valley Daoist Hermitage. Over the last seven years, the hermitage has provided the Co-op with products that can be found throughout the store: an assortment of organic vegetables and herbs including Chinese varieties in Produce and Deli, and organic goji berries and seed packets in Grocery.

In 1993, Da-Jin and Charlotte came to the Palouse via San Francisco via China. They selected a home and land in Genesee to house the non-profit Daoist Hermitage. Since then they have transformed the property by planting vegetable gardens and trees and making additions to the home. Charlotte said, "The nice thing about farming is that you really get to

evolve with it." She enjoys feeling how "fine and soft" the soil has become after years of adding compost.



***"I had the pleasure of enjoying a spring afternoon with Charlotte Sun and Master Sun Da-Jin, who farm and operate the Genesee Valley Daoist Hermitage."***

remarkable, considering that 12 years ago, Da-Jin's mother, while visiting from China, thrashed 300 pounds of yellow soybeans by hand. One small container from that harvest remains, and more soybeans may be planted this summer; a good time to start planning a trip for Da-Jin's mom.

Charlotte shared her gratitude in many avenues of her and Da-Jin's life. She loves the Palouse for its richness in natural resources, diverse peoples and ideas. She is abundantly grateful that the lessees with adjoining land to the hermitage are respectful of the hermitage's organic practices and agree not to spray. She also values the relationships she's formed with Co-op staff and appreciates their flexibility in working with local growers. She looks forward to carting fresh vegetables through the front door of the Co-op and hearing customers cheer. She said, "We are honored to grow food for the community. It is special to us."

If you are interested in exploring or are in need of some pointers on cooking with Chinese vegetables or want to learn about Daoism, stop by the hermitage's booth at the Farmers' Market or give them a call. Charlotte said they invite people to come eat, walk the gardens or even stay for a retreat.

Before I forget to mention, the main reason I love spring weather is that, to me, it's a sign that fresh, local produce is growing and one step closer to my plate. Now that calls for some cheering!

While touring the hermitage, Johna soaked in all the colors, smells and sounds. Toads and garlic made her day.

Da-Jin is a master teacher and manager of the gardens and Charlotte is director of the hermitage. Da-Jin's experience in farming began decades ago during the Cultural Revolution in China, when he was sent from the city to the country to farm. The International Nurses Association brought Charlotte to China, where she and Da-Jin met in the 1970s. Charlotte began her training as a Daoist while they lived in a rural community where every family grew their own food. They then moved to San Francisco in the late '80s to continue their practice of Daoism in the U.S. They even had a garden in their yard, to the chagrin of many of their neighbors.

Today, although not in China, their practice of Daoism and lifestyle are similar. Each day they follow a schedule mixed with private and group practice, garden work, housekeeping, rest and meals. Their first priority is to grow food to maintain the hermitage and then for the Co-op and also the Farmer's Market. Currently 56 varieties of vegetables and herbs grow in their gardens. They only own two machines, a small Chinese tractor and a rototiller. Everything else is done by hand. This is

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# Alternative Transportation: Kelly O'Neill

By John Dunn, Co-op newsletter volunteer

**K**elly O'Neill is driven by a passionate sense of community that focuses on wellness and a healthy lifestyle. As Community Relations Director for Gritman Medical Center, Kelly is responsible for marketing, media and events. A natural extension, Kelly plays a vital role in organizing Moscow's bicycling activities this month.

Kelly grew up on a farm in the Bellingham area of Washington. Her curious nature led her to explore the area around home via her primary modes of transportation—hiking and biking. Her first ride was a big, blue single-speed Schwinn that she rode all over. In her words, "it was my freedom. I think I reconnect with that early feeling even now." Although she enjoyed biking with family and friends, her first love of transport was and remains to this day, skating. She thinks that her love for skating must somehow be cosmically related to the fact that her parents met for the first time at a skating rink.

Kelly started getting more serious about biking when she lived in Seattle. She was a commuter who had a 14 mile round trip to work. Kelly states that biking was cheaper than driving and parking, and was almost as quick as the bus. Her employer participated in a city-sponsored alternative transportation incentive plan. This enabled her to get free cycling gear. She stresses how using quality, well designed gear can make a huge difference in being comfortable in challenging weather. The Palouse elements of rain, wind, and even the snow can cease to be a problem when one is prepared.

Along with her partner, Kelly moved to Moscow two years ago. Their first impression of our town was that it is a great bike community. Kelly remembers



Kelly O'Neill (right) with Family at Another Community Event, the Portland Century Ride

***"Kelly states that she loves biking for practical and magical reasons—it is a great mode of transportation for getting around and is perfect in Moscow where anything you need is within biking distance."***

being impressed with all of the bicycles in front of One World Cafe and on the bike paths between Moscow & Pullman and Moscow & Troy.

Kelly states that she loves biking for practical and magical reasons—it is a great mode of transportation for getting around and is perfect in Moscow where anything you need is within biking distance. It is also a great way to get exercise and to stay fit. She purposely will bike up the hills here because it is more of a workout. It takes her only 7 minutes to bike to work (it's all downhill) and she cycles the uphill route to home in 10 min-

utes. In her words, "The magical part of biking is I always feel like a kid on my bike. There's something about getting around on my bicycle that just makes me feel youthful. That's a great feeling!"

Coming from Seattle where there was a really strong bike culture and always a ton of organized bike events going on, Kelly was kind of sur-

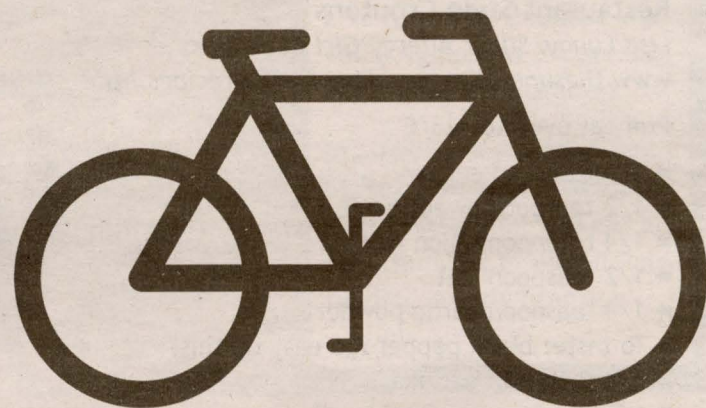
prised to not see anything really happening in Moscow around National Bike Month. As it fit nicely with her role in community relations, she thought there might be other folks in town that wanted to help promote biking. She connected with a couple of other bikers, Karin Clifford and Nancy Nelson, put out an email, scheduled a meeting, and a bunch of people showed up. They were on their way. Kelly loves the great energy that comes from planning organized rides and other fun events that encourage people to participate in healthy activities good for the body, the mind, and the environment. She states that being involved with biking and related community activities is a great match for her both personally and professionally.

Be sure to take advantage of this great series of events that are part of National Bicycle Month, including the Co-op BikeFest. Also, check out the following websites for more information:

<http://www.bikeleague.org/programs/bikemonth/>

<http://www.bikemoscow.org/announcements.asp>

John Dunn is back to his work life but is already working on plans for his next bike trip.

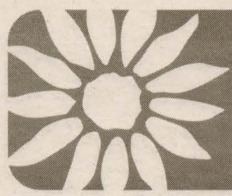


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## Allergy and Gluten Free: Be Aware at Garage Sales

By Terri Schmidt, Newsletter Volunteer; Illustration also by Terri

Garage sales can be such fun; they are like treasure hunts where you never know what treasure will show up. But people with gluten intolerance need to avoid certain kitchen items when taking in the sales.

It is possible for small gluten particles to be embedded in items with porous surfaces such as wooden spoons, rolling pins and cutting boards. Teflon pans can harbor glutes. Previously owned toasters will have particles of gluten in them. Pans with seams should be avoided, as gluten products can hide in the seams. Sifters are almost always used with wheat flour and should not be purchased secondhand.

Cast iron is also porous and used pans may harbor glutes. I have heard you can cook cast iron pans at high temperatures and burn off the gluten. Cooking in cast iron can be a benefit to

those or those of us with gluten intolerance and celiac disease. We can be deficient in iron when the small intestines do not absorb enough nutrients. It may be worth investing in a new cast-iron pan. Just keep it away from other family members who may still be eating gluten products.

Used hard surfaced cookware, such as those made with stainless steel or glass, should be okay as long as they don't have any crevices or scratches. Be sure to wash these items thoroughly before using.

Among the items you can pick up at garage sales are gluten-free and allergy-free cookbooks. There are many of these cookbooks on the market now, and you may luck out



and find one when you are out and about. If you don't discover one at a garage sale, check the library. Latah County Library has several to choose from, including: *Incredible Edible Gluten-Free Food For Kids: 150 Family Tested Recipes* by Sheri L. Sanderson and *Gluten-Free Kitchen: Over 135 Delicious Recipes for People with Gluten Intolerance or Wheat Allergy* by Roben Ryberg. A good cookbook for those with multiple allergies is *Allergen-Free Baker's Handbook: How to Bake Without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, and Sesame* by Cybele Pascal.

After garage-sale treasure hunting, it's nice to come home to a tasty lunch. In a couple of months, fresh tomatoes will be

popping up in your garden and on the Co-op's shelves from our local organic farms. There is nothing like a fresh tomato straight from the garden. But in the meantime, you can use canned tomatoes and enjoy the bright flavor of this homemade Tomato Basil Soup recipe. Lisa Lundy says you can skip the puree step if you like chunky bits of tomato in your soup.

For an added punch to your soup, top it off with the crunch of lightly spiced croutons. These croutons have added basil to compliment the soup.

Happy hunting!

Terri thoroughly enjoys the merry month of May and all those flowers from April showers.

### Tomato Basil Soup

Lisa Lundy, *Super Allergy Girl Cookbook*

[www.thesuperallergycookbook.com/recipes.html](http://www.thesuperallergycookbook.com/recipes.html)

- 1 15-ounce can tomato sauce
- 1 28-ounce can crushed tomatoes
- 2 cups Dairy-Free™ or other non-dairy milk substitute
- 1 large onion, finely diced
- 2 cloves garlic, minced
- 2 1/2 teaspoons dried basil
- 1 Tablespoon acceptable oil

Sauté chopped onion in oil over medium to medium high heat until soft and cooked through. Add dried basil and minced garlic and stir constantly for 1 to 2 minutes over medium low heat. Add remaining ingredients and cook over medium heat for 30 minutes to 1 hour. Purée soup in a blender and return to the saucepan.

### Restaurant Style Croutons

Lisa Lundy, *Super Allergy Girl Cookbook*

[www.thesuperallergycookbook.com/recipes.html](http://www.thesuperallergycookbook.com/recipes.html)

Preheat oven to 425° F

- 4 cups bread cubes
- 1/2 teaspoon sweet basil
- 1/4 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- To taste: black pepper (go easy on this)
- 1/4 teaspoon paprika
- 1 Tablespoon acceptable oil

You can use any bread for this. If you use dried or stale bread, you will need to alter the baking time, as this recipe is for freshly made bread or rolls cut into cubes. Place bread cubes in a 9" x 13" baking pan and sprinkle dry spices over the bread cubes. Drizzle 1 Tablespoon oil over bread cubes and bake at 425° F for 10 minutes. Remove from oven and stir. Return to oven and bake until completely toasted—about 20 minutes for fresh bread cubes.

If you are watching your weight, you can omit the oil. If your spices do not adhere to the bread without oil, you can lightly spray the bread cubes with a spritz of water, which will help the spices adhere to the bread cubes. This may lengthen the baking time just a bit. If you have a love of other spices, you can use whatever you like. This is a general crouton recipe that we love.



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# Veganesque: Yard Sale-A-Mundo

By Caitlin Cole, Newsletter Volunteer



It's yard sale season!

One time I met a most unusual vegan. The unusual thing about her was her reason for being vegan. Of course, there are many reasons to become vegan: concern for animals, concern for one's health, and the desire to promote sustainability seem to be the main ones. She said she did not care about animal suffering or the environment. This gal became vegan because heart disease ran in her family and she wanted to reduce her risk of stroke and heart attack. She told me this while she was smoking a cigarette; it was all I could do to stop from saying, "Ah, great, but what about the cancer sticks?" This was a great lesson for me to remember not to judge and stereotype.

Although not all vegans are alike, sustainability seems to be a core value among almost all of the vegans I have talked to. One main tenet of creating a more sustainable lifestyle is to reduce consumption. Consider this: the United States makes up 5% of the world's population, yet consumes 30% of the world's natural resource and produces 30% of the world's waste! (See [www.thestoryofstuff.com](http://www.thestoryofstuff.com) for more gloomy statistics.)

What is the good news? It is yard sale season! Besides being an excellent way to reduce consumption, yard sales are a blast. When we first moved to Moscow 5 1/2 years ago, going to yard sales helped us to meet people. The very first yard sale we went to had an excellent selection of vintage toys and books. We bought a Fisher Price aqua colored A-frame house with all the furniture and people circa 1968 for \$1.50. The seller seemed so happy to sell it to us because she

knew our "adorable" son would be playing with it. (Those were her words, although he is adorable!) Another time we got an original game of "Sorry" from the 1970s. We play it almost daily in at our house, it is a central part of our play together. I am so happy that I did not have to go out and buy a new game! It seems to me that there is already enough stuff in the world for everybody, we just need to circulate it better.

I am getting excited thinking about all of the cool used stuff that will be appearing in yards around my neighborhood this spring and summer! I have some tips I would like to share. I like to plan my yard sale day. First, I check the paper and map out the yard sales I want to hit. Since my children are not babies anymore, they seem to need much less gear, so I don't plan to buy a lot, just the coolest stuff. A small yard sale is just as good as a big one. Have you ever seen children doing their own yard sale? I always stop and buy a little something because I want to support their entrepreneurial spirit! Shopping at yard sales is the ultimate in the buying local experience! I am usually on foot, so it is important to have beverages with me to stay hydrated. I eat a big breakfast and bring snacks. If you don't have time for breakfast, that is okay! Our Co-op opens at 7:30 a.m., so you can fuel up before you hit the first yard sales, which usually start at 8 a.m. Below are a couple of our favorite take-along foods. Enjoy and hope you find what you need!

Caitlin Cole wishes to offer her

## Breakfast Bars

- 3/4 cup chunky peanut butter
- 2 Tablespoons Spectrum(vegan margarine)
- 2 Tablespoons fruit spread (jam)
- 1 cup instant oatmeal
- 1/2 cup raisins or dried fruit of choice
- 1/2 cup applesauce
- 1/2 cup unsalted nuts

Preheat oven to 350°F and grease an 8" x 8" pan. Melt peanut butter and Spectrum in a saucepan over low heat. Add jam, oatmeal and raisins. Mixture will appear dry. Remove from heat and add enough applesauce to make the mixture moist. Press nuts on top. Bake for 10 minutes or until they look set. Cool and enjoy!

