

Community News

FREE!
PLEASE TAKE ONE!

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



Real life. Real food. Real close.

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

Around the middle of August, you can feel the energy level pick up in Moscow and Pullman. Is it the arrival of cooler nights? The Perseid meteor shower? The ripening zucchini? No! It's the students getting ready for the new school year. We love 'em, and to prove it, during September, we offer a couple of back-to-school deals just for them.

Students, faculty, and staff who are not already members can show their school IDs at the Co-op during September and get member sale prices. Beginning in September, our sales change every two weeks, so members will find more items on sale each month than ever before.

Parents, students, faculty and staff can buy a \$55 Co-op gift card (for themselves or for their favorite student) during September for only \$50.

Students, faculty, and staff who join the Co-op in September (just a \$10 investment per year!) will also get a free stainless-steel water bottle (supplies are limited) or a cool tote bag, along with the usual fab "new member" coupons. These are for new memberships only.

At Palousafest in August, we handed out a "Real life. Real food. Real close." map to University of Idaho students that shows just how close the Moscow Food Co-op and downtown Moscow are to the UI campus. (Since I'm a student too, I walk back and forth almost every day and know that it only takes 8-10 minutes to get from the SUB to the Co-op,

heading straight up 6th Street - less if you catch the bus to Friendship Square.) U of I students who bring in this map during September can get \$3 off a drink from the coffee bar or a free cookie from our bakery. (It's no secret that Co-op cookies are the best in town!)

The Co-op is at the heart of this community. We look forward to getting to know all the new faces in town and becoming part of their lives too.



Real life. Real food. Real close.

Show your school ID at the Co-op during September and get member sale prices!

www.moscowfood.coop

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Community News



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



Semi-Annual Owner Meeting and Voting

By Kenna S. Eaton, General Manager

Well it's our first ever Semi-Annual Owner Meeting coming up at 5 p.m. on Sunday, Sept. 26, at the 1912 Center with a theme of "2009: Our Best Year Ever." We've tried having our annual membership meeting in the fall, and we've tried the spring — neither worked quite right, so now we're trying for twice a year. It should be twice as much fun, right? This time we have some business to conduct, so we really want you to be there and we'll try to make it fun as well as productive. The agenda includes an important member vote on our newly restated articles of incorporation, information about patronage dividends, a call for candidates for the 2011 board elections, a quick look at 2010 financial performance so far, some awards for deserving folks, plus time for feedback and comments. We'll have some live music, and you are welcome to bring a guest. Dinner and non-alcoholic beverages will be complimentary.

So why do we need you to be there and vote? The Articles of Restatement is a formal way to change our articles of incorporation on file with the State of Idaho. The Articles have been amended three times (75, 78 and 92) since the first "Good Food Store" was incorporated 36 years ago in 1974. The 1992 version says the Co-op cannot issue stock and may not pay dividends. A lot has changed since then. Most of the changes are housekeeping, others are more substantial. The legal understanding of "stock" has changed and so have IRS rules on taxing dividends. What we call "membership" is really the purchase of "stock." We need the articles to clearly say we have "members" and issue stock. It reflects what we have been doing all along, but with the

most current words.

We want to give our owners the true benefit of owning their Co-op with patronage dividends. Unfortunately, our original articles disallowed that from happening. Why? Well, we're not really sure, but since there are no spe-

This time we have some business to conduct, so we really want you to be there and we'll try to make it fun as well as productive.

cific laws governing consumer co-ops in Idaho, we think that folks were somewhat confused and didn't understand how issuing patronage dividends is the most cooperative thing you can do — who better to share to the wealth with than our owners?

The new Article 7 allows the Co-op to pay eligible members a patronage dividend, allows but does not require dividends. We have other rules about paying patronage dividends and the articles have to match what we are saying elsewhere. The rest of the filing uses updated language, our current address and name. To summarize, the Articles of Restatement use current language to clarify what we already do with memberships and give the Co-op the flexibility to pay back excess profits to mem-

bers in the form of a tax-free rebate.


As required by law, there'll be a mailing to all owners in late August, complete with the new articles and talking about the changes we propose. If you don't get one, perhaps your address needs to be updated — please let us know. This piece will include a ballot that you can return by mail, drop off in the store or bring to the meeting on Sept. 26. And while we understand if you can't actually be at the meeting, we'd love to have you come and learn more about your Co-op. Either way, we encourage you to exercise your right as an owner to know what's going on, ask questions, and most importantly, VOTE!!

Semi-Annual Member Meeting
Sunday, September 26
at 5:00 pm
in the 1912 Center, Moscow

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

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

Ask a cashier for details or to purchase a card!



MOSCOW FOOD CO-OP
121 E. Fifth Street, Downtown Moscow
www.moscowfood.coop

Moscow Food CO-OP GIFT CARD (re-fillable and re-usable)

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

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

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

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Editor
Bill London

Issue Editors
Carol Hill
Judy Sobeloff

Media Relations
Marcia Gossard

Graphic Design
Melissa Rockwood (this issue)

Advertising Manager
Jyotsna "Jo" Sreenivasan

Illustrations
Lucas Rate, Karla Roberts,
Melissa Rockwood

Photographs
David Hall

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

Back Page Bulletin Board Editor
Richard Elgar

Webmaster
Lida Saskova

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

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

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



CO-OPERATIONS

Moscow Food Co-op Business Partners

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

Food and Beverage

One World Café

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

Camas Prairie Winery

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

Childcare and Family Services

Moscow Parent Toddler Cooperative

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

Professional Services

Allegra Print and Imagine

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

Copy Court

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

Krysta Ficca Photography

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

Motherwise Midwifery

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

LET's Coach

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

LDP Academy LLC

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

Printer Pro Inc.

208 S. Main Street; www.printer-pro.com; 208-882-0193
10% discount on all compatible laser printer supplies

Retail

Tye Dye Everything

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

Safari Pearl

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

Lilliput Maternity and Children's Boutique

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

Inland Cellular

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

Marketime Drug Inc.

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

Hodgins Drug & Hobby

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

The Natural Abode

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

Sid's Professional Pharmacy

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

Bebe Bella

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

Dance and Theatre

Spectrum II Art and Dance Studio

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

House and Garden Services

Dr. Arbor Tree Care LLC

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

CLEAN GREEN Organic Cleaning Services

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

Green Side Up

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

Mindgardens, Eco-Friendly Residential Building Solutions

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

Spurling House & Garden

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

Wellness Services

Drs. Bailey and Kevin Smith, D.C.

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

Susan Simonds, Ph.D., Licensed Psychologist

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

Integrative Mindworks with April Rubino

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

Andrea Masom, Licensed Clinical Counselor

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

Elements of Wellness Aquatic & Manual Therapy Inc.

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

Natural Health Techniques

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

Healing Point LLC Chinese Medicine Clinic

Meggan Baumgartner, LAC; Lauri McKean, LAC
info@healingpt.com; www.healingpt.com; 208-669-2287
\$10 off initial and 2nd treatments

Moscow Yoga Center

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

Dr. Linda Kingsbury

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

Moscow Felkenkrais

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

Life Compass Institute, LLC

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

Live by Design

1422 Pine Cone Rd; <http://home.rr.com/vickibydesign>; (208)883-8195
Free 1/2 hour initial assessment plus 10% discount on all sessions: Life Coaching Services to help you define, accomplish & live your most fulfilling dreams and Home Harmony Consultations to create intentional spaces for intentional living.

Heather Alexander (LMP)

Balance...a wellness spa. 112 East 4th Street; alexanderlmp@yahoo.com
10% off all massage and spa services

Farms

RavenCraff Farm

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

SkyLines Farm Sheep & Wool

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

Recreation and Lodging

Appaloosa Museum and Heritage Center

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

Little Guesthouse on Adams

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

Peterson Barn Guesthouse

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

Adventure Learning Camps

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

Shady Grove Farm

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

Sixth Street Retreat

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

Willows House

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

Andriette's Bed, Book & Bicycle

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

Join the Moscow Food Co-op and Save!



Members Save:

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

Any cashier can help you join, just ask!

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

Open Daily 7:30 am - 9:00 pm



Subscribe to the Co-op's Community News



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

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

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

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



Learning and Loving Our Food

By Kenna S. Eaton, General Manager

“Demo” (short for demonstration) has morphed into a verb — not sure it’s made it into everyone’s lexicon, but it sure has a place here at our store. Mostly, the term is used when we “demo out” product — put out samples of food for shoppers to taste. Now we are adding it to our list of job titles — we’ve decided to hire a Demo Coordinator. This person will focus on sampling out our food (and other stuff) in the store, 5 days a week. This may sound simple (and yummy), but it’s actually a quite complicated position requiring coordination between vendors (the folks that sell the Co-op their food), our staff (buyers, floor staff, volunteers, our outreach staff) and our customers. This person will also cook sample meals, create recipes, help with customer service and do product education. Additionally, there’s

a myriad of things to keep ‘em busy, like updating our vendor profiles on our website, attending festivals and neighborhood events such as Palousafest, and working with the “Buy Local” organization. Mostly, we want them to help improve customer satisfaction; to help build community relationships; and to help us all better understand the role food plays in our store, our town and our lives. Sounds like a great job, doesn’t it? We hope to have this person start work in early September. We’ll still have our wonderful FACT (Farmers Advocacy Cooperative Team) on Fridays — no worries there — but now, they’ll have some additional help. To begin with, you’ll find the demos at the front of the store, but as time progresses, they may move around, like most things do.



Another tasty Farmer Advocacy Cooperative Team (FACT) demonstration.



From September 1 until December 31, 2010, the Moscow Food Co-op will MATCH customers’ Impulse Giving contributions.*

Now your donations will be worth twice as much - so go ahead, give in to your impulse to do good.

*Up to a cumulative total of \$500 in matching funds each month



Front End News

By Annie Hubble, Front End Manager

This month, I would like to welcome Laura Paul as our new cashier. As I write, she is going through training and already proving, by her friendliness and readiness to learn the many complicated procedures involved in being a cashier at the Co-op, to be yet another outstanding member of an outstanding team. Welcome Laura!

We have a really good front-end team as we go into some of our busiest months. Member Appreciation Day, back-to-school shopping, U of I and WSU events, and the upcoming major holidays can leave us all a little breathless, and I truly admire the cashiers as they stay calm, make on-the-spot decisions, stay accurate, and through it all, are friendly and welcoming. Yay for the team, and thank you all for your hard work.



Co-op Closes Early on October 3

By Theresa Nuhn, Co-op Human Resources Manager

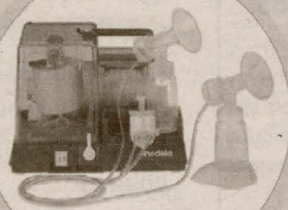
The Co-op will be closing at 6:00 p.m. on Sunday, October 3, for an all-staff meeting for employees. The meeting will take place in the store, so the Co-op might appear to be open at that time. We’ll also post signs on the door in advance and announce it on our marquee. We wish to express our thanks to the members and customers for their patience and understanding.

medela

Helping mothers provide the best for their babies



Breastpump Purchases



Breastpump Rentals

Classic™

Your source on the Palouse:

Sid's Professional Pharmacy

825 SE Bishop Blvd., 301 Pullman, WA 99163
509-334-6501

Open: 9:00 am - 6:30 pm
Monday - Friday

We are proud to be a Medela authorized retailer. 10% discount for Co-op members



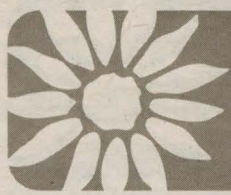
Kenworthy Performing Arts Centre

Your Downtown, Community Theater

The Other Guys (PG-13)	September 3-5
The Secret in Their Eyes (R)	September 10-12
<i>Co-op Good Food Film presents:</i> Food Fight	September 16
The Kids are All Right (R)	September 17-19
The Girl with the Dragon Tattoo (R)	September 24-26

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

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



Volunteers Needed to Aid the Election Committee

By Kimberly Vincent, Secretary, Co-op Board of Directors

The election committee is beginning intense work to develop policy and seek new candidates. The committee is currently comprised of two board members and one staff. Donal Wilkinson is chair of the committee, with Carol Spurling and myself as members. We are looking for volunteers to serve on this committee as we gear up for the elections in Spring 2011. Our work for the upcoming election season includes the development of documents for recruitment, orientation and evaluation of potential candidates. Rather than reinventing the wheel, we would appreciate hearing how others recruit and how they determine if potential candidates will meet the needs of the BOD and the Co-op. Thus if you are a volunteer on an advisory board in our community, please consider joining our committee to help us further refine our process of recruiting and orientations. In addition, we

need volunteers who would like to help as we develop policy on electioneering and revamp our election process.