## Spicy Pecans

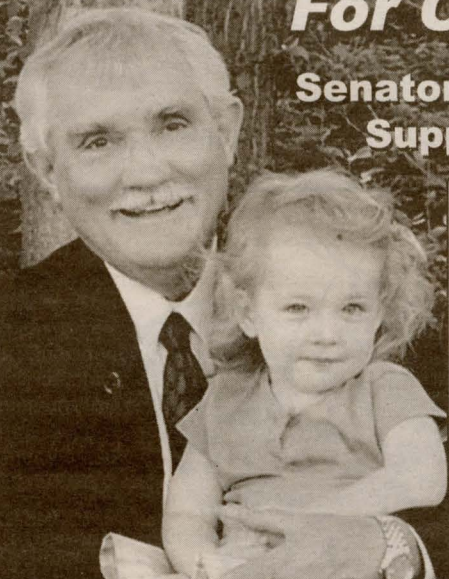
- 1 teaspoon salt
- 1 teaspoon white pepper
- 1 teaspoon cloves
- 1 teaspoon allspice
- 1 teaspoon nutmeg
- 1 teaspoon cayenne halves
- 4 cups pecan halves
- 1/4 cup melted Spectrum(vegan margarine)

Preheat oven to 350°F. Mix salt, pepper and spices in a bowl. Put in pecans and toss. Drizzle melted Spectrum over the pecans and bake for about 10 minutes.

congratulations and thanks to the newly appointed Moscow Food Co-op Board Members!

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## Omnivoria: Coming Clean

By Jamaica Ritcher, Newsletter Volunteer

Thirty years ago, Donald Kennedy, then-commissioner of the U.S. Food and Drug Administration, proposed stopping the use of certain antibiotics for the purpose of growing bigger livestock. Though antibiotics aren't the same as growth hormones or super vitamins, they were preventing diseases associated with crowded quarters or inappropriate diet, and they made it possible to raise more animals on less land. At the time, agribusiness persuaded Congress not to approve the regulation.

This month, Dr. Kennedy is still working for the same cause: keeping unnecessary antibiotics out of food. In an April 17 opinion piece in the *New York Times*, "Cows on Drugs," Dr. Kennedy wrote in support of phasing out the agricultural use of antibiotics in healthy animals — especially use of antibiotics linked to disease resistance in humans.

Increasingly, I see the phrase "grown without hormones or antibiotics" all over the place. But I hadn't realized how long the problem had been around.

What Dr. Kennedy is supporting is the Preservation for Antibiotics for Medical Treatment Act (H.R. 1549). H.R. 1549 would require that antibiotic use be limited to animals that are actually sick (as opposed to those expected to get sick as a result of living conditions). A

study by the Union of Concerned Scientists (cited in the *New York Times* piece) stated that 70% of agricultural antibiotic use is for healthy animals.

In addition to being informative, Kennedy also seemed to lament that the controversy has continued despite three decades of direct observation and research. Or maybe that was just me.

As Kennedy pointed out, while we argue about the cost of a national health care system reform, antibiotic resistance costs our current system up to \$26 billion a year.

A 2003 report by the National Academy of Sciences said that a change in human antibiotic use alone could not fix the problem of disease resistance. Instead, the report concluded that it's imperative that we decrease inappropriate antibiotic use in animals and agriculture.

In 2001, a Congressional task force found that if the current trends continued, treatments for common human infections would be increasingly limited, more expensive, or, even worse, completely nonexistent. That same task force also found that any overuse or misuse of antibiotics "whether in human medicine or in agriculture," contributes to disease resistance.

Of course, it doesn't have to be this way.

Kennedy writes about

Denmark, where in the 1990s, the use of antibiotics on healthy livestock was banned. Subsequent studies found that animals were smaller, but the numbers of resistant bacteria strains were also reduced — a result whose benefit was considered to far outweigh the drawbacks of smaller yield of cattle.

Unlike Denmark's ban, H.R. 1549 is relatively gradual, phasing-out the agricultural use of seven classes of antibiotics important to human health — penicillin and streptogramin among them — unless animals are sick or unless the pharmaceutical companies prove the medication's use is safe to human health.

Like history repeating itself, the American Meat Institute (AMI) has publicly voiced opposition to H.R. 1549. In an open letter, they wrote, "One of our central goals is to contribute to public health by providing safe and healthful meat products. We need healthy animals and the tools to keep animals healthy, to meet that goal." What this claim seems to overlook is that it's animals that are placed in unhealthy confined spaces that most often require these "tools" at all.

Luckily, not all ranchers and meat producers feel this way. For example, Country Natural Beef — the cooperative of family-owned ranches supplying much

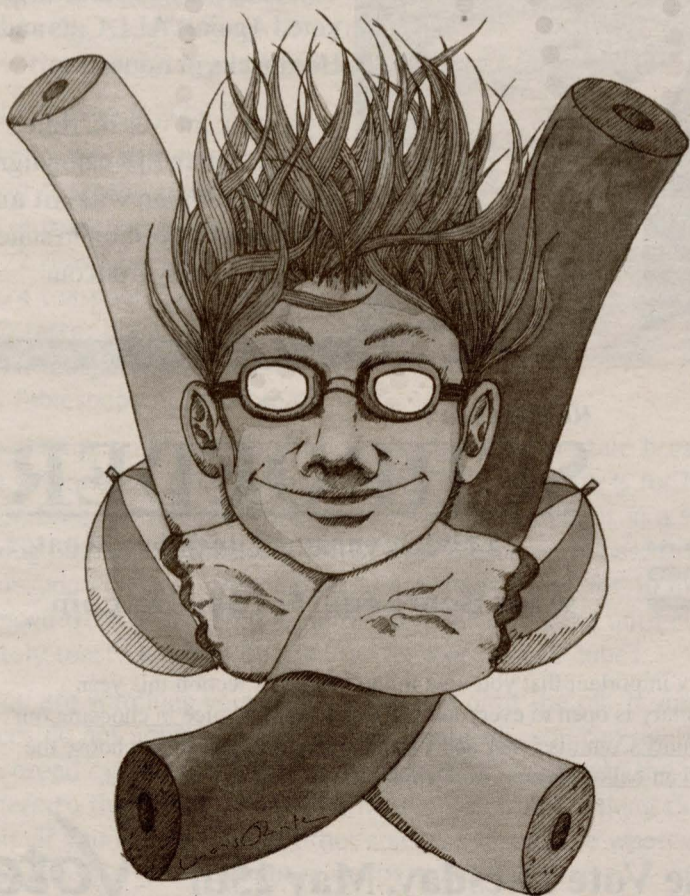
of the Co-op's beef — pledges not to use hormones or antibiotics. Their cattle spend most of their lives ranging on grasses and hay (instead of on conventional feedlots, where cows can get up to 80% of their diet from hard-to-digest grain).

But what, I wondered, if one of their cows gets sick? According to information on Country Natural's website, if a cow has to be administered antibiotics, it is "identified and sold on the traditional market."

While the issue of agricultural antibiotic use is a disturbing one, it is reassuring to know that we can choose certain foods know what we're getting (or as in this case, not getting), and this is a hopeful start.

For more information, see Donald Kennedy's *New York Times* piece at <http://www.nytimes.com/2010/04/18/opinion/18kennedy.html> and the Preservation for Antibiotics for Medical Treatment Act (H.R. 1549) at <http://www.govtrack.us/congress/billtext/xpa?bill=h111-1549>. Information about Country Natural Beef can be found at <http://www.oregon-countrybeef.com>

Jamaica lives in Moscow with her husband and two kids. In addition to thinking and writing about food, she's working on a creative writing of other sorts at UI.



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Illustration by Lucas Rate



## Into the Cupboard: Long Ago and Farro-way

By Ivy Dickinson & Ken Clark, Newsletter Volunteers

Okay, bad pun, but a glorious grain nonetheless. Farro, or Emmer Wheat, has been a part of human history since our ancestors in the Fertile Crescent began to tire of their hunting and gathering ways, and instead opted to settle down and begin cultivating edible plants. Barley and farro were the dominant crops of the ancient Near East, and farro that was found at an ancient village site in Israel had a radiocarbon dating of 17,000 B.C. It was one of the most ubiquitous human foods on the planet for thousands of years.

After Julius Cesar's invasion of Egypt in 30 B.C., farro found a home in Italy, the only country today where it is cultivated on a large scale. The nutritious grain became a staple at every level of Roman society, sustaining the Roman Legions and the Roman paupers alike. Important as it was, however, it was pushed aside in recent decades because it is difficult to work and tends to produce low yields, so was replaced in modern times by higher-yield, easily harvested wheat varieties.

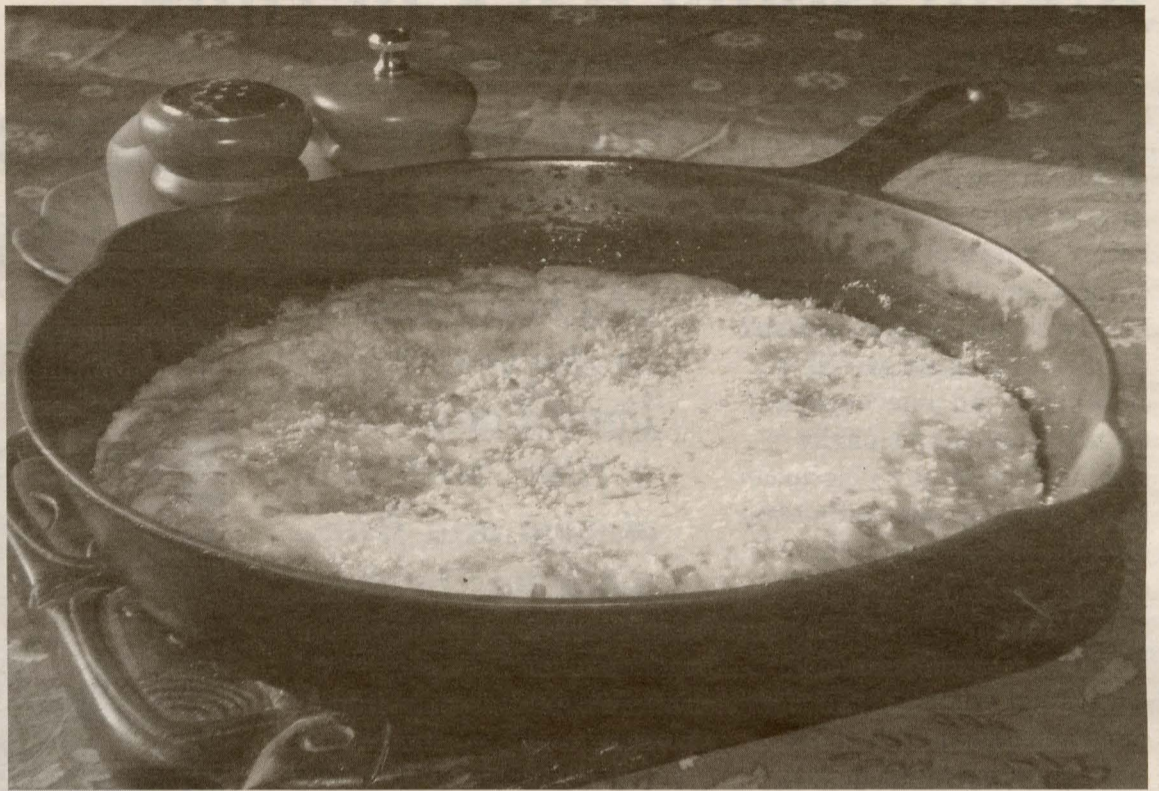
Luckily for us, farro is enjoying resurgence of late and can be found on menus and in co-ops across the country. So try this ancient grain and feel connected to Egyptian Pharaohs, lonely goatherds on the grassy hills above Rome, enterprising Phoenician sailors scenting the wind for signs of land ... or just

enjoy farro's distinctly nutty flavor and al dente bite in your soups and salads.

My first recipe is a simple farro salad that has distinctly Mediterranean flavors. It is light and colorful and highlights the taste and texture that is distinctive to the farro grain. It is a simple salad to build on and make your own and it will introduce you to a new grain and its possibilities in a very casual way.

My second recipe is a little bolder and kind of "weird." I was in the mood for a frittata and thought I would try incorporating farro to add some substance and texture to the frittata. Great invention. I will definitely be making this in other variations with all of the new and exciting spring vegetables that are starting to pop out of the ground.

Ivy and Ken are off experimenting with new and unknown grains. To



Farro Frittata, hot from the stove.

share your funky grain stories and recipes, or if you have any questions e-mail [ivyrose7@hotmail.com](mailto:ivyrose7@hotmail.com)

### Farro Salad

- 1 cup dry farro
- 4 ounces crumbled feta
- 1/3 cup kalamata olives, pitted and halved
- 1/2 cucumber, quartered and sliced
- 1/4 cup red onion, finely diced
- 1/4 cup parsley, chopped
- juice of 1 lemon
- 2-3 tablespoons olive oil
- s ➤ salt and pepper to taste

Boil the farro in salted water until tender. While it is cooking, prepare all of the other ingredients and combine in a serving bowl. Add the farro, chill and serve. This salad is also great with other ingredients such as artichoke hearts and sun dried tomatoes added.

### Farro Frittata

- 2 Tablespoons butter
- 2 scallions, chopped
- 1 clove garlic, minced
- 1/4 cup chopped parsley
- 1 slice ham, diced
- 1/2 cup pine nuts
- 1/2 cup cooked farro (prepared the same way as in the Farro Salad)
- 8 large eggs
- 1/2 cup diced Havarti cheese
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 cup grated Parmesan cheese
- 2 Tablespoons Panko crumbs

Preheat broiler. Melt butter in cast iron 10-inch-diameter skillet over medium heat. Add pine nuts and farro and sauté 2 minutes. Add scallions and ham, sprinkle lightly with salt, and sauté about 2 minutes more. Whisk eggs, havarti cheese, parsley, 1/2 teaspoon salt, and 1/2 teaspoon pepper in medium bowl. Add egg mixture to skillet; fold gently to combine. Cook until almost set. Sprinkle Panko crumbs and Parmesan cheese over. Broil until frittata is puffed and cheese begins to turn golden, about 3 minutes. Cut into wedges and serve.



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<i>2nd Annual</i> <b>Intolerista Wingding with Roy Zimmerman</b>	<b>May 15</b>
<i>Moscow Food Coop presents:</i> <b>What's Organic?</b>	<b>May 20</b>
<b>The Last Station (R)</b>	<b>May 21-23</b>
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## Rolling Back the Clock: One Family's Story About Going Back In Time

By Colette DePhelps, Good Food Book Club Volunteer Coordinator

Have you ever wondered what it would be like to drop everything — quit your job, divest yourself of modern conveniences, unplug from everything electronic, including e-mail and phone — and start over, in a new place, and a new century? Logan Ward and his family did just that. Ward's colorful, humorous and poignant memoir, *See You in a Hundred Years: One Family's Search for a Simpler Life...Four Seasons of Living in the Year 1900* is the Co-op's Good Food Book Club pick for May. Discussion of the book will take place Monday, May 24, from 7-8:30 p.m. in the back room at Sisters' Brew Coffee House on Main St. in Moscow.