Thus, we are looking for three or more volunteers who can devote 1-3 hours a month to help the election and nomination committee. If you have expertise in any or all of the areas mentioned above, please contact the election committee via e-mail elections@moscowfood.coop. We look forward to benefiting from the great ideas of experts from our community. Our next meeting is scheduled for September 12 at 6 p.m. in the mezzanine of the Co-op. Please consider joining us in this very important work.

The next Board of Directors meeting is Tuesday, September 14th at 6:00 pm in the Fiske Room at the 1912 Center. For public comments, the Member Forum will begin at exactly 6:05 pm and will end at exactly 6:15 pm.

Breakfast with the Board

By Carol Spurling, Outreach and Ownership Coordinator, and Christine Locker, Board Administrative Asst.

Question: Should the Co-op charge for paper/plastic bags?

This question, on Saturday, July 24, brought more responses than any other Breakfast with the Board question yet! Apparently we touched a nerve.

Carol is very interested in all the issues raised by the "no" responses and impressed with the enthusiasm of the "yes" responses. I look forward to addressing some of the concerns and questions throughout the next year as the Co-op weighs whether or not to take this gigantic step. If you'd like to provide additional thoughts or comments about this issue, please e-mail them to Carol at outreach@moscowfood.coop.

Responses:

- If you save this money, how are

you going to give the money back to the consumers?

- I don't know. I always bring my own bags. On the occasion I don't have enough or forget, it would depress me even more if I had to pay for bags, but it would be nice to have extra Co-op savings.
- If you charge for bags, warn (or inform) the customers a month or so beforehand. Also, stock up on donated paper bags so you can direct customers with no bags to use them for the time being.
- Give credit if people bring them. I often bring my own plastic bags (not permanent) - would be nice to get credit.
- Only if they use the money saved to put to a better use. Possible raise for workers, etc. If not, they don't need the extra profit.
- NO - at least no more than out of pocket cost to themselves. Like

that Co-op rewards customers who bring a bag or box.

- NO - the current donation system is more rewarding, and it's better to be rewarded than punished, and the donation goes to a good cause. If you keep that [the reward], I guess I'm fine either way.
- Yes - okay to charge for paper bags
- Yes - please do!
- Yes - there's nothing in the constitution about the right to free bags. You might have a sign, though, so no one counting change has a surprise. This would be great for you and the earth.
- Yes - costs you money, costs the environment money, should cost us money.
- Yes, I think the Co-op should charge for bags.
- Yes - definitely charge more than ten cents.

- Yes, charge for both!
- Yes!! I will never forget to bring my bags! Charge away!
- Yes, ten cents each for plastic
- Yes, at a profit
- Yes, but continue with BYO bag donations
- Yes, definitely charge people for bags to save money then drop the grocery prices!
- Yes, some people need financial incentives to make environmental changes, though some might be annoyed at first. Other countries do this - so can we!
- Yes, especially for plastic
- Yes, but don't charge members
- Yes, and add on the overhead cost of providing bags. This is a good incentive and gets folks thinking much more about conservation. Also, it's great that the Board is meeting with and getting input from folks on this!
- Yes, that's a great idea! Especially since you can borrow a bag if you need one
- Absolutely! I think it will totally spark folks to bring their bags.
- Yes! As long as there is a low cost (\$1.00) reusable bag available to purchase for folks who forgot theirs or came for the first time.
- Yes, charge them for the bags, then people will start to bring their own. That's a lot of money saved.
- Yes! This is behavior that people can easily change. This is a motivated clientele and would accept it!
- Yes, ten cents each - but it doesn't really address the root problem of our oil and resource addiction.
- Yes, conservation can't/won't be voluntary.
- Yes, to encourage bag re-usage.
- 8 comments simply said "Yes!"

Music... Live & Intimate

Auditorium Chamber Music Series
UNIVERSITY OF IDAHO
2010-2011

2010 - 2011 CONCERTS

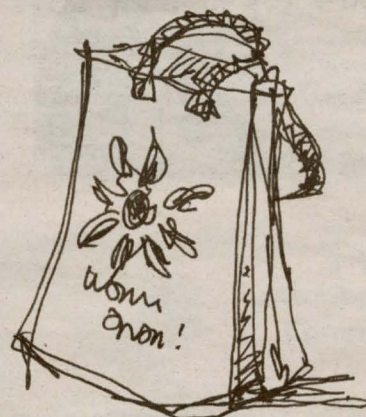
Music from the Palouse
Tuesday September 14, 2010
St. Lawrence String Quartet
Tuesday October 26, 2010
Boston Camerata: The Sacred Bridge
Tuesday November 30, 2010
Walden Chamber Players
Thursday January 27, 2011
American Brass Quintet
Tuesday March 22, 2011

All concerts in the University of Idaho Auditorium at 7:30 PM

Concert tickets are sold at BookPeople in Moscow, at the door, or on our website: www.auditoriumchambermusic.org

Ticket Prices: \$10 student, \$17 senior, \$20 general

For season's subscription information, see our web site or email: chmusic@uidaho.edu



Camas Prairie Winery

Made in Moscow since 1983.

Grape wines, fruit wine, honey wine.

Try before you buy!

Mon-Sat 12-6:30

@ 110 S. Main St.



Nancy's Springfield Creamery Celebrates 50 Years

By Peg Kingery, Chill and Frozen Buyer

Which of the following has played a part in the history of Nancy's Springfield Creamery?

- a. The Grateful Dead
- b. Huey Lewis
- c. The author of "One Flew Over the Cuckoo's Nest"
- d. Gyoto Monks
- e. All of the above

Stay tuned for the correct answer ...

The story of Springfield Creamery began in 1960. Newlyweds Chuck and Sue Kesity began a family-run business delivering bottles of milk to local creameries and the Springfield schools. As the '60s moved into the '70s, the natural foods movement gained popularity while the need for milk delivery declined. The Keseys realized to remain in business, they had to come up with something "unique."

Their inspiration came from the company bookkeeper, Nancy Hamren. She had been making yogurt at home for years, using her grandmother's recipe. Chuck, who was interested in the concept of adding cultures such as *L. acidophilus* to dairy products, modified Grandma's recipe. They called their first commercially produced yogurt Nancy's Honey Yogurt. It was sold in glass canning jars in health food stores in Eugene, where it was soon

in high demand.

The Keseys expanded their yogurt sales to Portland. A friend of theirs, a budding musician who delivered comic books to the San Francisco Bay area, suggested they expand further into the northern California market. Before long, Huey Lewis was carrying both comic books and yogurt packed in ice on his deliveries.

Despite their early success, the Keseys faced financial challenges by the early '70s. Chuck turned to his brother, well-known author Ken Kesity, for advice. Ken suggested a benefit concert and agreed to talk to some friends of his who played in a popular rock band. More than 20,000 people bought tickets and gathered on a sweltering August afternoon to groove to the music of The Grateful Dead. The funds generated kept the creamery in business.

The business eventually grew to a point where the Keseys knew they needed a larger facility. They bought 10 acres of land near the Eugene airport and built a 20,000 sq ft plant, which they moved in to in 1987. They planted conifer trees around the perimeter of the property and set up a greenhouse where they grow flowers to decorate the company offices. Daughter Sheryl and son Kit became company managers



All the milk in Nancy's products comes from local cows that live within 50 miles of the creamery.

and introduced cottage cheese, sour cream, kefir and cultured soy products to the line.

The Keseys' resilience was severely tested in 1994 when an electrical fire destroyed most of the creamery, shutting down production for three weeks. The creamery produced a limited amount of product in an undamaged building until the main building could be rebuilt. A congregation of Gyoto Monks traveled from Asia to bless the new facility in a show of gratitude to the Keseys

for sponsoring a fundraiser for construction of a school in India.

In 1996, the Keseys introduced their line of organic dairy products when a consistent supply of organic milk became available. All the milk in Nancy's products comes from local cows that live within 50 miles of the creamery.

Today, Nancy's Springfield Creamery is run by 4 generations of the Kesity family and several employees who have been with the company for over 30 years. Chuck personally tastes each batch of yogurt to make sure it meets his high standards. The Keseys are committed to keeping the company from getting too big and to respecting the environment. They recently added a new 63.5-KW Solar Electric System that helps power the Creamery.

By now you've guessed the correct answer to the quiz is "e. All of the above". The next time you buy Nancy's Springfield Creamery products, keep in mind that it's on the Co-op's shelves because of a yogurt-loving grandma, a famous author, two music legends, monks and the dedication of a family who believes in healthy living, high quality products and respect for people and the environment.



Essential Wellness Classes

Essential Wellness Classes taught by Dr. Bailey Lynn Smith.

All classes will be at 7:30 p.m., Wednesdays, in the Multipurpose room of the HIRC, on the dates listed.

These classes will be offered through the Moscow Parks and Recreation Department and are listed in the Fall 2010 Parks and Rec catalog. Registration will be through Parks and Recreation: call 883-7085, visit their office at 1515 East D Street in Moscow, or on-line at www.ci.moscow.id.us. Please watch for other Essential Wellness classes offered through the Co-op and advertised in the Community News newsletter and on the website at www.moscowfood.coop.

Forward Head Posture—Its Detrimental Effect on Your Health Wednesday, October 6

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.

Paraspinal Musculature – Getting Over the Hump! Wednesday, October 13

As powerful back muscles responsible for posture grab hold of the 14 pound 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.

Low Back Pain – Strengthening and Re-educating Your Core Wednesday, October 20

Low back pain is an epidemic in our society, and it costs the United States \$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.

How To (Not) Herniate a Disc While Working Out! Wednesday, October 27

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!

Hip Displacement Wednesday, November 3

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!



Rumor Control: Growers' Market

By Cina Zimmerman, Co-op Volunteer Writer

Rumor: The Moscow Food Co-op wishes to end the Growers' Market.

Fact: The Moscow Food Co-op has increased support in order to help build enthusiasm for the Growers' Market!

Contrary to rumors that the Co-op wishes to end the Growers' Market, staff and members of the Green Commerce board have devoted time to brainstorming strategies for the revitalization of the Tuesday Growers' Market. Following a period of time in which a decrease in productivity of the Growers' Market was observed, staff and board members put a hold on operations in order to assess if the needs of local farmers and of community consumers were indeed being met. Let it be known that the Moscow Food Co-op has no plans of discontinuing the Tuesday Growers' Market, but in fact, are continually finding ways to support "growing" the Growers' Market!

For market Tenderfoots (such as myself), the Tuesday Growers' Market is a mid-week meeting ground for local food based vendors to sell merchandise and for consumers to familiarize themselves with the origins and stories behind their purchases. To name just a few, vendors such as Palouse Prairie Farms, Backyard Harvest and Sticky Finger Farms provide consumer access to local production of sustainably produced meat, produce and products made from locally grown ingredients, such as delicious homemade ice cream. "Growers' Market not only provides local vendors an outlet to market their products at retail prices, but allows the vendor and customer to build relations with one another, and most importantly, keeps our food dollars localized within the community," comments Britt Heisel, Growers' Market Coordinator.

So what specific strategies did the Co-op conceive to help grow the Growers' Market, do you ask? Small yet savvy changes were implemented such as making physical changes to the layout of the market, hosting events that would facilitate the vendor-consumer relationship, and lastly, the Co-op revamped Growers' Market marketing strategies. To address former concerns of safety when the Growers' Market was held inside the Co-op park-

ing lot, the market has been moved just to the pedestrian-friendly edge of the Co-op lot near the 5th Street sidewalk. Free programs such as local farm tours were organized and offered to the community and successful seed exchange event was held in the earlier part of the year that served as an opportunity for novice home gardeners to the experienced gardener to meet and trade seeds.