Following the crash of his computer, Ward, a writer for *National Geographic Adventure* living in the heart of Brooklyn, wonders about the "long-term side-effects of Modern Life" and whether we humans can really adapt to the technological advances, crowded cities, harried pace of daily life, and "the disappearance of the human hand from the things we buy and the food we eat." He begins dreaming of escape. Then, he has an idea ... travel back in time as a way of starting over. Nervously, he proposes the idea to his wife, a social justice advocate, who smiles. Four months later, they are heading south with their 2-year old toddler looking for the ideal place to begin peeling away the layers of modernity and re-installing the simplicity of 1900.

After six months of frenzied preparation including de-modernizing an old farm house, buying a horse and buggy, replacing the electric well pump with a hand-operated one, prepping the garden, getting milk goats and installing a wood cooking stove (the contradiction of engaging in 180 days of fast-paced, stressful preparation to live a simpler life was not lost to them), Ward and his family pull the plug on the electricity and begin again, in the year 1900. Immediately, he is filled with both elation and fear ... what has he done? Ward is no longer a "tourist" who writes about other people's adventures, he has become the adventurer.

Reading this book you will

**"Ward and his family pull the plug on the electricity and begin again, in the year 1900. Immediately, he is filled with both elation and fear ... what has he done?"**

shake your head, laugh, look at life in a new way, and likely be inspired to dream about, if not engage in, a little (or big) adventure of your own.

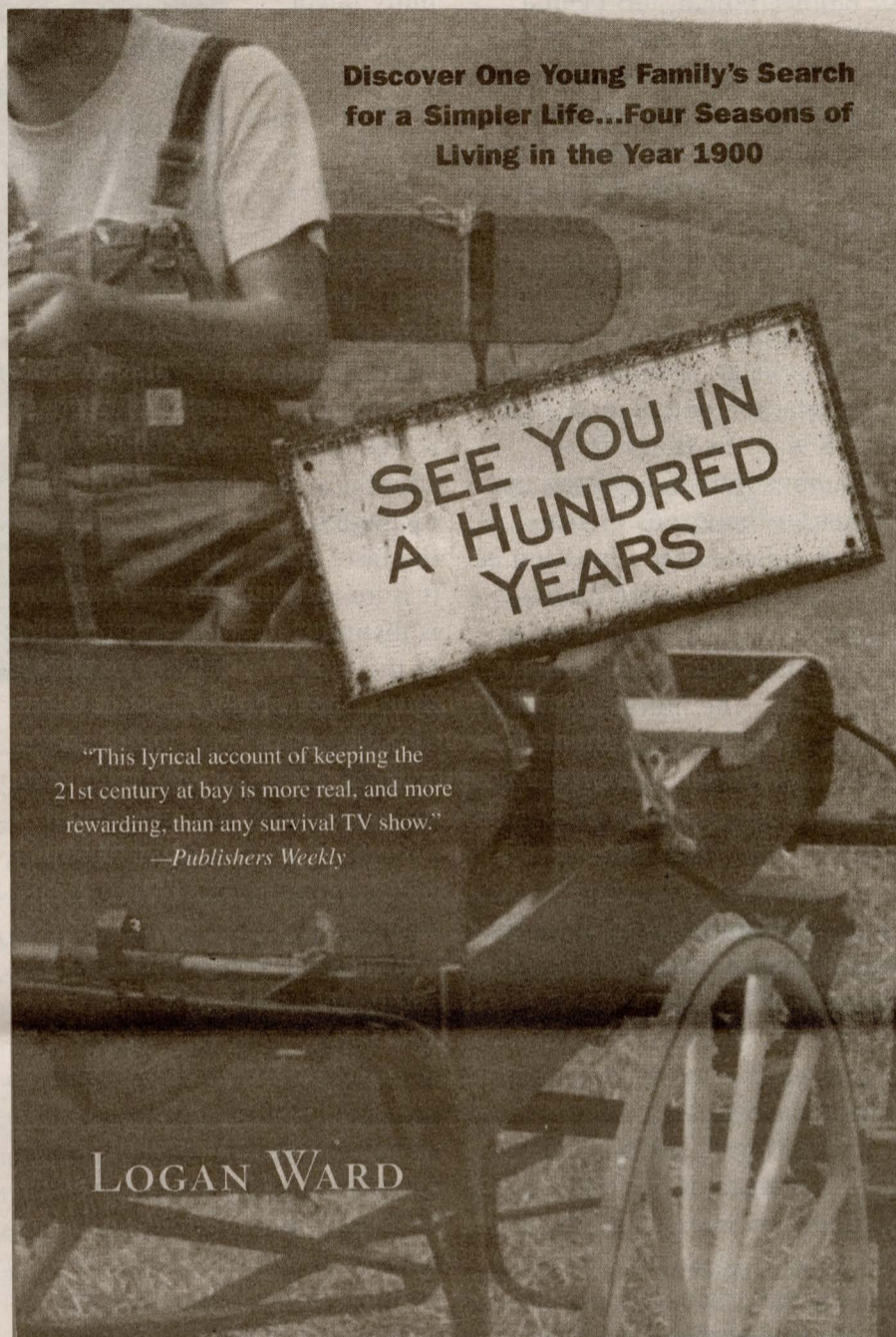
On May 10, you can also join us for a second discussion of Catherine Friend's hysterical book *Hit by a Farm*. A review of this book can be found in the March 2010 issue of *Community News* on the Co-op website.

*See You in a Hundred Years*, *Hit by a Farm* and other Good Food Book Club titles are available through your local library and at BookPeople of Moscow, where Book Club members receive a 20% discount.

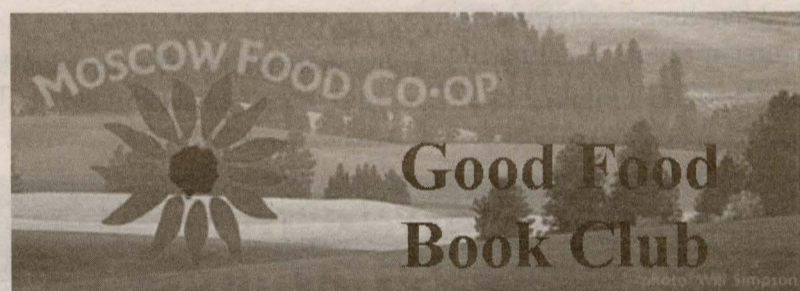
So mark you calendars and join us at Sisters' Brew on the corner of 3rd and Main in the heart of downtown Moscow for two great book discussions: Monday evening, May 10, from 7-8:30 p.m. for a second discussion of *Hit by a Farm*, and Monday evening, May 24, from 7-8:30 p.m. for a discussion of *See You in a Hundred Years*.

Also, check out the Spring/Summer book club calendar for other Monday evening club meetings. If you have other titles you would like to see the Good Food Book Club read or you would like to receive e-mail reminders about book club meetings, e-mail Colette at [book-club@moscowfood.coop](mailto:book-club@moscowfood.coop).

At the time of writing this article, Colette is itching to get outside and into her garden, where the flowers are blooming, the weeds are growing and the birds are singing...



"This lyrical account of keeping the 21st century at bay is more real, and more rewarding, than any survival TV show."  
—Publishers Weekly



Come join us in lively discussions about local, seasonal eating and intentional living.

May 10, *Hit by a Farm (second discussion)* by Catherine Friend

May 24, *See You in a Hundred Years : Four Seasons in Forgotten America* by Logan Ward

June 28, *Gluten-Free Girl* by Shauna James Ahern

July 26, *Food Rules: An Eater's Manual* by Michael Pollan

When: 7-8:30 pm Monday evenings.

Where: Sisters' Brew Coffee House.

Cost: Free.

Look for the books at your local library or purchase them from BookPeople of Moscow and receive a 20% book club discount!

More info? Check out the Co-op newsletter or email [bookclub@moscow.coop](mailto:bookclub@moscow.coop)



## Presenting Essential Menus!

By Carol Spurling, Outreach and Membership Coordinator, and Linda Canary, Essential Menus volunteer

Eating really well on a limited budget is possible, if you plan ahead and have a little time to cook at home. To help, the Co-op will now be providing Essential Menus, a week's worth of recipes and shopping lists to feed two people for under \$50. Menus will often be seasonal, taking advantage of what's abundant and inexpensive. They will often be simple, so they don't require specialized equipment.

We hope you find them deli-

cious as well as budget-conscious!

Here are six days of meals for two people that costs \$50!

A shopping list and recipes follow these menus. —Linda Canary

### Sunday:

- ✓ Baked chicken
- ✓ Barbeque beans (soak beans at least 8 hours beforehand)
- ✓ Green salad

Save some chicken if you want to include it in Thursday's enchiladas. Leave some lettuce

for Tuesday and Wednesday's salads.

### Monday:

- ✓ Grilled cheese sandwiches
- ✓ Tomato soup
- ✓ Coleslaw

Save some cheese for the burritos and enchiladas, and tomato soup to make into sauce for Thursday's enchiladas. (Don't forget to soak the pinto beans for tomorrow's burritos.)

### Tuesday:

- ✓ Bean Burritos: warmed tortillas with mashed beans, cheese,

lettuce, salsa, and roll 'em up

### Wednesday:

- ✓ Tuna noodle casserole (new, improved)

- ✓ Green Salad

### Thursday:

- ✓ Spinach salad w/sliced hardboiled eggs

- ✓ Cheese Enchiladas

### Friday:

- ✓ Broccoli stuffed baked potatoes

- ✓ Carrot/orange salad

(Saturday: Leftovers!)

### Tomato Soup

- ➔ 1 1/2 cups minced onion
- ➔ 2 cloves crushed garlic
- ➔ 1 Tablespoon butter
- ➔ 1 Tablespoon olive oil
- ➔ 1/8 teaspoon black pepper
- ➔ 1 large can crushed tomatoes
- ➔ 1 large can diced tomatoes
- ➔ 2 cups stock or water
- ➔ 1 teaspoon mayonnaise

Saute onions and garlic with salt in combined butter and oil in a large saucepan. Cook 5 min. then add tomatoes and pepper. Cover and simmer 45 minutes on low heat. Five minutes before serving, whisk in mayonnaise. Serve topped with chopped scallions. (Save back half of this soup to make into sauce for the enchiladas.)

### Barbeque Beans

- ➔ 1 cup dry navy beans, soaked at least 8 hrs.
- ➔ 2 garlic cloves
- ➔ 1/4 cup chopped onion
- ➔ 1/8 cup mustard
- ➔ 1/8 cup molasses (or maple syrup)
- ➔ 1 Tablespoon cider vinegar
- ➔ hot pepper sauce to taste
- ➔ salt and pepper to taste
- ➔ barbeque sauce (see recipe below)

Drain soaked beans and combine with garlic and onions in a soup pot. Cover with water by at least an inch and bring to a rapid boil. Lower the heat, cover and simmer for about 1 and a half hrs. Start making the barbeque sauce. When the beans are ready, drain them and stir in the bbq sauce, mustard, molasses, and vinegar. Add hot pepper sauce, salt and pepper to taste. Transfer the beans to a baking dish and bake uncovered at 350°F for 20 to 30 minutes, stirring once or twice during baking.

### Barbeque Sauce

- ➔ 1/4 cup chopped onions
- ➔ 1 garlic clove
- ➔ 1/8 cup soy sauce
- ➔ 1/8 cup cider vinegar
- ➔ 1/8 cup ketchup
- ➔ 1/4 cup orange juice (save the rest for Friday's carrot/orange salad)
- ➔ 1 Tablespoon mustard
- ➔ 1 Tablespoon molasses
- ➔ 1/4 teaspoon dried thyme
- ➔ 1/4 teaspoon ground black pepper

Combine all of the ingredients in a blender or food processor and puree until smooth. Simmer in a saucepan, uncovered, for 10 to 15 minutes, stirring often. (The stirring part is messy as the sauce is bubbling — so wear an apron.)

Continued on next page...

### Shopping list:

#### Veggies

- 2 russet potatoes
- 1 green or red pepper
- 1 bunch celery
- 1/2 head cabbage (they will cut it for you in produce)
- 1/2 pound broccoli
- 1 orange
- 3 carrots
- 2 yellow onions
- 1 red onion, if available
- 1 leek
- 1 bunch scallions
- 1 head garlic
- 1 large head lettuce, leaf or romaine
- 1 large bunch spinach
- 1 lemon
- 1 large can crushed tomatoes
- 1 large can diced tomatoes
- 1 can diced chilies (hot or mild)
- salsa, if desired for burritos

#### Meat, fish, eggs, and beans

- 1 can tuna
- 1 2-pound chicken
- 1 cup dry bulk navy beans
- 1 cup dry pinto beans
- small amount of bulk molasses
- 2 eggs

#### Other

- 1 pound cheddar cheese
- 1/2 loaf of Daily Wheat
- 1 package tortillas
- 1/4 pound bulk fancy ribbon pasta

#### We hope you already have in your cupboards and fridge:

- cayenne or hot pepper flakes
- hot pepper sauce
- cumin
- basil
- oregano
- thyme
- cinnamon
- salt
- pepper
- cider vinegar
- olive oil
- soy sauce
- ketchup
- mustard
- butter or margarine
- vegetable broth (dried or bulk)
- flour
- cornstarch
- mayonnaise, nayonnaise, or vegannaise
- your favorite salad dressing
- milk (cow, soy, rice, or hemp)



## Essential Menus (continued)

By Carol Spurling, Outreach and Membership Coordinator, and Linda Canary, Essential Menus volunteer

### Cole Slaw

- 1 cup finely shredded cabbage
- 1/4 cup finely chopped red or green pepper
- 1/4 cup finely chopped celery
- 1/8 cup chopped red onions if available, otherwise use some scallions

Combine the above ingredients in a bowl. Stir in enough mayonnaise to make the consistency as you want it. Chill for at least 15 minutes before serving.

### Vinagrette

- 1/4 cup olive oil
- 1/8 cup cider vinegar (or balsamic or wine vinegar if you have it on hand)
- 1 clove pressed garlic
- fresh-ground black pepper
- 1/4 teaspoon mustard

Beat together the above ingredients. More oil or vinegar may be added for a more bland or tart sauce, according to your preference. Shake well before dressing the salad.

### Cheese Enchiladas

Take leftover soup from Monday and add oregano and basil, and chilis, then heat.

Add 1/2 cup strong vegetable broth. Dissolve 1 1/2 Tablespoons cornstarch in water, and stir it into the sauce. Let it cook 10 minutes slowly. If sauce seems too thick, add water.

Prepare the filling: Have ready 4 -5 ounces grated cheese, 2 chopped scallions, and some sliced olives or chicken if you want. Oil lightly an oblong baking dish. Take one of four tortillas, and place it gently on the hot tomato sauce. When it starts to get warm, draw it carefully off. On the saucy side of the tortilla, arrange the filling all in a slightly off-center line. Now roll the tortilla tightly around the filling and place it in the baking dish. Do this with the other three tortillas, laying them side by side. When all four are in the dish, pour the sauce over them. Bake them for 15 to 20 minutes in a preheated 350° F oven.