To reach further out within the community, the Growers' Market now has a Facebook page to keep fans up to date with Growers' Market related events, recipes and new vendors. This page can be accessed at the following address: <http://www.facebook.com/pages/Moscow-ID/Moscow-Food-Coop-Tuesday-Growers-Market/107124975993233> Also new to the Growers' Market is your chance to win a \$25 Co-op gift card during a weekly drawing! Upon purchasing an item, market shoppers have the ability of entering their name at each vendor's booth and within the week of that Grower's Market, a person's name is drawn and contacted to be awarded.

One important mission of the Moscow Food Co-op is to help build and sustain partnerships between area residents, artisans and other organizations that contribute to the prosperity of our community. Perhaps unknown to the majority of the public, the Farmer's Market held in Friendship Square was initially put on by the Co-op and later taken on by the city of Moscow as it began to grow.

The Co-op is committed to the Growers' Market and to the farmers who sell their products there. That commitment, from a purely financial perspective, is foolish, since every purchase made at the Growers' Market is a purchase not made at the Co-op. The Co-op loses money through the Growers' Market. However, the Co-op's support for the Growers' Market helps fulfill the Co-op's commitment to supporting local farmers as part of its mission. The Growers' Market is like a business incubator, helping small farmers market their products effectively.

The Growers' Market is here to stay and will continue to be supported by the Co-op as long as the community has a need for such an event. According to Outreach and Ownership Coordinator Carol Spurling, "The Co-op is more than happy to have the Growers' Market, and will keep supporting it as long as it continues to serve its purpose."

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

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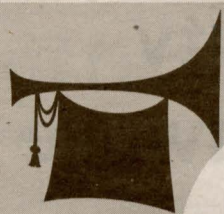


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Co-op Shoppers Speak Out:

Asked on August 15, 2010 by Ashley Fiedler, Co-op Volunteer Writer

What Do You Think of the New Salad Bar?



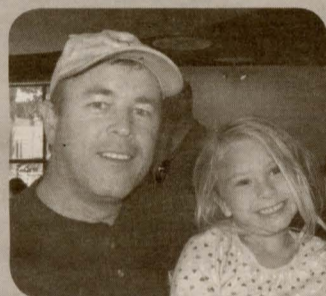
"It's great! I just had a salad from it for the first time yesterday."

—Andrea Loewus, Pullman, WSU Chemistry Lab Instructor



"I haven't tried it yet. I love how everything is healthy and beautiful."

—Kelly O'Neill, Moscow, Community Relations Director at Gritman Hospital



"I like it. Although, I haven't used it yet. I like the options that you can put on your salad. It adds variety for the customers."

—Pat Clelland, Deary, UI Director for Food Services



"This is my first time using it. It looks really nice; lots of variety."

—Desiree Self, Moscow, Coop Deli Employee



"My first thought was, Where are they going to put that? But it didn't impact the space at all. I have food allergies so it is nice to have more options."

—Karin Clifford, Moscow, Year-round Bicycle Commuter



"The ingredients look fresh and there is a great variety. It is nice how they change up the soups."

—Kelly Suter, Moscow, General Manager for Southfork Public House

Price Shopper: Back to School

By Joe Pallen and Amy Richard, Co-op Volunteer Writers

This month, three quarters of our little family is heading back to school. We dread the return to the busy lifestyle we've had a break from this summer. We spent the weekend with the calendar scheduling rides to and from school, violin practice, birthday parties and drum lessons. It's all starting to pile up already. (For a break in the complaining, we have to admit the weekend ended on a great note, with us sitting on the deck and eating Joe's homemade blueberry pie. Delicious. Oh, we'll miss the fresh produce of summer too!)

Item	Rosauers	Co-op	Savings
RW Knudsen Organic Juice boxes 3 pack	\$3.39	\$2.85	\$0.54
Santa Cruz Organic Juice boxes 3 pack	\$2.99	\$2.79	\$0.20
Honest Kids Juice pouches 8 pack	\$5.99	\$5.35	\$0.64
Yves Vegetarian Deli slices 'turkey' 5.5oz	\$3.19	\$2.65	\$0.54
Organic Valley Sliced Cheddar 6oz	\$5.39	\$4.59	\$0.80
Tofurkey Deli slices 5.5oz	\$2.69	\$2.69	\$0.00
Organic Valley Reduced Fat Jack Cheese 8oz	\$5.39	\$4.85	\$0.54
Natural Sea Albacore Tuna 6oz	\$3.49	\$2.99	\$0.50
Woodstock Farms Yellow Mustard	\$3.59	\$2.99	\$0.60
Veganise w/Canola Oil 32 oz	\$6.39	\$6.09	\$0.30
Organic Valley Chocolate Milks 4 pack	\$5.69	\$5.39	\$0.30
Silk Soy milks 3 pack	\$3.75	\$3.45	\$0.30
Pirate Booty 6 - 1oz bags	\$5.69	\$4.79	\$0.90
Brown Cow Yogurt 6oz	\$0.99	\$0.99	\$0.00
Wallaby Yogurt 6oz	\$1.09	\$1.09	\$0.00
Luna Bars	\$1.39	\$1.39	\$0.00
Annie's Microwave Mac & Cheese 5 pack	\$5.69	\$4.99	\$0.70
Total Savings			\$6.86

The next stage in all this planning is stocking up on those easy-to-pack foods to make good lunches. All of us like yogurt and sandwiches, so we'll have to start with those. We always buy our bread from the Co-op bakery, and no other grocery store in town has bread so fresh and healthy, so we can't ever put that in our Price Shopper article — no competition! We also can't find any kind of natural sliced meats at any other store, so Diestel from the Co-op it is, again no competition. You gotta stick with the good stuff when you find it.

The kids love those little organic milks and juices of different kinds to throw in their lunches. Very convenient. And for a fun addition, we'll get some little packages of Pirate Booty. (In my dream world, my kids eat lots of fresh fruit, whole grains, and veggies out of their little bento boxes that I prepare each morning, but in my real world they prefer Pirate Booty, juice boxes, a tuna sandwich, and maybe a kiwi.)

Last but not least, we have to include the emergency foods, Luna bars for on the go and Annie's Microwave Mac & Cheese for those times when you arrive home from all the practices after school and your child is turning into a hunger monster before your very eyes and you better get some food in there fast! This month, we compared prices at the Co-op and Rosauers and ended up saving \$6.86 by shopping at the Co-op.

Karen Young
L.Ac.

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Art at the Co-op

By Annie Hubble, Art at the Co-op Coordinator

On Friday, September 10, the Co-op will celebrate the art of Donal Wilkinson. You can meet the artist from 5.30-7 p.m. that day. The show will run through Wednesday, October 6.

Donal introduces himself in the following words: "I grew up in the 1970s with a very narrow idea of what art was, and I was told by my elementary teachers that art wasn't my thing. So all the photography I did back then wasn't art; all the battlefield and military hardware and animals I drew as a kid wasn't art, and the collages that I loved to make from old National Geographic magazines wasn't art either.

It wasn't until 20 years and 5,000 photographs later that I learned photography WAS art, and that my doodles of nature — even though proportionally off — was also art. And it wasn't until 30 years later that I learned that my collages — as simplistic as they are — are also art."

Donal was born in Providence, Rhode Island, in 1964. He has enjoyed photography since he was 8, starting with a 1942 vintage brownie camera and moving on at age 12 to a Tower 35 mm. After joining the Navy in 1983, Donal started using a Canon AE 1, which he still uses today. He develops his own black and white and color photography.

He has a bachelor's degree in both Biology and Environmental Education. He has worked as a biologist, as assistant director of a city tree-planting organization, and



as a science teacher. He moved to Moscow in 2004, where he has created work opportunities that combine all these talents.

He is the co-coordinator of the Moscow mentor program that matches adults in the community with children who need an adult "in their corner." He coordinates an Idaho Drug Free group of Junior High students called "Speakout." And he helped found the non-profit Adventure Learning Camps that take children and families on wilderness trips all over the western U.S. He also coaches Junior High football and is a scoutmaster.

In any spare time he has, Donal's hobbies involve anything that will get him into the wilderness, such as long-distance backpacking, canoeing, mountain climbing, kayaking and cross-country skiing. He loves to garden. And he still takes photographs, doodles, and creates collages.

Donal is a man of great energy and great compassion as he helps the youth of our community on many levels. And despite the words of his early teachers, he is an artist. Come and meet him and enjoy "the peek inside his head" reflected in his art. He will be at the Co-op from 5:30-7 p.m. on Friday, September 10.

Co-op Community Cookbook: Hardware Specifications

By Laurene Sorensen, Co-op Volunteer Writer

Last month I wrote about staples—the foods you like to keep in your pantry or fridge no matter what. In geek-speak, things like onions, salt, flour, oil, eggs, milk and sugar are your kitchen's operating system. Once you have the OS, plus specialized ingredients (the application software) you're almost ready to run applications (recipes) and get output (delicious food). All you need is a hardware platform.

This month, we're going to look at choosing basic hardware. We assume you have a stove, fridge and sink (or a camp stove, cooler and bucket), and we won't ask you to choose or change them. But to help you get organized, we're including a section in the cookbook that lists the tools common to many recipes. (The ingredient list for each recipe will include any specialized tools you'll need to make that particular dish.)

After a brief muse over coffee, here's what I came up with. Please tell me what you think we should add or delete. Send your ideas by e-mail to cookbook@moscowfood.coop, or tell me or Carol Spurling in person.

A few prejudices and practicalities:

1. Heavy-bottomed pots and pans heat more evenly and are less prone to scorch your food. Old-fashioned cast iron skillets last much longer than nonstick ones and can go in the oven or campfire.
2. Mixing bowls, measuring cups, pots, and baking pans made of Pyrex can go in the microwave or oven, and don't retain flavors or colors like plastic does.
3. When buying covered pots, choose sizes that coordinate with your skillets so you can use the covers in more than one place.
4. Especially if you are setting up housekeeping afresh, don't worry about getting everything brand new. Yard sales and secondhand stores are a good source for all kinds of cookware, and vintage glass and iron in particular. Make sure that bottoms of pots and pans are not warped, and that any nonstick coating is intact and adhering properly.



Illustration by Karla Roberts

Sharp stuff

- Knives: A big one (chef's knife) and a small one (paring knife). It's worth spending real money to get two knives that fit your hand and that you can sharpen over and over. My main knife is 18 years old; my friend John's knife was made by his grandfather and is at least twice that age.
- Vegetable peeler
- Grater, with multiple textures
- more), and 2 or 3 saucepans ranging from 1 to 6 quarts.
- Baking pans: 2 loaf pans, 1 sheet cake pan/roaster (about 9 x 14 inches), a square pan (8 x 8 or 9 x 9 inches), and a couple of pie plates.
- Mixing bowls: At least 2; 4 quarts and 1 quart.

Hand tools

- Wooden spoon(s)
- Rubber spatula
- Metal or nonstick spatula/pancake turner
- Slotted spoon

Concave stuff

- Measuring cup or cups: A single Pyrex or plastic cup is fine as long as it has 1/4 and 1/3 cup markings.
- Measuring spoons. Ideally, linked together on a ring. Sizes should range from 1/4 teaspoon to 1 tablespoon.
- Skillets: A big one (11-in diameter minimum) and a small one (about 9 inches). If the small one has slanted sides, it'll be good for omelets. Covers for each.
- Pots: A big stew pot (2 gallons or

Flat things

- Cutting board
- Cookie sheets (2)
- Potholders

Mechanical things

- Toaster
- Blender
- Hand mixer
- Timer

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Outreach and Ownership Update

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

Our active and lifetime members now number 6,213 individuals or households, as of the end of July. We started the year with 5,442 active and lifetime members, so we've experienced a 14 percent increase just this year! Welcome to all.

Active and Lifetime Members:

1/1/2009: 4,954
12/28/2009: 5,442
7/31/2010: 6,213 = 14% growth in 2010

I am pleased to welcome participating member George Bedirian as our new website content editor. George will lead our web team in making improvements to our site's content and organization. You can reach George at e-mail webeditor@moscowfood.coop. Remember to send your calendar items to events@moscowfood.coop.

In honor of National Farmers' Market Week, Outreach helped organize the Tuesday Growers' Market Farm Tour on Sunday, August 1. It was a hot day, but a number of you visited our growers and learned about the hard work and innovative practices they use to provide healthy and delicious food for us.