### Carrot/Orange Salad

- 2 carrots, grated
- 1 orange (and what's left of the orange that you juiced earlier)
- 1 Tablespoon lemon juice
- 1/2 Tablespoon honey
- 1/4 teaspoon cinnamon

Place the carrots in a bowl that is large enough to hold the completed salad. Set aside. Peel the orange and section, removing as much of the pith as you can. Put the orange slices in with the carrots. Add the juice from the other orange. Combine the lemon juice, honey, and cinnamon in a small bowl and pour over the carrot-orange mixture and stir well. Let the salad sit for 10 minutes before serving so the flavors will mingle.



### New and Improved Tuna Noodle Casserole

- 1/8 cup butter
- 1 leek thinly sliced (white and pale green parts only)
- salt
- 1/8 cup flour
- 1 cup milk
- 1 teaspoon lemon juice
- noodles
- 1/4 cup coarsely grated cheese (have a little extra money? buy a fancy cheese)
- 1 can tuna (if you want to spend a little more, buy albacore)

Butter glass baking dish. Melt butter in a saucepan over medium heat. Add leeks to pan and sprinkle lightly with salt. Cover the saucepan and cook until leeks are tender but not brown, stirring often, about 5 minutes. Stir in lemon juice. Season to taste with salt and pepper. Remove sauce from heat.

Meanwhile, cook noodles in a pot of boiling salted water until tender, stirring occasionally. Drain noodles, reserving 1/2 cup liquid. Transfer noodles to large bowl and pour the leek sauce over noodles. Add grated cheese and stir to blend; add reserved liquid by tablespoons until mixture is moist and creamy. Fold in the tuna. Transfer to buttered baking dish.

Preheat oven to 375° F. Bake the casserole, covered with foil for about 20 minutes. Remove foil and continue to bake for 10 more minutes. (If you have some potato chips around, you can crush them over the top after you've removed the foil, and then let them bake for the 10 minutes.)

### Stuffed Broccoli Potato

- 2 potatoes
- 2 garlic cloves
- 1/16 teaspoon hot pepper flakes
- 1 Tablespoon olive oil
- minced broccoli
- 1/2 cup water

Preheat the oven to 400° F. Slice the potatoes in half lengthwise and bake, cut side down on a lightly oiled baking sheet for about 45 minutes, until soft. Remove from oven. Sauté the garlic and pepper in oil for 1 minute. Add the broccoli and water, cover, and simmer for about 15 minutes. When the potato halves are cool enough to handle, scoop out the centers, leaving a small amount of pulp on the inside. Mash the potato pulp and stir it into the broccoli stuffing. Add salt and pepper. Refill the potato skins and bake for 30 minutes. (sprinkle with leftover cheese if you want)

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## Enjoy the Spring Fair at the Koppel Farm

By Timothy C. Paulitz, Farm Volunteer

Please come to the Spring Fair and open house for the Pullman Community Gardens at Koppel Farm on Saturday, May 15, from 10 a.m. to 2 p.m. The Koppel Farm is located at the corner of Derby Street and Professional Mall Blvd in Pullman. Garden plots are available for rent for only \$20-40/year, including the use of hand tools and water. This is an organic garden on rich, river-bottom soil, adjacent to the South Fork of the Palouse River. 10' x 10' or 20' x 20' plots are available. We will have a plant sale at the open house — bedding and vegetable plants. Get advice on gardening from the Master Gardeners. Learn how to recycle with Whitman County Recycling. See our new Picnic Shade Structure, designed and built WSU Architecture students. A number of other community groups will be there, including the Pullman High School

*“Please come to the Spring Fair and open house for the Pullman Community Gardens at Koppel Farm on Saturday, May 15”*

Orchestra, the Pullman Fire Department, Palouse Prairie Foundation, Community Action Center of Pullman, Pullman Civic Trust, Backyard Harvest, and the WSU Organic Farm/Pullman Farmers' Market. Vegetables from some of the plots go to the Community Action Center food bank. Find out about how you can become involved in community gardening, even if you do not have your own land. You can e-mail us at [koppelgardens@gmail.com](mailto:koppelgardens@gmail.com) or visit our website at <http://sites.google.com/site/koppelfarm>



## Moscow Parent-Toddler Cooperative to hold Annual Silent Auction May 8

The Moscow Parent-Toddler Cooperative will be hosting its Annual

Silent Auction on Saturday, May 8, from 5-8 p.m. at the 1912 Center.

The MPTC has served the Moscow area for over 25 years and is a family-oriented, nonprofit organization dedicated to the education and development of young children (ages birth-4 years of age) and parents of the Palouse.

We have gathered many generous donations from the community, including a \$200 gift certificate from Tri-State, trail-a-bike from Paradise Bicycle, a night's stay at Eaton Ranch, Moscow Fire Department fire truck ride, products from Orchard Farms Soaps and Landgrove Coffee, \$50 gift card from Crossroads Nursery, \$30 gift certificate from The Fish Folks and much more! The auction will be catered by Patty's Kitchen. No-host beer and wine will be available. Tickets are \$15 per person. Please contact Francie Tyler for tickets (882-7124 or [fanniefrannie@hotmail.com](mailto:fanniefrannie@hotmail.com)).

## Wanna Wingding?

By Tom Hansen, Wingding Volunteer

Everyone is invited to the Wingding. Free fun for all.

The Second Annual Intolerista Wingding with Roy Zimmerman will be presented at the Kenworthy Performing Arts Centre in downtown Moscow on Saturday, May 15, at 6 p.m. This free event is sponsored by the Intoleristas, a local group of concerned citizens whose goal is to nurture a sense of community in Moscow.

The Wingding is a chance for progressive, lefty and liberal folks to get together and celebrate with an evening of funny songs about ignorance, war and greed.

The star of the show will be Roy Zimmerman of California ([www.royzimmerman.com](http://www.royzimmerman.com)). He's been writing satirical songs for 20 years and travels around the U.S. playing his original music and building a national reputation.

The Los Angeles Times says, "Zimmerman displays a lacerating wit and keen awareness of society's foibles that bring to mind a latter-day Tom Lehrer."

Tom Lehrer himself says, "I congratulate Roy Zimmerman on reintroducing literacy to comedy songs."

Joni Mitchell says, "Roy's lyrics move beyond poetry and achieve perfection."

Opening for Zimmerman will be Moscow pianist and songwriter Jeanne McHale, who also



*“The Wingding is a chance for progressive, lefty and liberal folks to get together and celebrate with an evening of funny songs about ignorance, war and greed.”*

writes the musician profiles in the Co-op newsletter.

Samples of Roy's and Jeanne's work may be viewed at: <http://www.MoscowCares.com/Wingding2010>

The doors open at 5 p.m. on May 15, and remember, admission is FREE.

## Community Theatre Celebration

By Roger Wallins, Theatre Volunteer

The Moscow Community Theatre announces a free, fun-filled afternoon at its 2010 Annual Meeting and Ice Cream Social. Events begin on Saturday, May 8, from 2-4 p.m. in the Arts Workshop of the 1912 Building.

In addition to enjoying ice cream, attendees can see a video retrospective of MCT shows, and will be able to meet and greet MCT actors and technicians. MCT Board members will recap the previous season, and attendees are invited to participate in the discussion of future productions and events. This is an opportunity for anyone who is interested to learn more about MCT, to join MCT, and to pro-

vide ideas and suggestions for MCT's future.

As part of the scheduled business meeting, elections will be held for Board positions of Vice-President, Treasurer, and Membership Coordinator.

Admission is free. Please see [www.moscowcommunitytheatre.com](http://www.moscowcommunitytheatre.com) for further information.



## Pullman Farm Fresh Market

By Justin Hougham, Market Manager

The Pullman Farm Fresh Market kicks off its second year at the Old Post Office in Pullman on May 19. The shaded parking lot at 245 SE Paradise will again host local bakers, growers, and ranchers bringing their products to the Pullman community. The market has many confirmed vendors from last year, and some new ones as well.

Producers looking to sell at the market can still apply for season-long spaces, or come in at the walk on rate. The market is supported by the Pullman Chamber of Commerce as well as the Whitman County Health

Department, and offers a great mid-week opportunity to pick up or sell fresh and local products.

Current vendors include: Seven Springs Farm (veggies, seedlings, eggs), Sage Baking Company (bread, pastries), Palouse Organics & Natural Beef (organic vegetables, natural beef), Turnbow Flat Farm (eggs, order forms for chicken, beef, pork, turkey), Joseph's Grainery (soft white wheat, hard red wheat, barley, lentils), Omache Farm (vegetables & farm produce, fleeces & handspun yarns from sheep), Panhandle Artisan Bread Co., (Bread), Bill Myers, (soft white wheat, hard red wheat,

barley, lentils), Omache Farm – Jason & Margaret Parsley (vegetables & farm produce, fleeces & handspun yarns from sheep).

Live music is on hand most days, and we are currently seeking additional acts for the summer. If you have an interest in the market, in vending or in performing- please contact us at PullmanFarmFreshMarket@gmail.com. For information contact the Chamber at 509-334-3565 or find us on Facebook.



## Moss Maxfield Valentine

By Bill London, Co-op Newsletter Editor

Ruby, Sierra and Sterling Valentine invite the community to a gathering in celebration of the life of Moss Valentine, to be held at Robinson Park on Memorial Day, Monday, May 31, at 6 p.m. The gathering will be in the picnic area at the southwest side of the park, which is located about six miles east of Moscow.

For the potluck dinner, please bring food and beverages to share, as well as your own plates and table service. Please bring musical instruments for a jam as well as stories and memories of Moss to share. The gathering will be held outdoors whatever the weather, so be prepared.

At the gathering, the family will host a potlatch to give momentos and small treasures collected by Moss to his friends.

Moss Valentine was born on January 9, 1952, in Santa Monica, California, and died at

**“Ruby, Sierra and Sterling Valentine invite the community to a gathering in celebration of the life of Moss Valentine, to be held at Robinson Park on Memorial Day, Monday, May 31, at 6 p.m.”**

his Moscow home at 5:30 a.m. on October 22, 2009.

His parents were Marian Padlo and John Schaaf. On May 1, 1984, Moss married Ruby Valentine at Bridalveil Falls in Yosemite National Park. Their son, Sterling Robison Valentine, was born in 1986, and their daughter, Sierra Rose Valentine, was born in 1990. Moss and Ruby were married for 13 years.

In 1992, Moss graduated from Life West Chiropractic College in San Leandro, California. Moss moved to Moscow that year with his family and established a chiropractic practice.

Moss was a gifted chiropractic diagnostician who also had many interests beyond his profession. He was a talented musician, playing both ragtime piano tunes and a wide variety of ukulele songs. He was a piano technician and tuner. Moss was also an excellent writer and artist.

He loved gathering wild mushrooms and was a gourmet cook, specializing in mushroom preparation. He edited the San Francisco Mycological Association newsletter, Mycena



News. He was a volunteer announcer for KRFP-FM, where he shared his encyclopedic knowledge of old radio plays and music.

## Latah Trail Funding Fun

By Nora Locken, Trail Foundation Director

The Latah Trail Foundation will be hosting a “Trail of Discovery” fundraising dinner and auction on Saturday, May 22, at 6 p.m., at the Best Western University Inn of Moscow. These evenings have been a lot of fun in the past and this year will be no exception. We are thrilled that paving of the Moscow-Troy trail is complete and look forward to

working on new trail acquired in wild and scenic Bear Creek Canyon. Proceeds from the event will go towards maintaining the Moscow-Troy trail and opening the first section of new trail continuing southeast of Troy in Bear Creek Canyon.

Tickets are on sale at the Latah Trail Foundation office (114 E. Third St.) and at Troy City Hall through May 19. The LTF

office will be staffed 2- 6 p.m. Monday-Friday, so come on by and pick up your tickets today! Individual tickets are \$40 and a full table of 8 is \$300 (sorry, tickets will not be available at the door). There will be dinner, music, bidding and fun!!

If you would like more information or would like to donate an auction item (art, craftwork, recreation, vacation, etc.), please

contact Nora Locken at 208-874-3860 or latahtrail@gmail.com. Find details on this event and other trail happenings at our website [www.latahtrailfoundation.org](http://www.latahtrailfoundation.org). Thanks in advance for all of your support!

.....  
This time of year, Nora can be found turning sweet compost into the garden and planting the first vegetables of the season



## Co-op Crossword Puzzle

by Craig Joyner

### ACROSS

1. April's Dime in Time recipient
9. \_\_\_\_\_ Nevada Brewing Co.
11. the Deli's is on a chalkboard
12. preposition
13. gelatin essential
16. San \_\_\_\_\_
18. birdhouses
20. Lewis & \_\_\_\_\_
22. government agency
23. extra wide shoes
24. metric measurement
25. government agency
27. last month's profiled volunteer, 2nd name, 1st is 30 across, 3rd is 29 across
28. Simpsons' character \_\_\_\_\_ Nahasapeemapieton
29. see 27 across
30. see 27 across
32. eye doctor's degree
33. legume
34. Carolyn, William, or Sara
37. annual fest
38. comedian Margaret \_\_\_\_\_

3. target

4. required
5. herb for aches and sprains
6. savage
7. jazz musician Sun \_\_\_\_\_

8. vegan milk

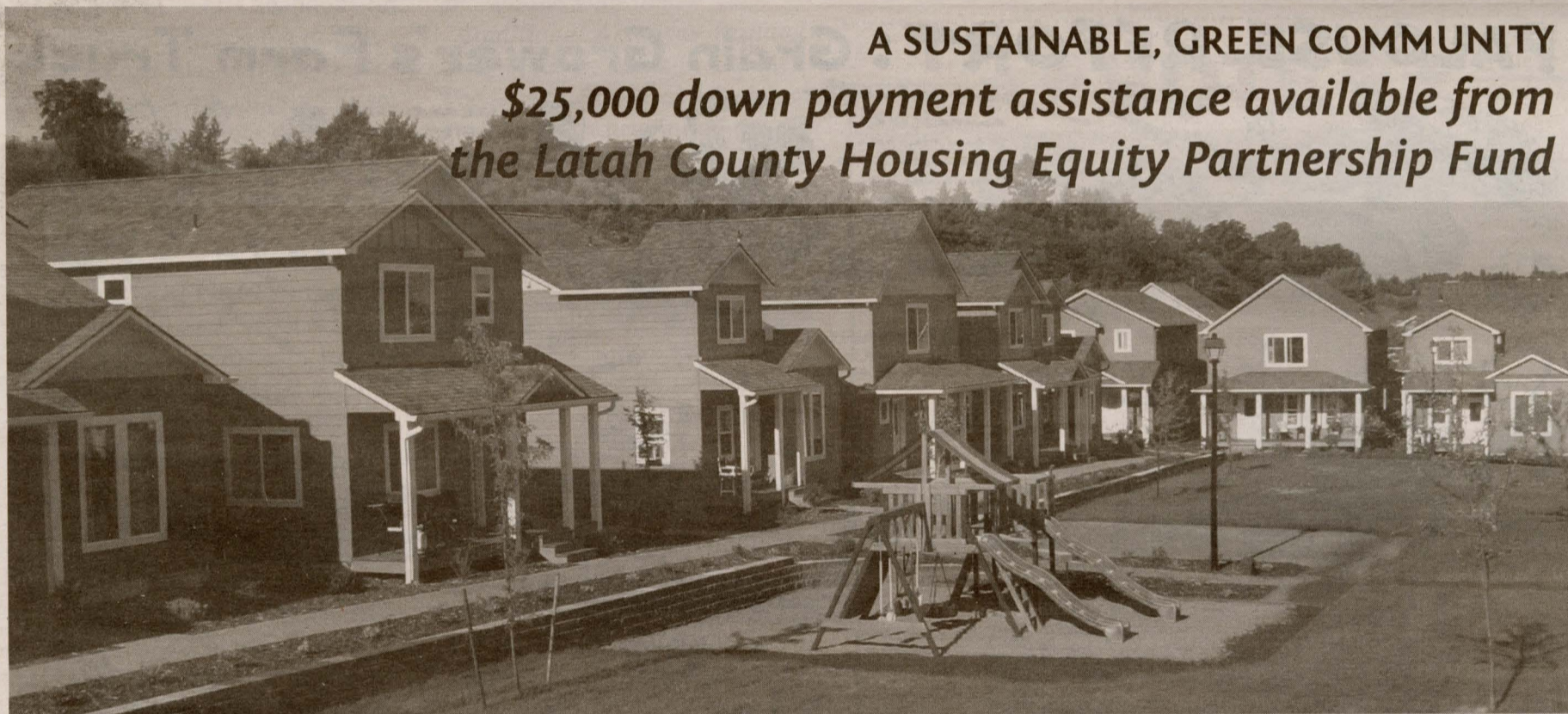
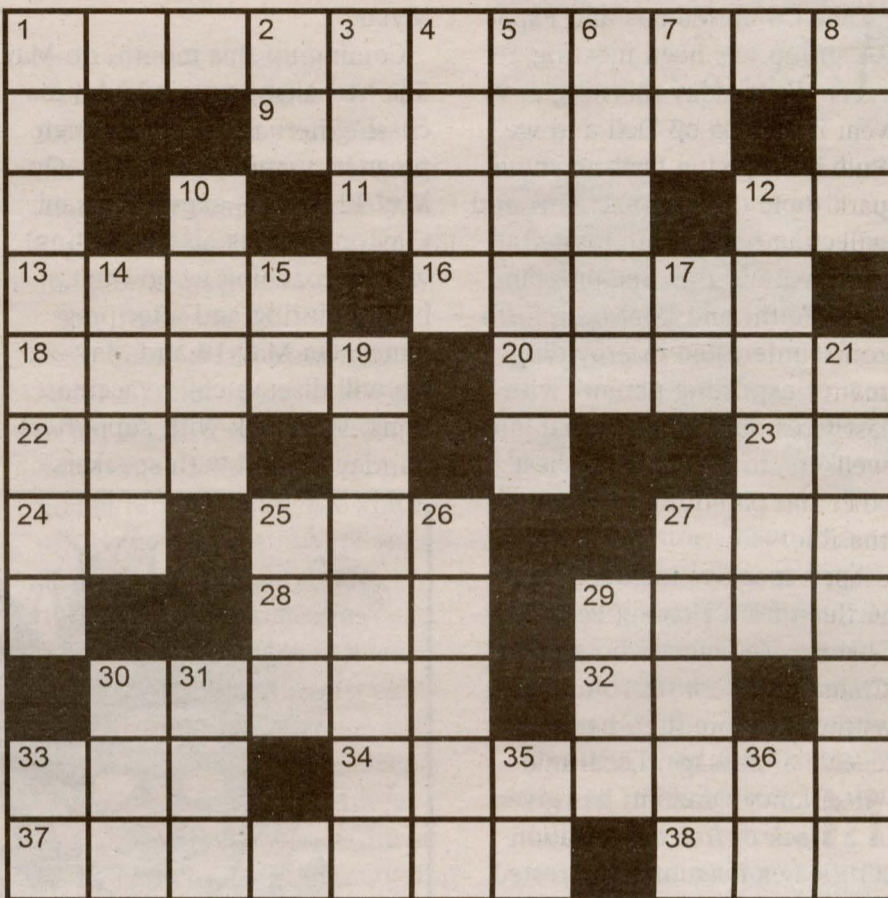
10. fish
12. forest
14. pathogen
15. route, abbreviated
17. peach state, abbreviated
19. Frontera Mango Peach \_\_\_\_\_

21. last month's profiled employee, last name, 1st is 26 down

25. sheep call
26. see 21 down
27. Sanskrit
29. floss brand
30. Burt's companion
31. computer network
33. reality manipulation, abbreviated
35. after junior
36. indifferent interjection

### DOWN

1. last month's profiled producer, \_\_\_\_\_ Are for Everyone
2. after junior high and before college, abbreviation



### 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

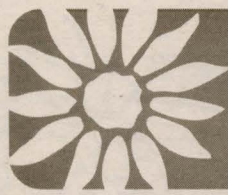
COMMUNITY HOME DEVELOPMENT

[MOSCOWGREENACRES.NET](http://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





## Co-op Mamas and Papas

By Summer Baugh, Co-op Program Volunteer

The Co-op Mamas and Papas group has been meeting every Wednesday morning at 9 a.m. in the Co-op Deli and we have been giving birth to some great topic discussions. New and expecting parents are invited to participate in this free program. Stacy Pettitt and I are both birth doulas interested in providing new or expecting parents with resources, including special guest speakers, to give you the best birth and parenting experience possible.

April speakers included Lauri McKean from Healing Point Chinese Medicine, who demonstrated on two little volunteers who were more than happy to receive a massage. Local midwife, Nancy Draznin, has given us a stack of free consultation certificates for moms interested in home birth. Holistic nutritionist Davina Pastrama schooled us in the importance of good nutrition in pregnancy and beyond. And last, but not least, we heard an elimination communication talk given by local mom Sherry

Mylar.

Coming up this month, on May 5 is herbalist Sequoia Ladd, discussing herbals to use through pregnancy and for children. On May 12, fitness expert Rachael Clayton (who is also expecting) will be coaching us on fitness before, during and after pregnancy. On May 19 and May 26, we will discuss child vaccinations. We'll talk with supporters on May 19 and with speakers

against vaccination on May 26.

For more specifics and to be included on the Mamas and Papas mailing list, please e-mail [babies@moscowfood.coop](mailto:babies@moscowfood.coop). Better yet, come join us on Wednesday mornings at 9 a.m.! It's OK if you show up only for the cappuccino made with love from the Deli. Guilty!

Summer is a birth doula and mother of three.

MOSCOW FOOD CO-OP



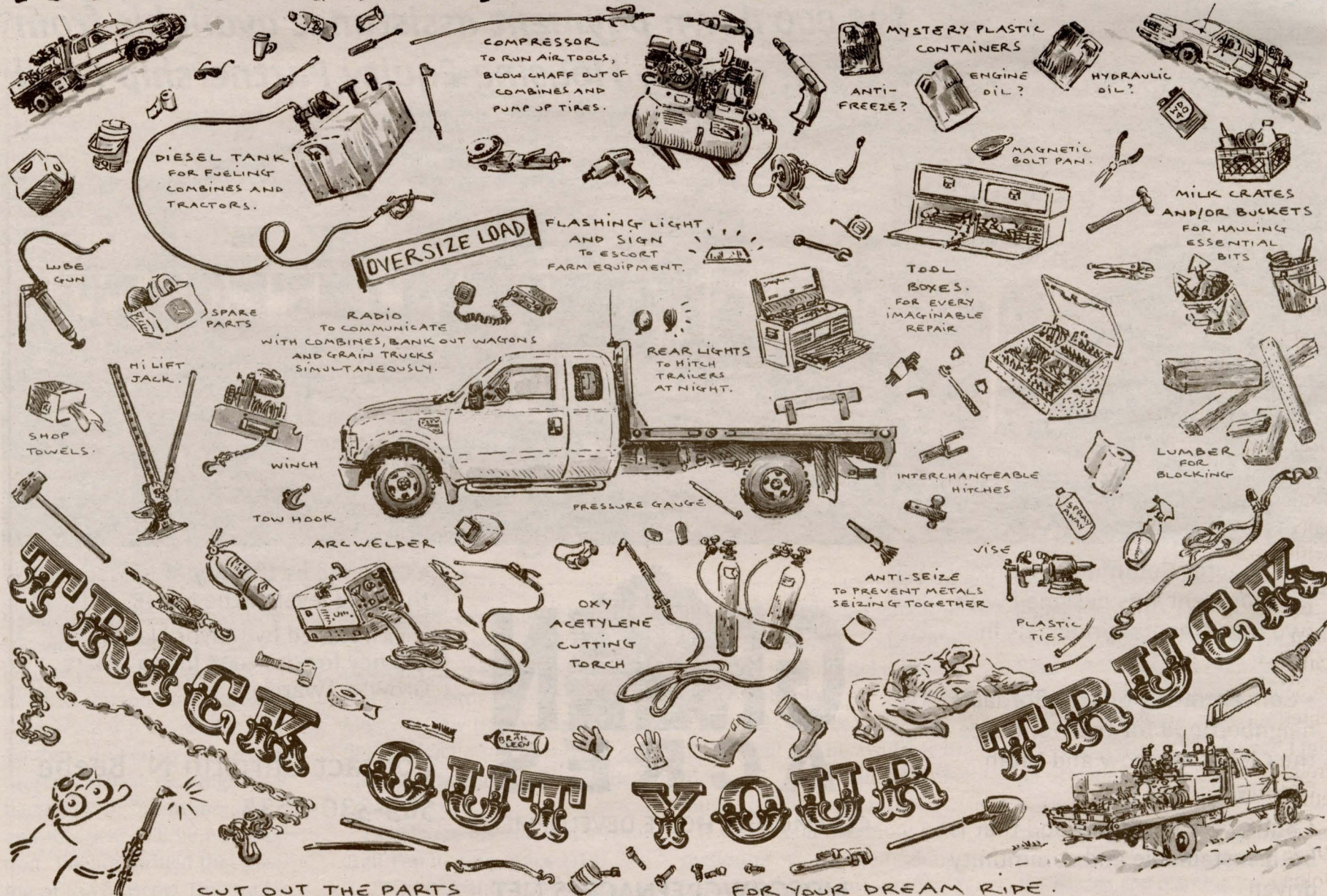
## Co-op Pool Party!

at the Hamilton Aquatic Center in Moscow

Every Thursday evening in  
July  
(July 1, 8, 15, 22, 29)  
8 - 10 pm

Admission free for Co-op members, employees, and volunteers!

## PALOUSE REPORT: Grain Grower's Farm Truck



THANKS TO KEITH FELDMAN, RICK MCMURRAY, KEITH KOPF, AND WAYNE AND JALIE JENSEN

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MAY 2010



## New at the Library

By Chris Sokol

“...Heaven must be a place where the library is open twenty-four hours a day, seven days a week. No...eight days a week.”

—Alan Bradley, *The Sweetness at the Bottom of the Pie*

### FICTION

**Bone Fire** by Mark Spragg. In the midst of struggling with his wife's addictions and his own health problems, the octogenarian sheriff of a small Wyoming town finds himself up against murder and meth labs.

**Born Under a Million Shadows** by Andrea Busfield. In post-Taliban Kabul, young Fawad and his mother move in with a Western woman while life in Afghanistan continues to be full of peril.

**Raven Stole the Moon** by Garth Stein. Jenna abandons her comfortable Seattle life to visit the remote Alaskan town where her young son disappeared two years before—while whispers of ancient Tlingit legends suggest a frightening possibility about his fate.

**The Russian Dreambook of Color and Flight** by Gina Ochsner. In post-Soviet Russia, Tanya hopes to escape her job in a museum that collects awful art knockoffs when she hears of a mysterious American art-funding group.

### NONFICTION

**The Art of Happiness in a Troubled World** by His Holiness the Dalai Lama and Howard C. Cutler. Buddhist tradition influences this approach to dealing with twenty-first-century challenges.

**Cheesemonger: a Life on the Wedge** by Gordon Edgar. The cheese guy at the Rainbow Co-op in San Francisco provides an entertaining, informative look at the growing cheese movement, from animal rights to business ethics to “taste epiphanies.”

**Curtains: Adventures of an Undertaker-in-Training** by Tom Jokinen. An apprentice finds out what happens in the gap between death and burial.

**How to Build Animal Housing** by Carol Ekarius. Plans for coops, hutches, barns, sheds, pens, next boxes, feeders, stanchions, and more.

**I Am an Emotional Creature** by Eve Ensler. The creator of *The Vagina Monologues* returns with a call to action for girls to speak up and follow their dreams.

**The Joy of Rhubarb: the Versatile Summer Delight** by Theresa Millang. It's not just for pies anymore.

**Julia Child: a Life** by Laura Shapiro. Enhance what you learned in the movie *Julie & Julia* with this concise biography.

**Oregon's Dry Side** by Alan D. St. John. Explore the rich and varied landscapes east of the Cascade Crest.

**Small Budget Gardener: All the Dirt on Saving Money in Your Garden** by Maureen Gilmer. Economical advice on proper planning, site location, recycling, and more.

**Stone Primer** by Charles McRaven. Projects and techniques for incorporating stone in and around your home.

**Traditional American Farming Techniques** by Frank D. Gardner. The second edition of this classic guide sports a new introduction by MaryJane Butters.

**Über Origami** by Duy Nguyen. Imaginative projects spanning time, space, and legend.

### CD BOOKS

**Over 40 & You're Hired!** by Robin Ryan. Secrets to landing a great job amid hidden but real age discrimination.

**Patton, Montgomery, Rommel: Masters of War** by Terry Brighton. A top British military scholar provides an unprecedented study of the land war in the North African and European theaters.

### DVD

**The Beaches of Agnes** (France, 2008) A reflection on art, life and the movies by renowned director Agnes Varda.

**The Blind Side** (U.S., 2009) The nonfiction book by Michael Lewis inspired this story about a homeless, traumatized boy whose life turns around when he is taken in by a white family in Tennessee.

**The Damned United** (U.K., 2009) Based on the true story of Brian Clough, one of England's

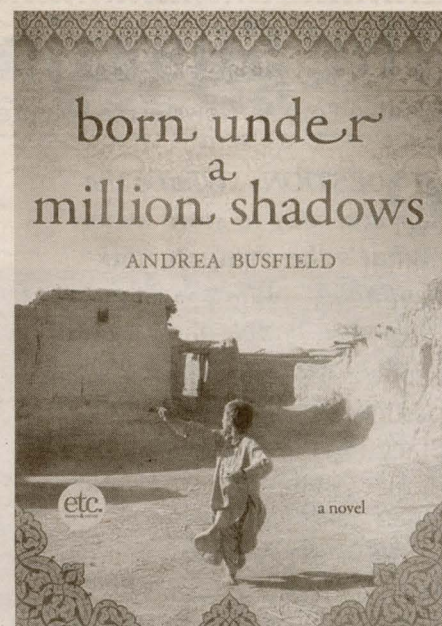
greatest soccer managers.