Then, on Tuesday, August 3, the Co-op bought 5 gallons of Sticky Fingers ice cream to sample out during the market. It was perfect ice cream weather and the flavors we enjoyed were stupendous (banana nut or raspberry cream cheese anyone?). We also sampled items from the Co-op grill, along with herbal iced tea and watermelon agua fresca.

The Tuesday Growers' Market continues through October. Whether you're trying to eat local, want to do your bit to support our local economy, or just like to socialize a little while you're shopping, the Tuesday Growers' Market from 4:30-6:30 is the perfect mid-week pick me up. Don't forget to enjoy dinner al fresco from the Co-op grill near the patio.

September is the perfect month to VOTE for your favorite farmers' market on the website of the American Farmland Trust (www.farmland.org). Our Tuesday Growers' Market is one of the choices! Of course, the Moscow Farmers' Market was originally the Co-op's baby too, so a vote for either one is okay by me.

Our July **Dime in Time** recipient, The Hope Center, received \$457.50 through our Dime in Time and Impulse Giving programs in July. Thank you to all who gave their bag refunds and cash to this worthy organization. The August Dime in Time recipient was Paint the Palouse, and the September recipient is R.E.A.C.H., a local horse rescue organization.

From September 1 until December 31, 2010, the Moscow Food Co-op will MATCH customers' Impulse Giving contributions.* Now your donations will be worth twice as much — so go ahead, give in to your impulse to do good.

*Up to a cumulative total of \$500 in matching funds each month.

The Essential Living Food Preservation Workshops continue through the fall. We've had great fun at our first three workshops, learning how to make jam, blanch and freeze greens, dry cherries and blueberries, can peaches, can pickles, and freeze sweet corn. We also offered a two-part workshop in August on "What Do You Need?" to help you find simple abundance in challenging economic times.

This fall, we have a great lineup of Essential Cookery classes, including one on Bento boxes, how to cook everything in your rice cooker, a dessert date night, and a cooking for the week workshop. See class descriptions, and see registration instructions, in the City of Moscow Parks and Rec Department fall catalog, and on posters in the Co-op.

To get information about upcoming Essential classes, sign up for our mailing list by contacting me at outreach@moscowfood.coop.

The Eat Local Challenge continues this month. If you're not signed up yet, you can do so by e-mailing me at outreach@moscowfood.coop. Get recipes, tips, local produce updates, and more!

The produce department sends out updates — especially about local produce — on a sort of regular basis. Sign up to receive them by e-mailing me at outreach@moscowfood.coop.

Remember the Co-op is a great place for a field trip. We can orient them for any age group. And if you're new and want to know more about the store, watch for my Co-op 101 classes to be offered on a regular basis starting in October.

Dear Moscow Food Co-op:

Many, many thanks for your generous donation of cookies to this year's Rendezvous for Kids program. The presentation was beautiful, and the cookies—of course—were delicious. We were very happy to offer the treat to the kids at this year's event, and to treat our many volunteers as well (over 30 per day!). Plus, your spontaneous and very generous cookie-offer was a huge help to our planning committee that was about to break out their cookbooks and fire up their ovens on top of everything else to get ready for the event! We truly appreciated it.

Sincerely,

Jamaica Ritcher, for R4Kids

Dear Moscow Food Co-op:

Thank you for another year of Co-op support the University of Idaho Auditorium Chamber Music Series! Your contribution of food for our receptions and benefactor dinner helps us thank our patrons in an elegant way, and we always are complimented on the quality of your food. We are most grateful.

Mary DuPree
Director, ACMS

Dear Moscow Food Co-op:

On behalf of the Board of Directors, thank you for your donation of \$250 to Rendezvous in the Park. Your assistance makes it possible to continue our tradition of providing high quality, affordable entertainment and art education in Moscow...We look forward to enjoying Rendezvous in the Park with you each summer!

Yours truly,

Scott Miner
Treasurer, Rendezvous in Moscow, Inc.

Dear Moscow Food Co-op:

I would like to extend a heartfelt thank you to everyone who participated in the blood drive held 7/2/2010. There were 26 generous donors registered and we were able to collect 24 units of life-sustaining blood. The time and effort you put forth in organizing this important event is deeply appreciated. Blood is something no one can live without and healthy volunteer donors are our only resource...

With gratitude,

Alicia Neely
Recruitment Coordinator, Inland Inland Northwest Blood Center
Northwest Blood Center

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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

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September 11, 9 a.m. to 4 p.m. \$60/person

Learn how to manage illness and injuries in a child in the first few minutes until professional help arrives. For more information and to register, call 208-883-2232 or email education@gritman.org.

AARP Driving Program

\$12, AARP Members; \$14 for non-members

September 18, 8:30 a.m. to 5:30 p.m.

A refresher course for the experienced motorist age 50 and above; exploring normal, age-related changes that influence driving ability. Pre-registration required. For more information call 208-883-2232 or email education@gritman.org.

Diabetes Wellness Class

FIRST TUESDAY of each month, 4 p.m. to 5 p.m. FREE

Learn how to live well with diabetes. Call 208-883-6341 for more information. Classes meet in the Gritman Conference Center.

Osteoporosis Exercise Group

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

One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Join our ongoing exercise group and improve your bone strength. A physician referral is required. Call 208-883-6088 to learn more.

Support Group - for New Moms

Ongoing & Weekly FREE

For new moms and their babies — newborn to 6 months. Call 208-883-6399 or email childbirth.education@gritman.org for more information.

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CO-OPERATIONS

Dime in Time: R.E.A.C.H.

By Rhonda Kent, R.E.A.C.H. President

Everyone here at R.E.A.C.H. sincerely thanks the Moscow Food Co-op for selecting our organization as the September 2010 recipient for the Dime in Time program. R.E.A.C.H. is a non-profit organization which depends on donations public and private in order to provide necessary care for abused, neglected and abandoned equines. "Giving Life a Second Chance" through rehabilitation and adoption in lieu of slaughter is our focal mission.

R.E.A.C.H. (Retired Equine And Care Habitat) provides a safe habitat for horses that have fallen victim to neglect and abuse. When authorities seize abused horses, we take them in and provide a safe, clean environment for them. Our rehabilitation process begins immediately. We start from the inside out actually. Once a horse has been starved, the lack of nutrients over a period of time causes internal and external damage. We provide a daily nutritional feed regiment of which contains additional vitamins, minerals and supplements that aids in the rebuilding process of their blood, immune system, hooves, and coats. Some horses have suffered a level of

neglect that requires veterinary care as well as farrier care in order to regain a new start at life.

Each horse here at R.E.A.C.H. receives daily individual attention. Typically, the abused horse has lost their trust in humans. Without trust between horse and human, rehabilitation cannot exist. If you want a horse to trust you, you have to earn it. We strive to create a trusting relationship with each horse at the pace desired by each horse. With each passing day, each horse gets closer to its

second chance at life. Once rehabilitated, through an adoption, these horses go to good new homes. Those that have suffered a level of abuse that prohibits a successful rehabilitation live out the rest of their lives here at R.E.A.C.H.

The Dime in Time funds primarily assists in first aid, medical supplies, dietary supplements and special needs feed. Without these, the healing process could not be achieved. Thank you Moscow Food Co-op.

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Customer Survey Starts in September

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

We invite all Co-op customers, members or not, to take our new customer survey that is available on our website (www.moscowfood.coop) and in the store.

Everybody who takes the survey will be rewarded with a free Co-op cookie and a Co-op logo button, courtesy of the Outreach Department. Take the survey, then pick up your "I took the customer survey!" coupon by the front bulletin board in the store, choose your cookie, and give the coupon to the cashier before your transaction.

Surveys offer you the opportunity to express your opinions and are incredibly helpful to the people here at the Co-op (and at other Co-ops around the world) who are working to serve you! That's why I'm willing

to hand out cookies to get you to fill it out.

The survey was commissioned and provided to us by the National Cooperative Grocers Association, a group of food co-ops to which we belong. The survey will help co-ops better understand their customers and inform our strategic decisions. It doesn't cost us anything (except the cookies) and will benefit us all in many ways.

The survey consists of just over 30 questions, and is completely anonymous. The survey will take between five and 20 minutes to complete, depending on how many extra comments you share with us.

Thank you for taking the time to fill out our survey. We really appreciate it!

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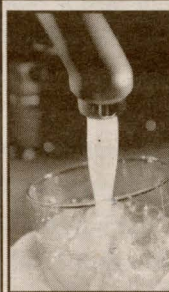


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C.L.U.C.K. presents the 2nd annual Chicken Coop Cruise

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

On Sunday, October 3, between noon and 4 p.m., a bunch of local folks with backyard chickens (Co-op Local Urban Chicken Keepers, or CLUCK) will open up their coops to Co-op members and guests.

If you've been wondering if backyard chickens are right for you, this is the time to see how it works, and get the real dirt on raising your own hens. Or, if you just love chickens and want to meet others who do, our Chicken Coop Cruise is the social event of the year!

The self-guided tour starts at noon and ends at 4 p.m. Co-op provided snacks and beverages will be available at each stop on the tour. This year we have at least eight coops lined up for the tour.

The tour is free, but pre-registration is required; donations will be accepted at each host's coop to defray costs for refreshments.



Register by emailing outreach@moscowfood.coop. Let me know how many people will be going on the tour, and your contact information. If you don't have e-mail, please call the Co-op at 208 882 8537 and leave a message for me. We will provide you the tour map a few days ahead of the tour and other information. Until then, cluck, cluck!

Semi-Annual Membership Meeting
Sunday, September 26
at 5:00 pm

"2009: Our Best Year Ever"

1912 Center
 412 East 3rd Street,
 Moscow

Dinner and non-alcoholic beverages will be provided

Live music

Agenda includes member voting on new Articles, information on patronage dividends, call for 2011 board candidates, a quick look at 2010 financials, awards, feedback and public comments.



Essential Cooking Classes

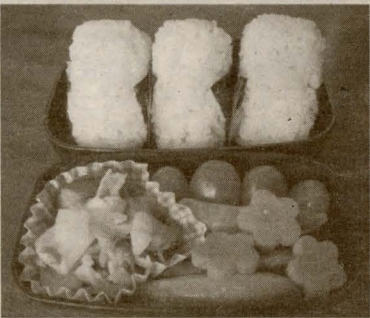
The Moscow Food Co-op offers Essential Cookery classes for all ages! These classes will be offered through the Moscow Parks and Recreation Department and are listed in the Fall 2010 Parks and Rec catalog. Registration will be through Parks and Recreation: call 883-7085, visit their office at 1515 East D Street in Moscow, or on-line at www.ci.moscow.id.us. Please watch for other Essential Wellness classes offered through the Co-op and advertised in the Community News newsletter and on the website at www.moscowfood.coop.

Let's Bento! Bento Boxes for Lunchtime or Anytime

Wednesday, Sept. 29, 5:30 - 7 pm, Arts Workshop at the 1912 Center
 Fee: \$24
 Instructor: Diane Whitney

Bento enthusiast Diane Whitney will demonstrate several traditional Japanese bento favorites like onigiri, tamagoyaki and fanciful bento components such as apple bunnies, carrot and parsnip flowers, and hard-boiled egg stars, then everyone will have a chance to make their own bento box meal! Diane will also

show her collection of boxes and accessories, explain the traditional rules for bentos, offer strategies for working bentos into your everyday life, and talk about the health benefits of bento. Bento boxes will be provided for class participants to take home, so you'll be ready to bento on your own! Kids eight and older welcome to participate with adult accompaniment. There will be one fish option, the rest is vegetarian.



The Only Pot You'll Ever Need: Three Meals a Day from a Simple Rice Cooker

Wednesday, Oct. 20, 5:30 - 7 pm, Arts Workshop at the 1912 Center
 Fee: \$16
 Instructor: Diane Whitney

Starving student? Frazzled parent? Early riser? Late worker? On the road? On a budget? The humble rice cooker is the solution to your problems! Diane Whitney, a self-described rice cooker "evangelist," will show you how to make easy, delicious, and healthful meals at home, in a dorm, or on the road, using nothing more than a cheap rice cooker. Diane will demonstrate the various types of rice cookers and their benefits, then show you how you can use yours to make delicious hot breakfasts, easy soups, full Asian-style meals, dessert--and even rice! There will be one fish option demonstrated, the rest is vegetarian.