**The End of the Line** (U.K., 2009) Based on the book by Charles Clover, this documentary charts the catastrophic ecological impact of overfishing at the local and global levels.

**The Fantastic Mr. Fox** (U.S./U.K., 2009) Roald Dahl's book about a father fox who struggles to put his raiding days behind him comes to life in this animated film featuring the voices of George Clooney, Meryl Streep, and others.

**Know Your Mushrooms** (Canada, 2008) Follow mycologists Gary Lincoff and Larry Evans on a hunt for the wild mushroom and the deeper cultural significance of the mysterious fungi world (this is NOT a strict guide to identifying fungi). This DVD was purchased in memory of fungi fanatic Moss Valentine.

**The Pleasure of Being Robbed** (U.S., 2008) Eleonore, living only for the moment, steals for the sake of curiosity and to get to know people.

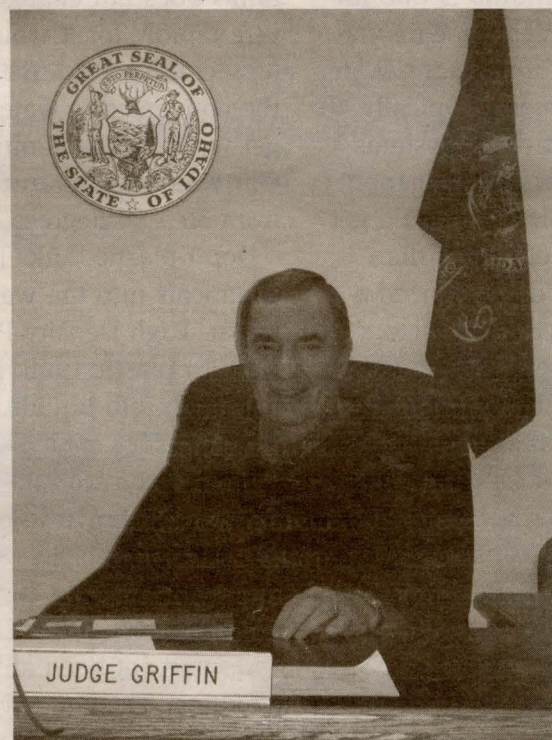


**The September Issue** (U.S., 2009) A behind-the-scenes look at Vogue's legendary editor-in-chief, Anna Wintour, and how the bible of fashion, the “September issue,” is created.

**The Vanished Empire** (Russia, 2008) In 1970s Moscow (the other one), a love triangle involving students at the same university blinds them all to the political changes beginning to happen around them.

Chris Sokol loves working eight days a week-plus as Adult Services Librarian for the Latah County Library District. [www.latahlibrary.org](http://www.latahlibrary.org)

## ★ ★ VOTE ★ ★



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## The Sustainability Review – Water Tanks

By Mike Forbes, Newsletter Volunteer

**QUESTION:** “What’s the best way to store water?” “What’s the cheapest tank available?” “What isn’t going to leach a bunch of nasty stuff into my drinking water?”

These are all questions I’ve been asked and thought it might be time to address them to a larger audience.

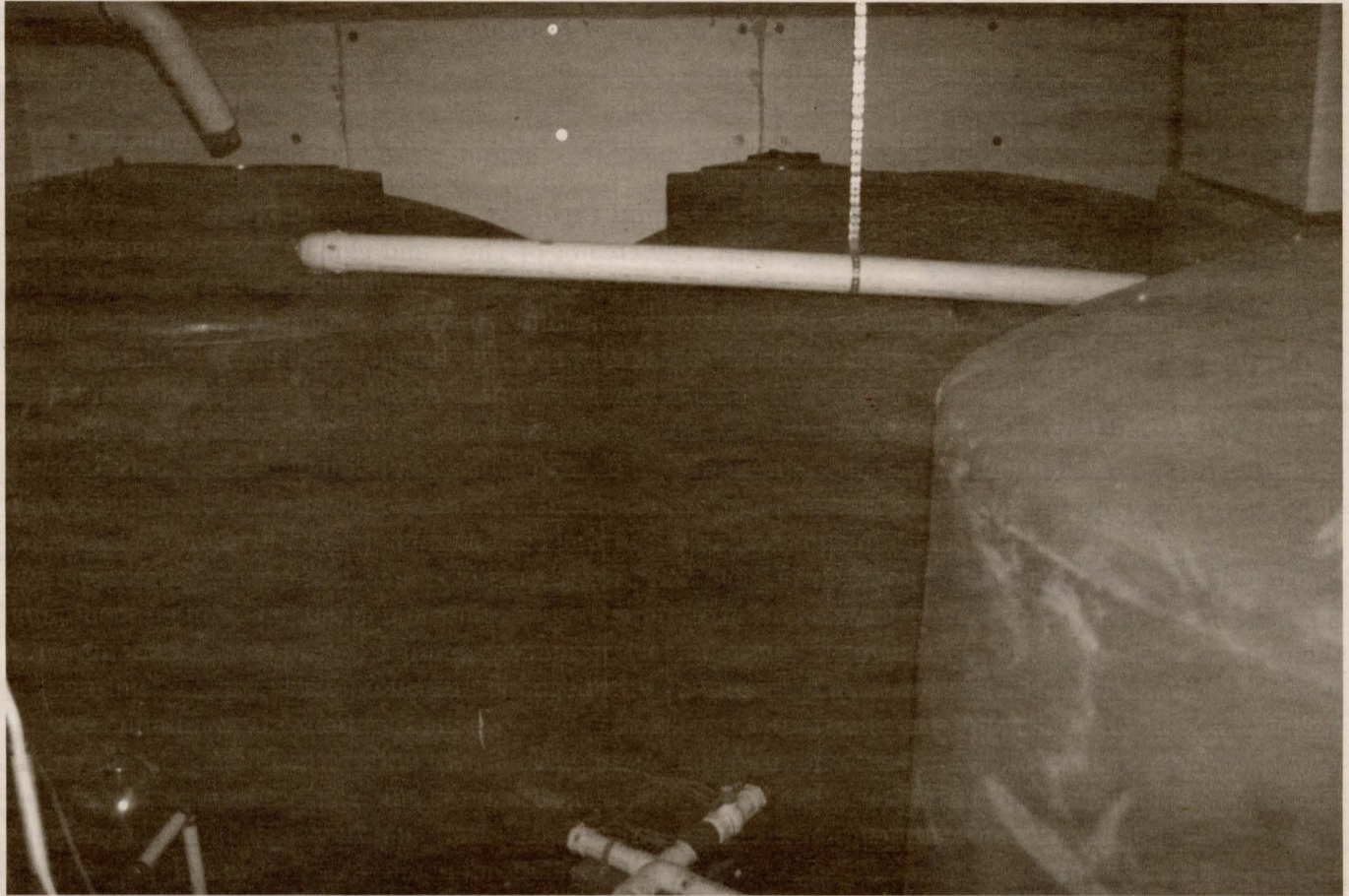
**ANSWER:** What are you going to do with this water? Where is the tank going to live? How much space do you have?

Let’s take each question one by one and look at various approaches through various questions. I’m not going to talk about water quality and treatment here, I’ll leave that for another article. I’ll assume you want to drink it and if you don’t it’s all that much easier. Let’s talk tanks.

The location of your tank is going to dictate many things. Many people rely on pumps to move their water around. Ideally we’d let gravity do this by elevating the tank. Notice that most city water systems have the water tank on stilts or a hill? It’s the most robust system since pumps never fail and gravity works when the power is out. Rule of thumb is that for every foot of elevation gain you develop ½ psi of pressure. Water pressure in homes is typically 40 psi or more but many systems run on less. Our drip irrigation system is 12 psi. If we could get our tanks 24 feet higher than the garden, we’d never need a pump. There are other factors to consider here (such as piping size/type) but the best general location for a tank is as high as possible on your land or house.

Inside/Outside/Below or Above ground? If the sun can strike a translucent tank then algae will grow in the water, even in black or green plastic tanks. Concrete and steel will not. I put our tanks inside a building with no windows and algae has never grown in them. Algae won’t be a problem if you only intend to irrigate with the water. Lakes have lots of it and people pump from them all the time.

If you put a tank underground you’ll solve many freezing related issues but you’ll have to dig the hole and buy a tank designed for burial, adding dollars to the project. You cannot bury an above ground tank and



Forbes rainwater tanks in their insulated shed.

likewise many below grade tanks cannot be used above ground. They both can collapse in on themselves.

Our tanks are located in an old shed with 2 inches of foam insulation in the walls and have not frozen in 4 years with no heat source. The water in the tanks does not change temperature rapidly for it would take a long cold spell to freeze and on the converse the water doesn’t get warm in the summer either. Our water temperature fluctuates from 36 – 60 degrees.

Don’t plastic tanks leach chemicals into the water? They might. High Density Polyethylene (HDPE) plastic (milk jugs) does not leach into liquids. Many other plastics such as pvc (vinyl), polycarbonates (lexan) have been shown to leach into the water especially when heated. I’ve tested our HDPE tanks for leachates (300+ chemicals) and have not been able to detect anything. There is HDPE that is rated for potable water and those that are not. I’d err on the side

**“Notice that most city water systems have the water tank on stilts or a hill? It’s the most robust system since pumps never fail and gravity works when the power is out. Rule of thumb is that for every foot of elevation gain you develop ½ psi of pressure.”**

of the potable water rated tank.

There are many tanks out there in various classified ads. The big thing to look for is if they have ever stored anything besides water or food products. Don’t use old fuel or chemical tanks, even if they claim to have been cleaned. Plastic tanks absorb chemicals and get small scratches inside making it hard to clean properly. Stick to used water storage tanks, old milk trucks, or purchase new. Craigslist and www.palouseads.com can be good sources. If you are purchasing new, look at www.plasticmart.com and www.usplastics.com. They both have facilities

in Washington making shipping less or pickup available and their prices can’t be beat.

Every installation is unique and demands careful thought. The resource I most highly recommend is Water Storage by Art Ludwig. It is the most comprehensive book on tanks and design of systems.

Mike likes this water stuff. If you have questions don’t hesitate to e-mail him at [biodieselmike@gmail.com](mailto:biodieselmike@gmail.com)

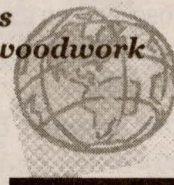


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## Lightening Up: My Storeroom & the UN Garage Sale

By Jeanne Leffingwell, Newsletter Volunteer

What do my Mormon friends' practices of food storage, my recent 7 1/2 weeks in Mexico, and artist Chris Jordan all have in common? Well, they have all made me think differently about the hardest-working room in our home, after the kitchen: our storeroom.

Let me explain. I spent nearly two months in the town of Tomatlán (Jalisco) last winter in an 8'x10' room in a posada. The room contained a bed, nightstand, chair and my "closet," which was a 3' section of dowel across one corner. I shared a sink, shower and toilet down the hall with others in the guesthouse, and I didn't have a kitchen. What I ate could be the subject of another column... But after I scrounged a small writing desk and unpacked my suitcase and carryon, I was in heaven.

Because of these circumstances, and most assuredly because of the temperature outside, I spent those weeks feeling happy, well fed, and productive. I also had plenty of time to practice Spanish with my neighbors and to ponder a less-encumbered life.

When I returned home, it was the middle of February. After unpacking and returning my suitcase to the storeroom, I stopped to stare at the shelves. I thought about my Mormon friends' practice of always storing enough food to last a year — something that used to seem wise and practical to me, a goal worth emulating. But now I wonder if we aren't getting some of that wrong.

And here's where artist Chris Jordan comes in. I had seen his show, *Running the Numbers / An American Self-portrait*, at the WSU Art Museum last year, but had missed his talk. Last month, I attended a conference in Spokane where Jordan was a keynote speaker. I went. So let me just say this: I can't think of another living artist whose message is as stunning, powerful, compelling or timely. His words, along with the giant photographic images he creates, evoke our national and global excesses in a way that is provocatively personal.

To paraphrase just one issue/project/question he raises: How much "food" or "drink" should

we consume if the container is made in one part of the world, after its raw materials are extracted elsewhere, then the "product" is grown in one place, "processed" in yet another, then shipped again to a distribution center? That's before it's barged, flown, and/or is driven to your store, so you can get in your car and go buy it, drive back home and store it. The next day, or perhaps a year later, you drink it (sugar water, anyone?) or eat it, which takes all of 5 or 10 minutes. Then with luck you recycle the container — maybe.

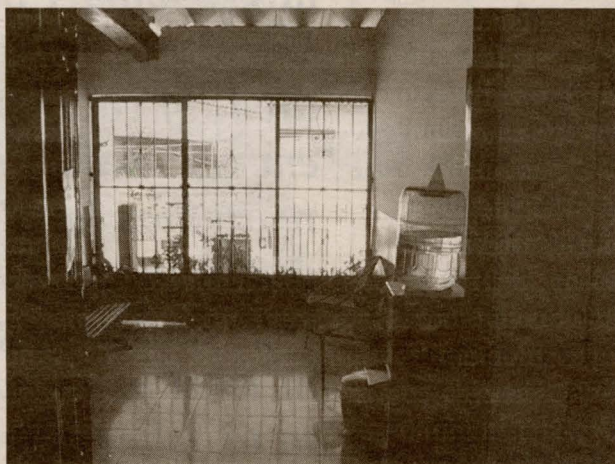
Or maybe the original idea behind storing 12-months' food was simply to assure that folks got through a harsh winter with a little extra to share, sustained by food they or their neighbors grew or raised.

Well... Ojala! With backyard and community gardening, the farmer's market, Tuesday Growers, CSA's and more localvore start-ups in our area to support each year, it's time to hoe out the storeroom (food is only part of it) and create a little space on those shelves.

And all the recycling? Which takes up one helluvah footprint if you're religious about it like I am... Maybe there's a way to bring less of those boxes and containers and what's inside of them into our home in the first place.

I think rather than preparing for a major earthquake or uprising, or *The End of Days*, I'd like a little space on the shelf to keep seed packets out, now that it's spring, so I'll remember to plant them. And I want a few more linear feet dedicated as a "launching" area for things we're giving away, systematically and steadily, things that are going out and not coming back.

Now I've run out of room in this column. But I'll be back



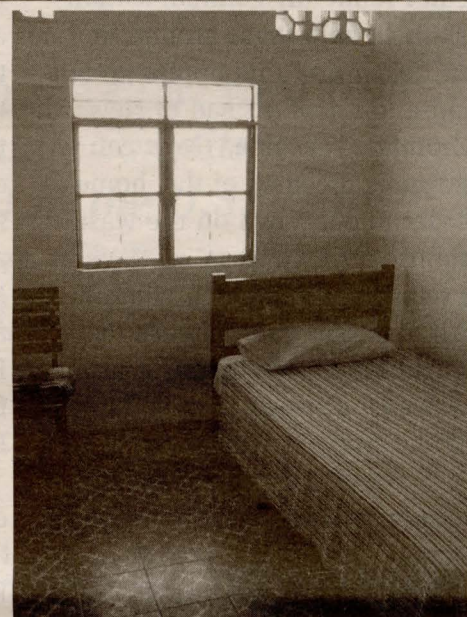
Our storeroom, winter 2010



with continuation and details. Because I have started on that storeroom. And my goal is to never need another garage sale!