Cooking for the Week: Make the most of your freezer and fridge

Thursday, October 14, 5:30 - 7:30 pm, Multipurpose room, HIRC
 Fee: \$55 includes organic ingredients and all-natural meats
 Min: 5
 Max: 10
 Instructor: Carol Spurling

With Carol's calm and experienced supervision, spend a couple hours making chicken pot pies, lamb and eggplant moussaka, and a caramelized onion tart that you can take home! Put the onion tart in the fridge for the next night's dinner and freeze the pot pies and moussaka for later. Bring a 9 x 13 baking dish and a baking sheet; instructor will provide the foil pans for the pot pies.

Date Night Dessert Extravaganza

Tuesday, October 26, 7:00 pm, Multipurpose room, HIRC
 Fee: \$18
 Min: 8
 Max: 16
 Instructor: Carol Spurling

Chocolate mousse, lemon tart, and crème brulee...all in one night! Have dinner before class and then come to class ready to watch and learn, and then, enjoy! Bring a friend, an older child (8 years old +), or your significant other for a sweet evening out.

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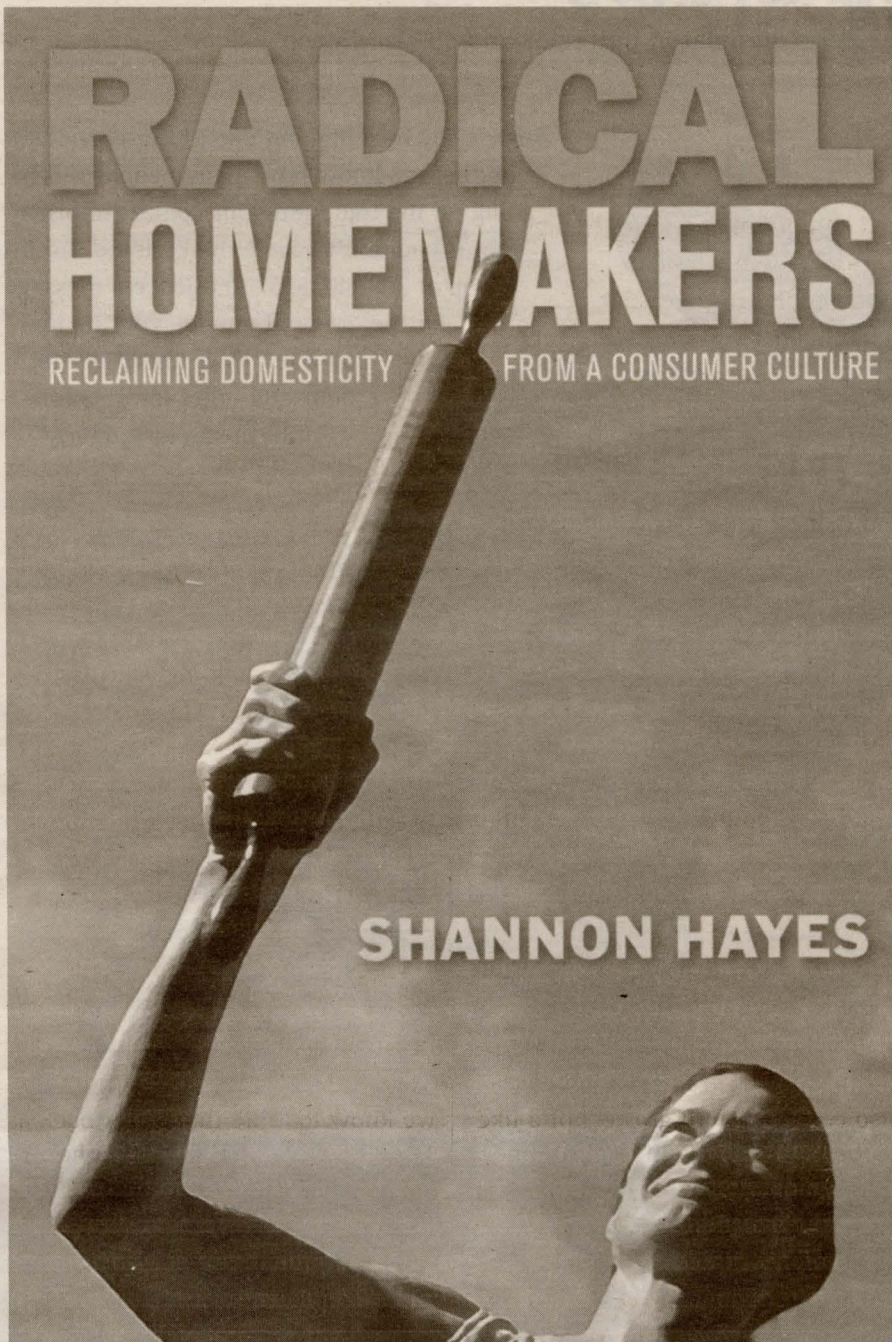
Radical Homemakers

By Colette DePhelps, Good Food Book Club Volunteer Coordinator

In her groundbreaking book, *Radical Homemakers: Reclaiming Domesticity from a Consumer Culture*, author and rancher Shannon Hayes documents and advances what she calls the "Radical Homemaker movement" — men and women who are creating a life-serving economy by making family, community, social justice and planetary health the governing principles of their lives. Discussion of the book will take place Monday, September 20, from 7-8:30 p.m. at a Book Club member's private residence in Moscow. E-mail bookclub@moscowfood.coop for address and directions.

Radical Homemakers begins with an in-depth look at the history of domesticity and feminism and a critique of current cultural and economic systems. Here, Hayes aims to show how radical homemaking can both honor the values of feminism and build "a life-serving, socially just and ecologically sustainable economy." Her approach, while thorough, is in no way dry. The first half of the book a well-written and fascinating account of human homemaking and how and why it's changed over the last several thousand years.

The second half of the book discusses the overarching themes and lessons that emerged as Hayes interviewed and read letters from dozens of radical homemakers across America. From the development of life-skills to patterns of decision making, we learn just how similar and how varied individuals' and couples' approaches to radical homemaking are. Through this discussion, and the appendix of in-depth stories of people who participated in her research, Hayes shows that becoming a radical homemaker is both doable and desirable.



Come share your stories of or aspirations for radical homemaking at the September Good Food Book Club meeting: Monday, September 20, from 7-8:30 p.m. Remember to e-mail bookclub@moscowfood.coop for the meeting location and directions. Also, check out the 2010-2011 Book Club Calendar for upcoming book club titles. To receive e-mail reminders about book club meetings, e-mail Colette at bookclub@moscowfood.coop.

Radical Homemakers 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.

At the time of writing this article, Colette is preparing for one last trip to big water before summer starts to slide into fall and school begins.

Moscow Food Co-op Good Food Book Club 2010-2011 Calendar

September: *Radical Homemakers: Reclaiming Domesticity from a Consumer Culture* by Shannon Hayes

October: *Small Is Beautiful: Economics as if People Mattered* by E. F. Schumacher

November: *Food Politics: How the Food Industry Influences Nutrition, and Health, Revised and Expanded Edition* by Marion Nestle

December: *Walden* by Henry David Thoreau

January: *A Sand County Almanac - 1990 publication* by Aldo Leopold

February: *The United States of Arugula: The Sun Dried, Cold Pressed, Dark Roasted, Extra Virgin Story of the American Food Revolution* by David Kamp

March: *Small is Possible: Life in a Local Economy* by Lyle Estill

April: *The Hundred-Year Lie: How to Protect Yourself from the Chemicals That Are Destroying Your Health* by Randall Fitzgerald

May: *Hope's Edge: The Next Diet for a Small Planet* by Frances Moore Lappé and Anna Lappé

June: *Depletion and Abundance: Life on the New Home Front* by Sharon Astyk

July: *Voluntary Simplicity: Toward a Way of Life That Is Outwardly Simple, Inwardly Rich* by Duane Elgin

August: *Deep Economy: The Wealth of Communities and the Durable Future* by Bill McKibben

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Producer Profile: Rene Lentz of Lentz Farms

By Seth Magnuson, Co-op Bulk Foods Buyer

Rene Lentz is a bearded and weathered German who has invested his life to introduce heirloom grains to the American consumer. When he first came into the Co-op to deliver a 50-pound bag of Emmer Farro, I immediately decided to mine his brain for information. He has made three deliveries to the Co-op since then, and each time he has been gracious enough to let me interview him. His knowledge and his passion for relaying that knowledge fascinates me. I am grateful to him for adding to my education and development about the grains I buy for the Co-op.

Lentz is a farmer's farmer. He believes firmly in land stewardship and that a farmer does not control the environment, but must adapt to it.

Lentz is a farmer's farmer. He believes firmly in land stewardship and that a farmer does not control the environment, but must adapt to it. One of his goals is to increase bio-diversity by getting out of the subsidized commodity grain trap. He grows organically, uses minimal tillage, intercropping, rotates his crops, lets his fields lie fallow, and grows heirloom grains. To facilitate this, Lentz spent eight years working on seed increase plots until he had enough seed to sow fields to

grow a crop for market. These seed plots were grown at his farm in Marlin, Washington, just 154 miles away from Moscow.

Lentz grows Organic Emmer Spelt, Organic Emmer Farro, and Organic Lena Camelina on his farm in Marlin, all three of which are sold here at the Co-op in the bulk food section. He also contracts with growers of a like mind in Moses Lake, WA (142 miles), on the Royal Slope (141 miles), and in Connell, WA (108 miles). The Connell farmer is interesting because he is developing insectories to harbor and increase beneficial insects as a component of his farming technique.

A big aspect of what Mr. Lentz does is direct marketing, getting these unadulterated heirloom grains to the consumer in the quickest way possible. That is why he is on the road so much, going to Co-ops, health stores, and grocers and directly meeting with the stores that are going to sell his specialty grains. He has also taken the time to write for our newsletter describing the crops that he grows.

I enjoy every meeting that I have with Rene Lentz, and am proud to offer his grains at The Moscow Food Co-op. Come in and try these grains and experience what Lentz Farms has to offer.

Heirloom Grains

By Rene Lentz

They're calling them "Farro" in Italy, "Escanda" in Spain, "Urgetreide" in German-speaking Europe: Ancient cereal grains that preceded wheat are creating quite the buzz. Specifically, they're the hulled grains Einkorn, Emmer, and Spelt, *Triticum monococcum*, *diccicum*, and *spelta*, respectively.

Artisan bakers and top chefs seek out Farro for flavor, knowing that their customers get a fuller spectrum of nutrition than they would from wheat. And Farro is a food with a story like no other, spanning over a million years.

It's by DNA analysis that researchers determine the enormous age of Einkorn. The origin of Emmer, progeny of Einkorn and a grass species since gone extinct, they're dating at about 500,000 years ago. Spelt, a cross of Emmer and goat grass (*Aegilops tauschli*), occurred about 10,000 B.C., prior to bread wheat, which is also a cross of Emmer and goat grass.

The first humans who exited Africa likely encountered Einkorn because its home is the Fertile Crescent of present-day Iran, Iraq; we know for sure that as far back as 17,000 B.C. hunter-gatherers there harvested wild Einkorn and Emmer. Archeological evidence also indicates that humans in that region learned to build granaries before farming began.

The spread of early agriculture extended the range of Farro, geographically and also culturally – Farro was worshipped as idol (the beginnings of the wheat weaving arts) and, in Egypt, as Goddess Ceres; the oldest-dated coin depicts Sumerian Farro.

Through the centuries hulled Farro grains grew alongside wheat that, due to its free-threshing characteristic, came to dominate in many regions though not all, in southern Germany, for example, spelt out-ranked bread wheat by a factor of 17 well into the 1800s.

That's of course when industrialization changed everything, shunting aside over 75 percent of traditional food crops in the grand effort to streamline production and markets. Plant breeders mostly ignored the Farro grains, instead they manipulated wheat genetics for the benefit of machines, particularly the steel roller mills engineered for refined white flour processing; after World War Two wheat cultivars were adapted to chemical farming. Yet neither of these breeding objectives took into account flavor and

nutrition. More recently the trend's to mutagenic wheats with herbicide resistance, and waiting in the wings is GMO wheat.

Meanwhile, after descent into decades of obscurity the Farro grains experience a resurgence that began in the European health food sector in the 1970s. The driver is the growing demand for heirloom crops and support of local organic farming, with an eye on nutritional advantages, broader flavor profiles, and biodiversity.