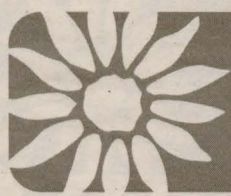
In the meantime, if you don't know about Chris Jordan's work, please visit [www.chris-jordan.com](http://www.chris-jordan.com)

Jeanne Leffingwell, a local artist and teacher will be back with more of the Saga of her Stuff and how she is getting rid of it.



**“How much “food” or “drink” should we consume if the container is made in one part of the world, after its raw materials are extracted elsewhere, then the “product” is grown in one place, “processed” in yet another, then shipped again to a distribution center?”**

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## Green Construction: Self-help Therapy for Homes

By Alan Brown, Co-op Newsletter Volunteer

Green construction is the process of examining every step of our building or remodeling process to determine what impact we have on our environment, micro to macro. You've heard of the 'Self Examined Life'? It's the same with building: if we question each aspect of our living space, and try to find the most efficient, least impactful answers to our needs, we and the world will be better for it. The questions "How can I refine my communication skills to help those around me?" or, "How do I find apples grown close to home instead of New Zealand?" become, "How can I improve the shell of this home in order to cut down on the wasteful use of resources?" or, "When I remodel my kitchen, what finish materials can I choose that might have been obtained in a way that causes the least damage to the environment?"

To summarize, green construction is self-help therapy for your home!

Here's my experience with

green construction. I've been a Builder/Realtor Since 1993, and have been fascinated with the concepts of Passive Solar and sustainability in home design since the late 1970s. As a builder in Boulder, Colorado, in the '90s, I was impressed by the city's cutting-edge "Green Points for Building" program, and as a realtor, was able to take ideas from hundreds of progressive homes and designs each year. There really wasn't a name for the "green building" movement at the time, so my projects ran the gamut from eclectic conventional homes to completely off the grid solar. Nowadays, I'm combining my skills to offer a holistic approach to Real Estate as a Broker Associate at Re/Max Connections Realtors, and as a "Certified Green Professional" General Contractor for Moondance Construction and Eco-Design.

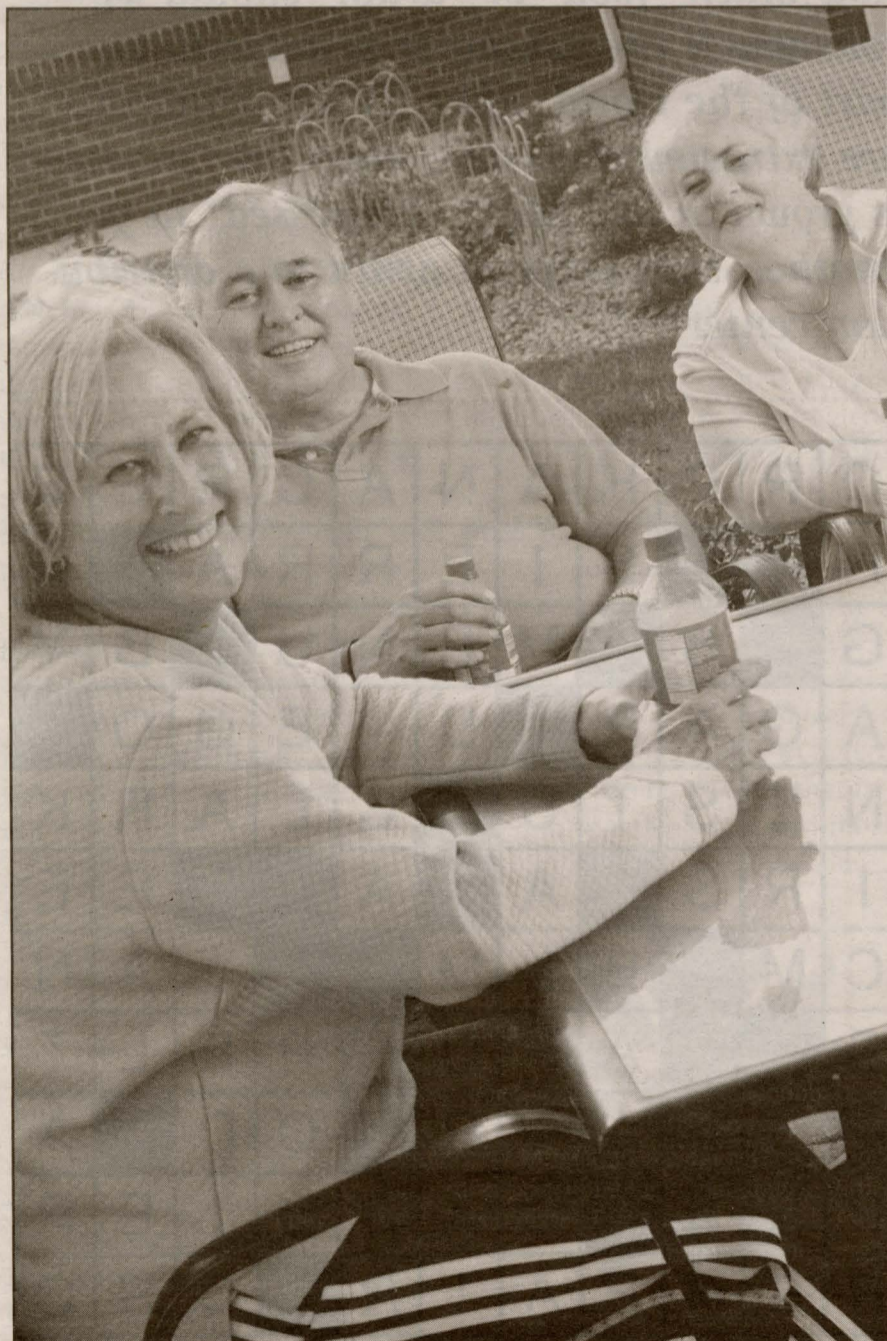
There are few places where we can make a larger impact in our hope to heal this somewhat broken world (other than teaching

*"There are few places where we can make a larger impact in our hope to heal this broken world (other than teaching our children, of course) than in our homes. The energy used to heat and manage houses really has no close competitor when it comes to causing wars, melting our ice caps and extinguishing species. So why not at least examine the possibilities available to us when upgrading our living spaces?"*

our children, of course) than in our homes. The energy used to heat and manage houses really has no close competitor when it comes to causing wars, melting our ice caps and extinguishing species. So why not at least examine the possibilities available to us when upgrading our living spaces? There are many things most of us won't be able to afford right away, like maybe photovoltaic solar panels, or our own personal wind turbine, but we could focus on other things

that we can afford, or might be able to afford in the future, like better windows or more insulation in the attic. Or when we put on a new roof, consider adding a small amount of additional framing that will offer a structural berth for those PV panels when they become more affordable. It's a process of baby steps that, if taken by enough people, can truly pursue a 'greener' future.

Questions or ideas? Contact me at [moondance@cpcinternet.com](mailto:moondance@cpcinternet.com).



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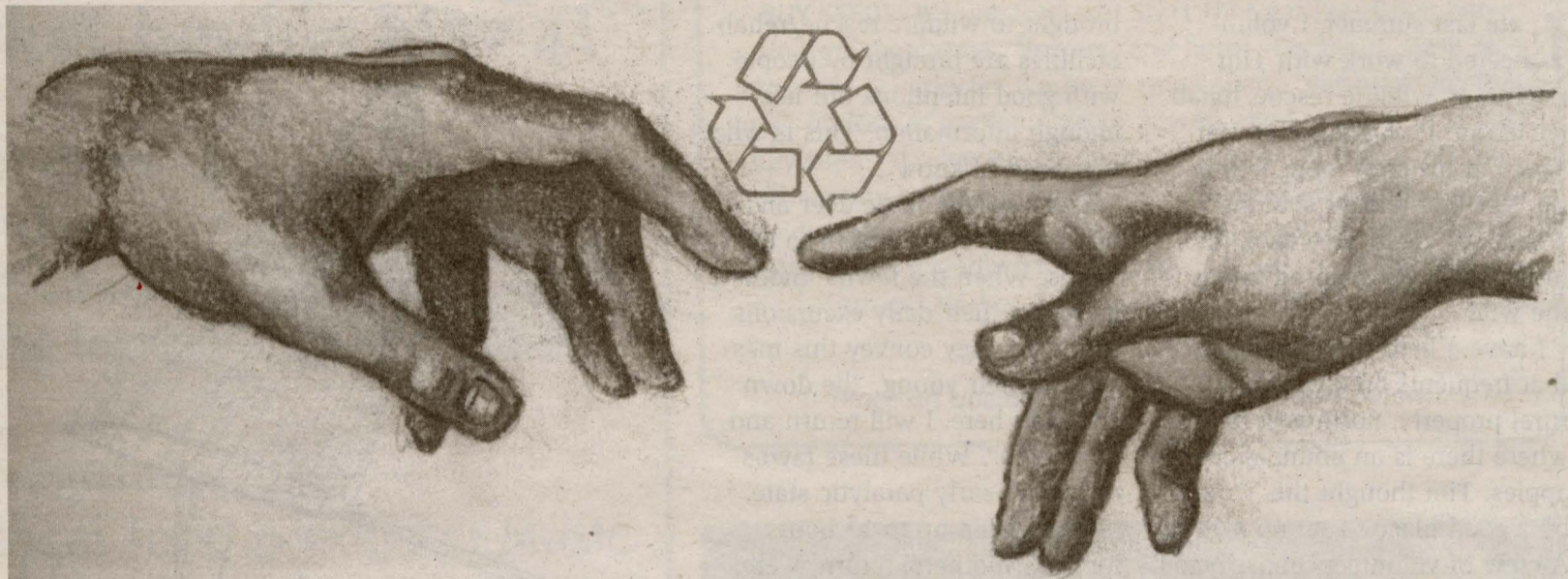
All faiths or beliefs are welcome. 10-G0701



## What Can I Do With My Organic Waste?

By Andy Boyd, Co-op Newsletter Volunteer

If you haven't noticed, it's that time of year when we start poking our heads out the door to see if it is nice enough to work on the yard. You know, sunny and 72 degrees one day, rainy and 43 degrees



the next! But on those delightful days, we get out and clean up the yard, cut the grass and trim the hedges, creating quite a bit of organic waste.

Actually, according to the EPA, yard trimmings and food residuals constitute 26 percent (65 million tons) of the U.S. municipal solid waste stream. That's a lot of waste to send to landfills. But there are other options for this detritus besides the landfill. And by diverting this material from the landfill it saves all solid waste rate payers money.

Some individuals choose to compost at home as it is not very difficult. One of the best reasons to compost at home is to reduce food residuals coming out of the kitchen. This can be done with a compost pile or by vermicomposting, using worms to break down your kitchen waste. Currently, there are no regional options for food residual recycling outside of the home so this is the only way to divert these materials from the waste stream. For more information on these types of composting systems, call Moscow Recycling at 208-882-0590.

Unfortunately, not everyone has the room for a compost pile and even if you do have the room, you may create more yard waste than your composting system can handle. So where can you bring large amounts of yard waste to be diverted from the landfill?

Whitman County options:  
The Whitman County Transfer Station (509-334-2400) accepts yard waste of any size for free from Whitman County residents, including stumps and large tree branches. This program also accepts clean wood waste from commercial and residential work

sites. The Transfer Station pays for a company to chip and haul away this organic material for hog fuel.

Pullman Disposal Service (PDS) offers home collection of yard waste in the City of Pullman that runs from March through November. The yard waste collected for this program is brought to the Whitman County Transfer Station. This is a fee based service so please contact PDS for more information: 509-334-1914.

There are several rural towns in Whitman County that provide programs designed to handle yard waste. Palouse (509-878-1811), Malden (509-569-3771), Oakesdale (509-285-4020) and Garfield (509-635-1604) have yard waste drop sites, have it chipped and composted for use back in the community. Acceptable compost waste includes leaves, grass, pine needles and other soft vegetation free of debris. Acceptable chipper waste includes branches, shrubs and other woody vegetation free of debris up to 14 inches in diameter. This program is for residents only.

Uniontown and Colton (509-229-3805) have a composting and chipping program for yard waste (no large diameter materials) for residents of the two cities. Unfortunately, this program is currently on hold while Uniontown makes upgrades to their sewage waste treatment plant. This material has been used for erosion control programs and given out to residents when available.

Latah County options:  
Latah Sanitation, Inc. (LSI) runs a composting facility at the Transfer Station (208-882-5724). Acceptable materials that may

**“Actually, according to the EPA, yard trimmings and food residuals constitute 26 percent (65 million tons) of the U.S. municipal solid waste stream. That's a lot of waste to send to landfills.”**

be dropped off free at this facility include all yard waste with branches not exceeding 4' in length or 6" in diameter. Stumps and other large diameter materials are considered demolition and are landfilled locally.

Moscow Recycling (208-882-0590) has a 24 hour drop-off area for yard waste. This service is intended for residential use only. This program accepts the same materials and has the same restrictions that apply at the Latah County Transfer Station.

The rural cities of Genesee (208-285-1621), Kendrick (208-289-5157) and Potlatch (208-875-0708) offer yard waste services. Genesee and Kendrick offer large

roll-off boxes available for residential drop-off of yard waste. Potlatch offers twice weekly pick up of yard waste by its city employees for residents at their homes. This program accepts the same materials and has the same restrictions that apply at the Latah County Transfer Station.

Please remember that none of these programs accept the following materials: dirt, rock, sod, plastic bags, boxes, twine, food contaminated items, pet feces/manure or kitchen scraps of any kind.

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## Fawns 101

By Ruth Wolz, Wildlife Rescue Volunteer

Late last summer, I volunteered to work with Tim Cochnaur, wildlife rescue/rehab facilitator. It was the first year Tim and his crew were setting up "satellite release stations" which are enclosures used for introducing hand-raised fawns to the wild.

I have a herd of whitetail deer that frequents an area on my rural property, northwest of Troy, where there is an abundance of apples. Tim thought this would be a good place to set up a pen. A crew of volunteers constructed a 50' x 50' wire enclosure adjacent to the area the wild herd frequents. Two male fawns were released into the pen. The fawns spent nearly two weeks in the enclosure. When the fawns did decide to leave the safety of the pen, we all hoped that the fawns were accepted by the wild herd and survive.

However, the success rate of hand-raising fawns is far from 100%. Those that do survive and are released to the wild, as they by law must be, have an extremely high mortality rate. Often these hand-raised fawns die because of human ignorance.

The fawns should never have been taken from the wild in the first place. About half the fawns

brought to wildlife rescue/rehab facilities are brought by people with good intentions but not enough information. This is what you need to know ...

Every spring, mule deer and whitetail does give birth to the fawns. When the fawns' mothers go off on their daily excursions to forage, they convey this message to their young, "lie down and wait here. I will return and nurse you". While these fawns rest in a nearly paralytic state, often waiting up to 12 hours for their mothers' return, well-meaning people sometimes come upon them and believe these babies have been abandoned. So they pick up the fawns and drop them off at a wildlife rescue facility. Taking a fawn from the wild is the wrong thing to do.