They're calling them "Farro" in Italy, "Escanda" in Spain, "Urgetreide" in German-speaking Europe: Ancient cereal grains that preceded wheat are creating quite the buzz.

Looking to Europe today, more is to come: Farro claims a significant portion of organic acres, in Germany, e.g., a whopping 40 percent of organic bread grain raised today is Spelt. And, Farro now also plays a key role on the progressive edge of organic farming that has advanced to intercropping systems whereby two or three crop types are raised intermingled.

Specifically, Farro is intercropped with Camelina, a brassica oil seed also of ancient origin. The earliest archeological evidence of Camelina use points to Lake Constance (Germany/Switzerland) around 5000 B.C. Europeans enjoyed its culinary excellence until industrialization that, ironically, dropped Camelina from its roster because the oil does not lend itself to hydrogenation. The resurgence of Camelina now is particularly timely because seed and oil test high in Omega 3 fatty acids and vitamin E antioxidants. Chefs say that Camelina oil blends with balsamic vinegar for the most exquisite vinaigrettes.

What's a co-op shopper to make of all this? Variety in breakfast and dinner fare is what's on offer, healthful flavors genetically pure.

Beyond town, out in that 1-million-acre wheat production of the Inland Pacific Northwest, Farro and Camelina fields are a tiny reversal of global commodity monoculture. It's up to you to see Farro grow.

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Tuesday Night Music at the Co-op: September 2010

By Dave Billin, Co-op Volunteer Writer

Be sure to stop by the Co-op parking lot on Tuesday evenings this month for this year's final series of outdoor concerts accompanying the Growers' Market. Shows are held from 5-7 p.m. in the Co-op parking lot, where you can sample the wares of local growers, tuck into grilled delicacies from the Deli's outdoor barbecue stand, and enjoy toe-tapping tunes from local musicians.

Lewiston country artist Daniel Mark Faller kicks off this month's concerts on September 7 with a set of original songs showcasing his

unique vocal style and down-home songwriting approach. One week later, Moscow's Natalie Rose offers her smooth, velvety voice and cap-

tivating stage presence in a performance of original and classic jazz, blues, and soul tunes.

September 21 features the Co-op

debut of Moscow band Timewarp. Led by vocalist Don Charles, and featuring the talents of guitarist Brian Heflin, bassist Mark Ackerman and drummer Pete Hanson, their repertoire covers four decades of classics from CCR, Eddie Money, James Taylor and more. Then on September 28, wrapping up a month of great performances, talented Moscow singer-songwriter and multi-instrumentalist David Roon presents original works, traditional Irish tunes, and a few choice cuts from the Social Distortion school of folk.

September 7 – Daniel Mark Faller

Down-home contemporary Idaho country songs with a dash of rock & roll flavor.

September 14 – Natalie Rose

Stirring jazz, soul, and blues tunes sung with a velvet voice.

September 21 – Timewarp

Rock & roll favorites from the last four decades.

September 28 – David Roon

Acoustic originals, traditional Irish tunes, and folk-rock favorites.

September 2010 Suggestion Box

The plastic containers and bottles used for bulk liquids leak badly. I have twice had blackstrap molasses ooze out of a tightly closed bottle or container, sticky-ing up a full bag of groceries. This is enough to make me stop buying liquid bulk items. – Erika

We are sorry to hear of your unhappy experience. I wanted to phone you, but you did not leave contact information. From your message it's difficult to determine where the problem occurred – the container, the way your bag was packed, the transporting - or all of the above. Perhaps you could bring a container that is more secure or use the large size container and fill it half way, being mindful of how it is packed in your bag. Seth, Bulk Buyer

Please return the blueberry white tea (Tazo) to your inventory. You have millions of mint teas, lots of black teas but it was one of the few teas that was different from others. Other people must have liked it too, it was often missing from the back. I'm sad...mint tea is boring. –Janice

The white tea did not sell well so it was discontinued to make space for the new zero calorie teas. If these new teas don't perform well, we will consider bringing that flavor back. You are welcome to order a case of the blueberry white tea. Julie, Grocery/Wine Buyer

My daughter and I LOVE the new GF bread you now carry. Udi's

Whole Grain Bread. Thank you for carrying this great product! –Linda

You are most welcome. Thank you for taking the time to let us know. Udi's bread is a very popular Co-op product. Peg, Chill/Frozen Buyer

Crunchmaster Gluten-free Roasted Garlic, Onion, etc. Crackers.

–Cassey

We are reluctant to bring in products we have not tried, especially with a wide selection of GF crackers on our shelves currently. We will keep your recommendation in mind for the future. Joan, Grocery Manager

Please begin to carry Falafel Chips. Spicy/not spicy as well. Mountain People does carry this item. They are fabulous and good for you too. –Erin

Thanks for giving me the brand over the phone. I checked on it, but our UNFI warehouse doesn't carry Flamous products. If they bring in this line we will certainly look at it. Joan

If you can carry Blackberry Honey and Bragg unfiltered Apple Cider vinegar. Thanks, Benny

Our honey is produced locally. They have not offered blackberry among the varieties. We do have huckleberry honey on our shelves, both plain and creamed, from different producers. Braggs ACV is available at the Co-op in two sizes, 16 and 32 oz. It is located in aisle one by the salad dressing and cooking oils. Julie

We received a few comments about the Deli trash/recycling station.

"Please label the openings to avoid confusion," was made in-person to employee and "Don't keep moving which bin has metal/trash/plastic. I remember the location so I don't have to hunt." Another written comment observed that metal utensils were in the "metal" recycling bin.

An entirely new collection container is coming. The signs on the current container have been disappearing and moving, but not by staff. The containers are emptied by hand so the misplaced silverware does get returned. Steve Kobs, Store Manager

Why not match competitor prices or accept competitor coupons? It would bring a lot more people in who would likely purchase other things. –Brian

Thank you for adding your e-mail. I sent you a detailed reply. Price and coupon matching is a slippery slope. The short reason not to do this is we would have to raise other prices to come out even. We think that offering the best prices, item-by-item, every day is the best way to go. We put items on sale when we get better prices from the manufacturer. All of our price comparisons for same items in a typical grocery cart put us 8 - 12% better than the other stores in town. You are correct that this type of promotion would bring more customers to the store. It is hard to predict if it would be enough to offset the costs. - Steve

A series of written and verbal comments from the same member about a change in the Deli lunch offerings includes, "No pizza on Mondays. Fire the kitchen manager! NOW!!!" –Margaret

I don't feel that conversations with you have found much common ground or satisfied you. Your message obstructs getting what you want. Our menus and food production schedules will continue to change from time-to-time, depending on many factors like sales, changes in sales, availability of ingredients, production time and effort, seasonal demand and, yes, customer comments. – Steve

Can we get racks of a more wipeable surface to store the clean water glass for customers in the Deli? –Frances

Done. The new mat should let glasses dry out better. – Steve

The women's bathroom ALWAYS SMELLS awful. You need a higher suction exhaust fan. Please, please, please do this. –unsigned

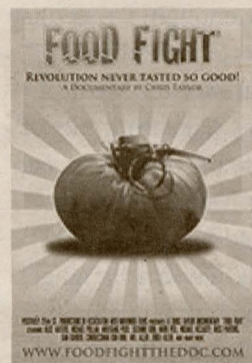
The odor you notice may have been coming from the floor drains. If they are dry, it is possible for sewer gasses to come in (actually made worse by the exhaust fan). We added the drains to our maintenance schedule. If you notice an odor in the future, please let one of the cashiers know right away. I would rather find the source of the odor than try to out-vent it. – Steve



Good Food Film Series Sneak Preview: Food Fight

By Carol Price Spurling, Outreach and Ownership Coordinator

The Good Food Film Series presents *Food Fight*, a documentary by Chris Taylor, at 7 p.m., Thursday, September 16, at the Kenworthy Performing Arts Center in downtown Moscow. Tickets are \$4 for Co-op members and \$6 for the general public.



When we walk into a supermarket, we assume that we have the widest possible choice of healthy foods. But in fact, over the course of the

20th century, our food system was co-opted by corporate forces whose interests do not lie in providing the public with fresh, healthy, sustainably produced food.

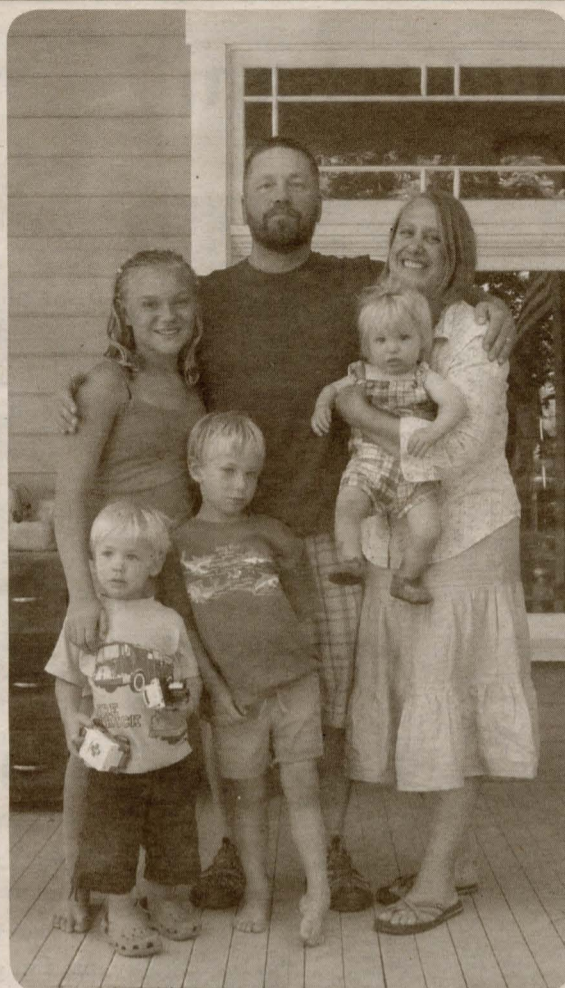
Fortunately for America, an alternative emerged from the counter-culture of California in the late 1960s and early 1970s, where a group of political anti-corporate protesters — led by Alice Waters — voiced their dissent by creating a food chain outside of the conventional system. The unintended result was the birth of a vital local-sustainable-organic food movement, which has brought back taste and variety to our tables.

Food Fight is a fascinating look at how American agricultural policy and food culture developed in the 20th century, and how the California food movement has created a counter-revolution against big agribusiness. The film features Alice Waters, Michael Pollan, Will Allen, Suzanne Goin, Marion Nestle, Russ Parsons, Wolfgang Puck, and Congressman Ron Kind.



Buying locally supports the independent businesses that make Moscow a unique and vibrant community.

Look for the window decal on Buy Local member businesses or the web site for a complete list.



Britt Heisel and family

“Do I have to talk about myself?” was Britt Heisel’s reply to my request for an interview. We were off to a fun start. After graduating from high school, Britt moved to Moscow in 1990 to go to the U of I. “I never imagined I would be a real live Muscovite one day!”

Britt’s path after graduation led her to central Washington, where she taught middle school for three years — and where she met her husband, Erik Perryman. (Erik is currently Moscow High’s Assistant Principal). “I told him I’d eventually have to move back to Idaho ... and after three years we did.” Upon her return to Moscow in 1999, Britt re-enrolled at U of I and pursued an MFA in theatre performance.

Britt has been a Co-op member for over 15 years and enjoys her most recent Co-op volunteer assignment as Tuesday Growers’ Market Coordinator. “I love getting to know, work for, and learn from the growers; helping connect customers with a local food source feels great.” Britt’s prior volunteer roles included washing the plastic and glass recycled containers — a program that was phased out last year, and helping out with baked goods.

She reminisces about her early Co-op experiences: “back then I would come to buy specialty teas, spices, fruits, and baked yum-mies. I was a casual shopper. The store layout was really this cool, cramped space full of wonderful smells.” I liked how Britt connected her life-phase changes to changes in her relationship with the Co-op. “In 2005, after Mick was born, the Co-op became my daily destination — I brought the little fella in for a

Co-op Volunteer Interview: Britt Heisel

By Todd Broadman, Co-op Volunteer Writer

delicious treat, meet with friends, grab some groceries. We began to pay more attention to how food was produced, packaged, and distributed.” And aside from the “giant blocks of cheese” she buys elsewhere, the Co-op is currently Britt’s primary grocery stop.