Any healthy fawn picked up by a human that has not witnessed that fawn's mother falling victim to an accident, such as an encounter with a motor vehicle, is being ABDUCTED, NOT SAVED. The good people who maintain wild animal rescue facilities do all they can to compensate for these abducted fawns' loss of their natural mothers. Through enormous expenditures of time, perseverance, money, and emotional invest-

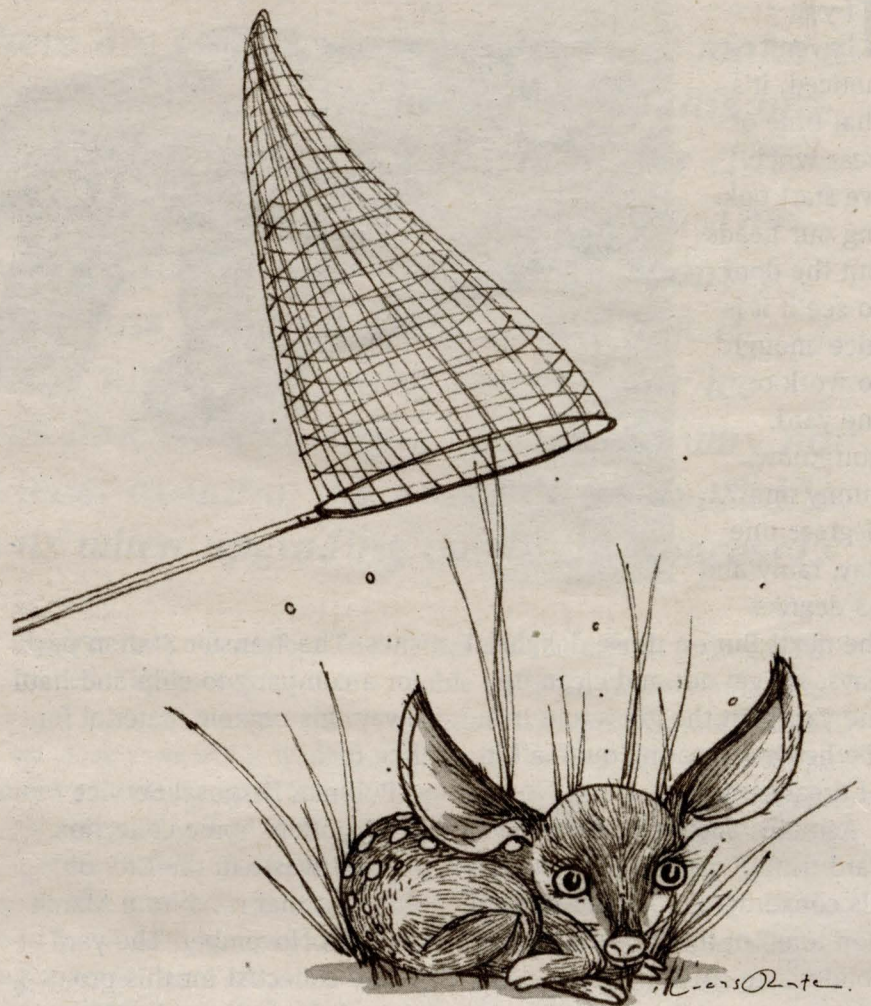


Illustration by Lucas Rate

ment, some of these fawns do survive and have to eventually be released to the wild where they are at a great disadvantage. Due to lack of the nourishment of their mothers' milk, they are usually undersized. They also lack the protection and education

their mothers would have afforded them had they not been "rescued." If you are lucky enough to see a healthy fawn sleeping in your garden, your back yard, in the country on your hike, etc., leave that fawn there, with its mother.

## Fun Flix

By Bill London, Co-op Newsletter Volunteer

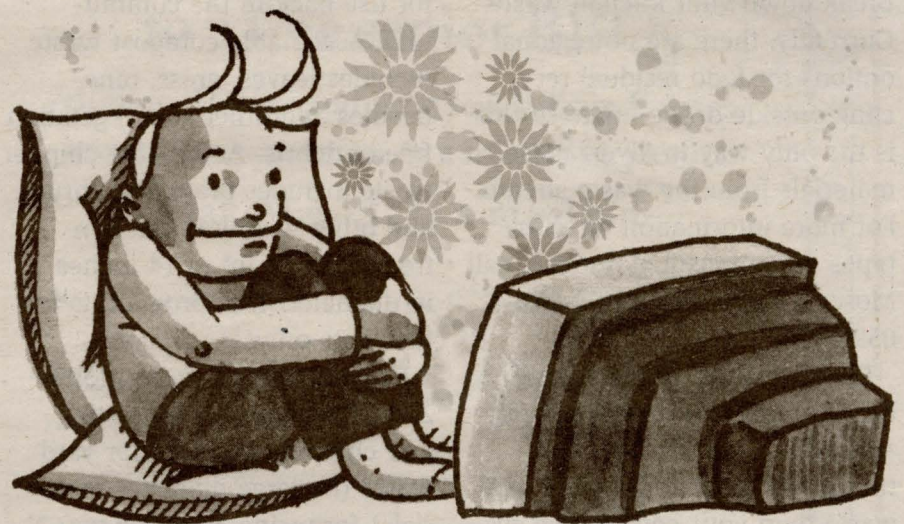
Here are the best videos we've watched lately. What are your favorites?

**The Family Stone** ... This 2005 film is about family and Christmas, a mixture that melts, molds, and monopolizes the lives of the extended Stone family as they plan to get together to meet the new fiances and play the old mind games. The story is not new, but this treatment is done well, with sympathetic characters and strong dialog. Of course, the siblings mix and match partners - and live happily ever after. Rated PG-13 for no good reason.

**Iron Jawed Angels** ... This 2004 drama was aired on HBO, and is a realistic portrayal of the last years of the struggle to pass the Constitutional amendment to give voting rights to American women, beginning in 1912 and ending with the amendment's passage in 1920 (that is only 90 years ago). By 1912, the older

suffragettes' plan of state-by-state laws had stalled, and a new generation of radicalized women arrived on the scene and pursued a new national agenda. This film is not easy to watch, as the women are harassed, imprisoned and brutalized, but for older teens and adults, it is a great education in courage and commitment. The film is not rated, but with no sex or drugs, but plenty of brutality, deserves a PG-13 or R.

**Outrage** ... This 2009 documentary focuses on this bizarre (yet commonplace) reality: the closeted gay Republican who supports a "family values" agenda denying rights and support for gay Americans. The filmmakers try to understand why homosexuals would not just deny their sexuality, but actively align against it. To bring it home, the film opens with the sad tale of former Idaho Senator Larry



Craig, whose "wide stance" at the Minnesota bathroom got him busted. There are not easy answers here, but the film is a good place to start. Rated R for a few naughty words.

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

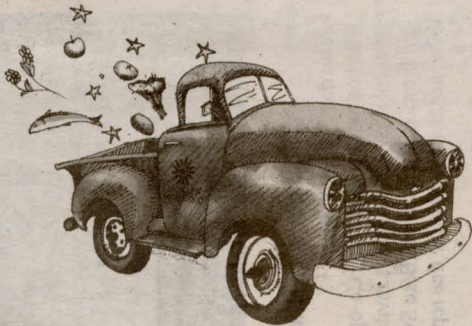
when his granddaughter, Leyna, walked in the door yelling "surprise!" to begin a two-week visit in April by our daughter and family.

Bill London edits this newsletter and was astounded and thrilled



## The Tuesday Growers' Market begins May 4!

4:30pm every Tuesday at the Co-op parking lot



Fresh vegetables! Local food products! Music & dinner! Family fun!

WELCOME TO THE



**MOSCOW FOOD CO-OP**

WE ACCEPT EBT CARDS!



Your mid-week fresh produce market!

**Tuesday Growers Market**

New at the Growers Market:

## Seed + Seedling + plant pots SWAP!

During the months of May and June, the Co-op will have a booth where you can:

- Bring in your seeds to swap or plant
- bring in your unused pots to donate or plant in
- buy seedlings from our growers to plant

PLUS, the Co-op will provide the potting soil!



4:30 to 6:30 weekly, on Tuesdays, in the parking lot of the Co-op  
121 E 5th Street, beautiful downtown Moscow  
[www.moscowfood.coop](http://www.moscowfood.coop)

## Unclassified Ads

BUY SEEDS. It's not too late! Start that garden! Open pollinated vegetables, flowers, and herbs. Delicious, easy to grow, hardy varieties. Large or small space, varieties you will love. Container garden, edible flowers, and traditional seeds.

Buy seeds at [www.greyduckgarlic.com](http://www.greyduckgarlic.com) or 595 595 3288. We will happily help you choose the right seeds for your garden. Seeds come with free garden plan and planting dates! Local family farm, friendly gardening advice. See us at the Moscow Farmers Market for tomato, pepper, herb starts.

Place an Unclassified Ad using the form below.

## MOSCOW FOOD CO-OP

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

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

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

.25	.50	.75	1.00	1.25
1.50	1.75	2.00	2.25	2.50
2.75	3.00	3.25	3.50	3.75
4.00	4.25	4.50	4.75	5.00
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
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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

MOSCOW FOOD CO-OP

## Co-op Event

**Board of Directors Meeting**  
2nd Tuesday of every month  
In the Fiske Room of the 1912 Center.  
Comment at 7 pm. Meeting agenda  
week in advance by the Board!

## Co-op Kids - Meet Tuesday

**May 11:** Meet at the Co-op Center  
watercolors.  
**May 25:** Meet at Friendship Square  
downtown Moscow to play.

## Art at the Co-op

**From Friday May 7**  
Entries for the City of Moscow's Wisescape  
Award Program.

## Essential Wellness Class

**Sunday May 9, 10am - Noon**  
Down-sizing and Up-skilling: Gardening on a  
Budget taught by K. Sequoia Ladd, 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](mailto:outreach@moscowfood.coop).

## Essential Wellness Classes

**Thursdays, 7pm with Dr. Bailey Lynn Smith**  
In the Arts Workshop in the 1912 Center.  
Classes are free for Co-op members, but space  
is limited. Please reserve your spot by emailing:  
[outreach@moscowfood.coop](mailto:outreach@moscowfood.coop)  
**May 13:** Forward Head Posture - Its  
detrimental affect on your health  
**May 20:** Paraspinal Musculature - Getting over  
the hump!  
**May 27:** Low Back Pain - Strengthening and re-  
educating your core  
**Tuesday, June 1:** How to (not) herniate a disc  
while working out!  
**June 3:** Hip Displacement

## Mamas & Papas Group - Wednesdays 9am

**May 5:** Discussion of herbs to use through  
pregnancy and for children.  
**May 12:** Fitness expert coaching on fitness  
before, during, and after pregnancy.  
**May 19 and 26:** Childhood vaccinations.

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

## Co-op Events at a Glance

May 4—Music—Daniel Mark Faller  
May 5—Co-op Mamas & Papas  
May 9—Essential Wellness—Gardening  
May 10—Good Food Book Club  
May 11—Co-op Kids—meet in the Co-op  
May 11—Board of Directors Meeting  
May 11—Music—Mark Holt  
May 12—Co-op Mamas & Papas  
May 13—Co-op Wellness Class  
May 18—Music—Paul Smith  
May 19—Co-op Mamas & Papas  
May 20—Co-op Wellness Class  
May 24—Good Food Book Club  
May 25—Coop Kids—meet Friendship Sq.  
May 25—M  
May 26—C  
May 27—C

## Co-op

**Saturday May 8**  
BikeFest will be  
adjacent alley. T  
sell bicycles at t  
bike mechanics

## Tuesday

**5 - 7pm in the I**  
May 4: Daniel M  
May 11: Mark H  
May 18: Paul S  
May 25: Emily I

## Tuesday Growers' Market Seed Swap!

**May—June, 4:30—6:30pm**  
In the Co-op parking lot. Bring your seeds to  
swap or plant, bring your unused pots to donate  
or plant in, buy seedlings from our growers to  
plant. The Co-op will provide potting soil!

## Good Food Book Club—Mondays

**May 10:** Hit by a Farm (second discussion) by

in a Hundred Years by Logan  
us for lively discussions  
onal eating and creating the life  
ocation: Sisters' Brew Coffee  
8:30 pm. Free.

## Community Events

### Farm Fresh Market

**May 19, 4—6pm**  
fruit, meat and bread!  
Pullman.

### Community Theatre

**2—4pm**  
and Ice Cream Social  
arts Workshop.

## ART CAMP is Back!

**First session begins June 21.**  
5-hour a day, 2-week camp for kids 7—14.  
Call Linda Canary at ☎ 882-7804, or email  
[lindacanary@hotmail.com](mailto:lindacanary@hotmail.com)

## Moscow Parent-Toddler Cooperative Annual Silent Auction

**Saturday May 8, 5—8pm**  
1912 Center. \$15. Contact Francie Tyler  
[fanniefannie@hotmail.com](mailto:fanniefannie@hotmail.com) or ☎ 882-7124.

## Annual Intolerista Wingding

**Saturday May 15, 6pm**  
With Roy Zimmerman at the Kenworthy  
Performing Arts Centre. This free community  
event sponsored by the Intoleristas whose goal  
is to nurture a sense of community in Moscow.

## Latah Trail Funding Fun

**Saturday May 22, 6pm**  
The Latah Trail Foundation is hosting a  
fundraising dinner at the Best Western  
University Inn. Tickets \$40, or table of 8 \$300.  
Tickets at the Latah Trail Foundation office  
(114 E. Third St.) and Troy City Hall through  
May 19.

## Dahmen Barn events

**Saturday May 8, 7:30pm:** Panhandle Polecats  
play bluegrass music. The admission fee is \$8  
at the door.  
**Sat/Sun May 22/23:** Custom fishing rod  
building class at, led by professional rod builder  
Joe Douglas. Cost is \$250 for the two eight  
hour day workshops which includes the rod  
building kit.  
**Saturday May 22, 7:30pm:** Hog Heaven Big  
Band will play tunes from the 20s to the 40s.  
The cost is \$8 for a couple and \$5 for a single.  
**Saturday May 29, 7:30pm:** Big Red Barn  
Band playing bluegrass, blues, country, jazz  
blend. The cost is \$8 at the door.

## National Bicycle Month

**From Monday May 3, 7pm**  
Events through the month. Keep up with Bike  
for Life events at [www.bikeforlifemoscow.com](http://www.bikeforlifemoscow.com)

## Vigil for Peace

**Moscow: Fridays 5.30—6.30pm**  
Ongoing since November 2001. Meet in  
Friendship Square. Resources, encouragement,  
and opportunities for action.  
[palousepeacecoalition@gmail.com](mailto:palousepeacecoalition@gmail.com)

## Pullman: 1st Fri of month, 12.15—12.45pm

Under the clock by the Public Library.  
☎ 334-4688, [nancycw@pullman.com](mailto:nancycw@pullman.com)

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

Moscow Food Co-op  
121 East Fifth  
Moscow ID 83843