Although Britt was born in the town of Mufilira, Zambia, Africa, she claims to be an Idaho native “by association.” Her father was born in Coeur

d’Alene and grandfather in Worley. “According to the story my folks tell,” she said with a wry smile, “they were in Norway and were cold so they went to Africa. They were traveling and working odd jobs through Europe in the early ’70s. Africa had a need for mining specialists and since my Dad was trained as a mining engineer [at U of I], off they went.” Britt’s father worked the mines of Silver Valley, Idaho — and then took the family lived to many other parts of the western U. S.


“Dad finally gave up his engineering work in 1985 — I was in the 8th grade, we settled in Hope, Idaho on 10 acres.” She described the life of her parents and brother — “they are

a bit obsessed with stone.” (Log onto www.springcreekstone.com to see for yourself). Britt, Erik, and the kids have even gotten in the act; instead of a lemonade stand, their son Mick opened a rock stand. “My Dad is 66 and still pickin’ at rock. Mom plays accordion in a band.”


Her family is close; one lesson that Britt has gleaned from her folks is, “you can always recreate yourself. Everything will be OK if you trust yourself, listen to yourself.” Britt and her husband are in the process of building a cabin near to her parents place, and her brother’s family lives nearby as well. In terms of Moscow, what keeps her here is “the strong sense of community, it is alive and vibrant.”

Growing up, Britt imagined herself “taller and perhaps working for some secret agency. I never imagined I would be a stay-at-home Mom, but I have a great life now.” Her three boys, Mick, 4, Conn, 2, and Mark, 9 months, provide Britt with “long periods of boredom broken up by moments of sheer terror and pandemonium.” She then qualified the description. “It was how Dad described his combat experience in Vietnam.”

Todd can’t believe the good luck — his loved ones, Corinna and Micah, and surrounded by this blessed patch of earth called the Palouse.



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Staff Profile: Brandon Mitcham

By Amy Newsome, Co-op Volunteer Writer

On a recent Tuesday, I spotted Brandon deftly handling the Co-op's outdoor barbecue. He was taking orders, providing price stickers, flipping burgers, toasting buns, monitoring condiment supply and serving the food, all while making it look easy. His composure with food service comes from a childhood spent in his family's restaurant, Cedars, on Clover Island in Kennewick, Washington.

"At the restaurant I did everything from waiting tables, to doing the books, to washing windows."

Cleaning the windows was no easy task either, since they provide an unobstructed panoramic view of the Columbia River.

After graduating from high school, Brandon attended Columbia Basin College in Pasco and earned his two-year transfer degree. He did well in his studies, so qualified for in-state tuition at the University of Idaho, where he began studying Finance a year ago. He is preparing for life as an entrepreneur.

A big influence on Brandon's dreams can be attributed to the book, *Think and Grow Rich*, by Napoleon Hill. Originally written during the Great Depression, the book espouses a philosophy of achievement which relies on a person's optimistic beliefs. To formulate his philosophy, Hill studied the personality traits of successful men such as Ford, Rockefeller and Carnegie.

"That book absolutely changed my life. Basically, he said to keep your mouth shut and your eyes and ears open for opportunities. Also, if you visualize the reality you want, it will come to be."



"The experience changed my outlook on life. I am much more laid back now. I used to be pretty high strung, now I don't let little things bother me."

To look at Brandon you'd think this 6'1" muscular guy has probably had the luxury of being physically active his whole life, so I was surprised to hear about his serious skiing accident that put him out of commission for nearly six months in 2006.

He was skiing on Bluewood Mountain in Dayton, a mountain he grew up skiing since his family has a cabin nearby.

"I was just doing something I've done a million times, skiing backwards, but it was really icy and I lost control."

He was able to stay out of the trees, but he still crashed, shattering his pelvis, dislocating his hip, breaking three ribs and five vertebrae, and tearing a kidney. He was skiing with his good friend, Russ Gibson, who went for help. It took about 30 minutes for assistance to arrive. Brandon recalls, "It was a surreal experience. My legs were paralyzed, and I remember thinking 'I'm done for,' strangely enough, I was okay with it. I actually felt comfortable and warm."

He was transported to Harborview Medical Center in Seattle, where they fished out bits of bone from around his sciatic nerve while reconstructing his pelvis and hip. He stayed in the hospital for 10 days, followed by two months flat on his back at home, six weeks in a wheelchair, and six weeks on crutches. His mom stopped working at the restaurant during this time to care for him. His good friend, Russ, also helped out.

"The experience changed my outlook on life. I am much more laid back now. I used to be pretty high strung, now I don't let little things bother me."

Brandon grew up without siblings, but his cousin, Jared Hanson, who was also raised in Kennewick, is like a brother to him.

Like Brandon, Jared has worked in the Co-op's deli for about a year. They are living together along with two other roommates. They rent a five-bedroom house, and have turned the extra bedroom into a game room, complete with a foosball table. They also have three 42-inch plasma televisions, one stacked on top of the others, which are "great for game days." Brandon plays Fantasy Football with 12 friends, all originally from the Tri-Cities. In the three years they've played, Brandon has won two first places and one second place. But Brandon isn't just a sports spectator. Knowing the importance of staying active after recovering from serious injuries; he plays disc golf and lifts weights regularly.

After graduating, he envisions embarking on a business venture with Russ. "With Russ's engineering and sales background and my finance background, we'd make a great team."

With Brandon's positive spirit and incredible resilience, there is no doubt that he will achieve his dreams.

Amy Newsome is looking forward to Moscow's great fall color.

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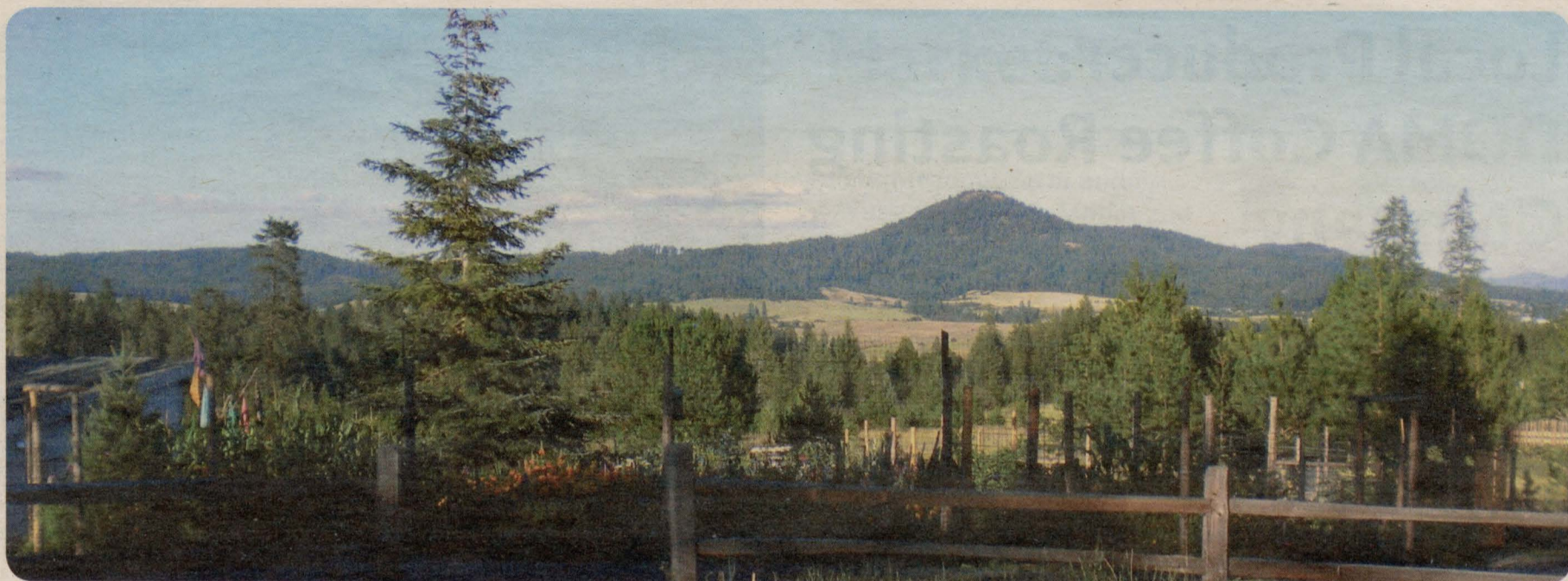
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Tuesday Growers' Market – A Fresh Start: Featuring Elk Meadow Farm & Nursery

By Lovina Roselle, Co-op Volunteer Writer

I have learned that being a farmer is synonymous with being an experimenter and risk taker – oh, and by the way, you have to love long days of hard work. Much like Scott and Helen Nearing, authors of *Living the Good Life*, Denice Moffat and Michael Robison, owners of Elk Meadow Farm and Nursery, chose to transition into a rural lifestyle and become experimenters on the land. “This is a full-time soil improvement project,” Michael says, as we walk past some fascinating compost bins created from old pallets and inspired by Nearing’s book. “It’s about discovering what we can grow here, plus what we really want to grow here. We’ve narrowed down many of the vegetable varieties we want to use for crops next year.”

Following my visit to the farm, I am struck by the level of projects they have undertaken in the brief time they have resided in their rural home. Just since December 2008 when they moved to their home near Deary, they have accomplished an astounding amount of work. Farm infrastructures, like two large greenhouses, hundreds of feet of fencing, a deluxe chicken residence, several compost bins, straw-bale beds, trellises, and an impressive amount of garden space cleared seems like something that could have only been accomplished after several years of diligent effort. Not to mention the bounty that grows there including vast stretches of flowers, fruits and vegetables. “We try to finish a project before we start another four or five,” jokes Denice.

Not only are they innovative in their farming practices, but their ability to nurture and cultivate becomes apparent as Michael tells of how one of his hobbies is grow-

ing prize-winning giant pumpkins! But he is quick to turn the attention to his wife’s skill. “Denice has been successful at growing over 20 varieties of heirloom tomatoes,” he states. “We’ve always grown things,” says Denice, as she tells of the garden they created while residents of Moscow. No less impressive was when they told of starting 240 cubic yards of compost in their first year.

One thing about buying local food and goods from farmers’ markets or local businesses that has eluded me until recently is recognizing the sheer joy that has gone into creation of my purchase. While touring their farm, I observed enthusiasm that only joyful stewards of the land can impart on a community. “Growing for market is not something that we have done before,” Denice says. But both she and Michael are very widely read and have found wisdom in other’s teachings, key to the success of their lifestyle on the farm.

Elk Meadow Farm and Nursery will sell a large variety of produce over the season, including fresh-cut flowers, greens, squash, eggplant, watermelon, tomatoes, tomatillos, cucumbers, beets, beans, radishes, carrots, cauliflower, broccoli and eggs. Apart from growing for the Tuesday Growers’ Market, they also supply greens to the Red Door restaurant, another way in which they satisfy the community’s appetite for local ingredients. They plan to offer a CSA in 2011 and hope to offer a unique variety of fresh local goods to their customers.

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



above: Inside a green house owned by Denice Moffat and Michael Robison of Elk Meadows Farm and Nursery.

top: Flowers flourish in the front garden at Elk Meadow Farm and Nursery. A wonderful view of SpudHill lies in the background.

“It’s about discovering what we can grow here, plus what we really want to grow here. We’ve narrowed down many of the vegetable varieties we want to use for crops next year.”



Local Producer: DOMA Coffee Roasting Company

By Johna Boulafentis, Co-op Volunteer Writer

I want to share a personal, yet obvious, secret. I find interviewing local businesses deeply inspiring and fulfilling. Each interaction causes my appreciation for producers to grow and grow and grow! During my interview with Rebecca from DOMA Coffee Roasting Company, I felt particularly “pumped.” Was it the caffeine from drinking iced coffee or was it the DOMA story? Perhaps both!

DOMA’s presence in the Co-op began in 2006. Currently, 10 various coffees — espresso, single origin, decaf, and blends — are available. Each coffee is named for family, friends and animals of Terry and Rebecca Patano, owners of DOMA. While in Bulk Foods, pondering which coffee to select, I encourage you to admire the metal work of the display because Rebecca built it! Yes, that is correct; in addition to being a coffee connoisseur she is also a trained welder!

If you travel back ten years in time and land in the garage of the Patanos’ home, you will witness the origin of their roasting business. Having moved to Coeur d’Alene from Utah, where they had owned a café, Rebecca said their interest in roasting coffee was “a natural progression.” Terry grew up in Kellogg with many memories in Coeur d’Alene, and it seemed like the place to create a small, family-oriented business. It is fitting that their business logo is an image of Terry’s father, Jim, at Lake Coeur d’Alene, and the word DOMA is a combination of their children’s names, Dominic and Marco. A customer once shared with them that “Doma” in Croatian means house or home. What a neat coincidence considering their starting location!

In the last decade, the business has expanded to six and a half employees and is now operated at a site between Coeur d’Alene and Post Falls. However, the Patanos’ original business intentions and strive for sustainable practices remain the same. Viewing roasting as a craft, they are committed to providing quality coffee through developing close, long-term relationships with local and world businesses and communities. While Rebecca discussed their various involvements, I kept thinking, “How am I going to fit all this greatness within the confines of a short article? I need to write a book chapter!”

Coffee is the second highest traded commodity after oil. DOMA is a member of Cooperative Coffees, a fair trade organic green coffee organization, comprised of 24 roasting companies. The organization works directly with small-scale farmers, which allows them to set prices above fair trade prices and create long-lasting, successful relationships. Memories of DOMA’s visits with farmers are among the photographs decorating DOMA’s walls. Cooperative Coffees assists farmers in many ways, particularly



Rebecca Patano

through offering pre-financing and purchasing coffee from farms undergoing the three-year transitional process to organic certification. The organization also believes in transparency. Customers can follow the path of their cup of coffee from farmer to roaster by going to www.fairtradeproof.org.

DOMA is an environmentally minded business. Knowing that coffee has a huge carbon footprint, Rebecca said, “They do what they can locally.”

Avista Utilities sees them as a model business for their efforts. They operate a Loring Smart Roast Kestrel S35, a roaster, which through capturing and reusing heat reduces their natural gas consumption by 80%. Additionally, they use Avista’s “Buck-A-Block” wind program to support renewable energy and offset energy use at the business and employees’ homes. They also offset their vehicle emissions by purchasing carbon credits from the company, TerraPass. Rebecca shared their dream of constructing a sustainable “green” building that will “go beyond LEED certified standards.”

The business’ “green” goals extend into the Patanos’ support of community groups. In Moscow, DOMA supports the local food movement. They donate 10% of the Ürth Blend coffee sales at the Co-op to Backyard Harvest. They

even produce specialty bags! In Coeur d’Alene, they donate their burlap coffee bags and coffee bean chaff (the bean “skins” leftover after roasting) to the Kootenai Environmental Alliance’s Community Roots Program, which uses burlap sacks for ground cover and chaff for compost in their CSA farm. They also support the Riverstone Women’s Racing Team through the La Bicicletta Fundraiser by selling coffee and t-shirts.

DOMA is a unique specialty coffee business even down to their hand-lettered pressed bags by artisan Chris Dreyer. Their approach is commendable. I look forward to their newest addition- reusable coffee cans.

More jittery than most when drinking coffee, Johna’s DOMA coffee jitters are especially exciting!



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Tuesday Growers' Market

Britt Heisel, Growers' Market Coordinator

We had such a wonderful

August at the market. We kicked things off with the first annual Tuesday Growers' Market Farm Tour on August 1, and on August 3, we partnered with the Moscow Chamber of Commerce for an open house.

Fall is in the air. Time to stock up on storage crops and fill up the freezer with meat. The growers have beautiful produce, yummy meat and eggs — and of course, there's ice cream for an afternoon treat. Grab something from the Co-op grill, visit with friends, and get your local organically grown goodies — every Tuesday!

Also, on September 7 and October 5 (the first Tuesday of the month), use your SNAP (Food Stamp) Benefits at the market and receive an additional \$5 token FREE!

See you at the market!

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

Tourmaline Farms will have Certified Organic Eggs, Pre-orders for Certified Organic Chicken grown on pasture, also Pre-orders for Grass Fed and Finished Beef.

Backyard Harvest (Amy Grey):

Providing USDA Food Stamps to Shop the Market!

In addition, BYH will be selling pumpkins, basil, knit veggie hats, note cards, hand-painted t-shirts and hand-crafted stone vases.

Confluence Farm (Bonnie Hanna):

Carrots, garlic, onions, tomatoes and peppers.

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

Tomatillos, artichokes, cole crops, tomatoes, basil, cilantro, summer squash, a few berries, beautiful flower arrangements, beans, cucumbers, sage, and beets. Coming up: Sweet corn, carrots, pumpkins, watermelon, winter squash and fingerling potatoes.

Garfield Growers (David and Melody Jones):

Huckleberries while they last!



Sampling ice cream at the Market Open House.

this month). Pre-orders for grass-fed beef and lamb (available in the fall). Pre-orders for pastured chicken (available late summer) and turkey (available farm fresh-not frozen-at Thanksgiving).

RavenCrest Farm (Dave and Debi Smith):

Salad mix and greens (beet, chard, spinach, malabar spinach), summer squash, 3 varieties of cucumbers (including Armenians!),

herbs, tomatoes, shallots, garlic, beans and maybe peppers.

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

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



On the farm with a Tourmaline chicken Learning how to process poultry at Tourmaline Farms

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

For Sale: Individual cuts of lamb (including lamb bratwurst sausages!) and whole free-range chicken available weekly. Subscriptions for Meat CSA including beef, lamb, chicken, turkey and eggs. Pre-orders for grass-fed lamb (available



Kenna with Molly of Backyard Harvest at the Market Open House.

Use your SNAP (food stamp) benefits at the Growers Market on September 7th or October 5th and receive a \$5 Shop the Market token

FREE!

Just visit the Backyard Harvest booth between 4:30-6:30 pm in the Co-op parking lot and then use the extra \$5 to purchase fresh produce, eggs & meats from our local growers!

Questions? Contact Amy at 208.669.2259 or amy@backyardharvest.org



Keep track of goings on at the Tuesday Growers Market on Facebook:



"Moscow Food Co-op Tuesday Growers' Market"



Making Connections from Food to Plate

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

At the end of July, a fantastic group of participating members (volunteers) braved the heat to learn more about our local farmers, the land they farm, and the work it takes to supply us with food. During the first farm tour we were graciously hosted by Betta Bunzel at the Living Soil Microfarm Genesse site, Charlotte and Da-Jin Sun at Genesee Valley Daoist Hermitage, and Kelly Kingsland and Russel Poe at Affinity Farm in Moscow. During the sec-

ond farm tour, we were graciously hosted by Debi and Dave Smith at Ravencrest Garden, Ken Bunzel at the Living Soil Microfarm Moscow site, and Garrett Clevenger, who is farming on part of Steve Streets' property in Moscow.

Each farmer used different farming techniques to grow food suited to the space and soil that they were working with, but a common thread that ran through all of the conversations was the love and care

our farmers put into building soil and growing beautiful, great tasting food for our community. Making the connections from food to plate by learning about our local food system is an important part of growing community, and the volunteers who went can and do speak eloquently about and advocate for our local farmers. A big thank you to our farm hosts and the participating members who participated in these tours!



Allergy and Gluten Free: Variety is the Spice of Life

By Terri Schmidt, Co-op Volunteer Writer, Illustration also by Terri

When people are first diagnosed with food allergies or gluten intolerance, they feel discouraged thinking about all the foods they are going to be deprived of. But in some ways, having to rearrange your eating patterns can be an adventure in cooking.

Most of us develop habitual ways of eating and tend to buy and prepare the same basic products over and over. If I hadn't been forced to give up wheat flour, I would never have discovered the amazing array of other flours available including amaranth, quinoa, millet, rice, bean, sorghum, tapioca, almond, and buckwheat flours. Buckwheat, by the way, is not wheat.

When faced with the need to change we can find new passion in cooking. It suddenly becomes creative instead of rote. We discover new spices to perk things up, new

food combinations we'd never considered, new produce we had previously ignored. I'd say I have much more variety in my diet now than I ever did when all foods were available to me. Some delicious new vegetables I've added to my dinner plate are fennel bulbs (good in stir fries and soups), parsnips (a creamy substitute for potatoes), and sunchokes (crispy crunch in salads.)

Avoiding the use of processed foods may add a little time to your meal preparation, but it's worth it. Cooking from scratch, especially with organic ingredients, just tastes so much better. When making your own you have the advantage of knowing exactly what is in your food, and it's not a bunch of artificial flavors, colors, and fillers. It's honest to goodness real food.

Not only do your unique homemade dishes taste better, they are

better for you. Once those pesky allergens have been eliminated from your diet, you find you feel better, sleep better, have more robust energy, feel more alive.

So if you are newly diagnosed and feeling deprived, try looking through different-colored glasses. There are unexpected gifts in this new way of life. You've just been given a chance to nurture your creative side, discover new adventures, add the spice of variety to your life.

The soup recipe on this page includes one of those new vegetables I discovered. Fennel has a slightly licorice taste and goes well with the sweetness of carrots. Using fresh organic carrots results in a better tasting soup. Pick up some carrots from the Tuesday Growers' Market or try some of George's carrots from the Co-op. George raises carrots in St. Maries, Idaho. I've

never met him, but his carrots are simply the best.

Kale is another vegetable I'd never tried before changing my diet. It is nutritionally dense providing a good source of beta-carotene, vitamin C, iron, potassium and calcium. However, it can taste a little bitter. Denise Moffat, one of the Tuesday Market growers, suggested the recipe on this page for kale chips. Kale is very tasty cooked this way, and it satisfies that need for a crunchy snack. Some people like to crush kale chips and sprinkle them on popcorn.

Terri challenges you to be adventurous and try a new food this month you have never eaten before.

Fennel Carrot Soup

- 2 tablespoons olive oil
- 2 fennel bulbs, thinly sliced
- 4 garlic cloves, chopped
- 1 onion, thinly sliced
- 4 large carrots, sliced
- 1 box Pacific chicken or vegetable broth, 32 ounces
- salt and pepper

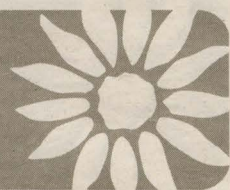
Cut stems and fronds off of fennel bulb. Chop some fronds and save to add in later. Heat olive oil in saucepan on medium and add fennel. Stir till softened. Add garlic, onions, and carrots and cook for a couple more minutes. Add broth and simmer till vegetables are soft, about 20 minutes. Remove from heat and add some chopped fronds. Puree in blender or food processor and serve.

Kale Chips (from Denise Moffat)

- 1 large bunch kale
- extra virgin olive oil
- Celtic sea salt

Wash kale and pat dry with a paper towel. Cut out the large tough center seam and tear leaves into potato chip sized pieces. Place kale pieces in a bowl, sprinkle with olive oil, and work in the oil with your hands. Spread the kale pieces out on a cookie sheet and sprinkle with salt. (Any salt will work, but Denise recommends Celtic sea salt for its nutritional advantages.) Bake at 350°F for 10-15 minutes, until crisp but not browned. Cool and enjoy.





Omnivoria: A Perfect Pork Chop

By Jamaica Ritcher, Co-op Volunteer Writer

If you ask me, a perfect pork chop (a childhood favorite come dinnertime) is pan-seared, then finished off in the oven. By searing, the outside of the chop is nicely crisped and browned; in the oven, the interior becomes well cooked yet succulent. A fruit sauce condiment (a berry-applesauce?) wouldn't go astray either.

A perfect pork chop, too, comes from a farmer concerned for the health and welfare of his or her stock and invested in the land on which the animals are raised. Finally, the farmer would do business in a market environment of fair compensation (increasing the likelihood that he or she can continue as a compassionate animal farmer and conscientious land steward).

Meeting these latter requirements likely results in a higher price tag at the grocer, but as we keep hearing, cost cutting often comes from cut corners. In the meat, poultry and dairy industries, one such corner includes ranchers and farmers. When large packing and processing companies swallow up smaller ones — a current trend — prices are driven low, but farmers get less. In 1980, a pork producer received nearly 50% of the retail value of a pig. In 2009, the producer saw just 24.5%!

The Packers and Stockyards Act of 1921 was created to check against situations where meat packers might “make or give any undue or unreasonable preference or advantage to any particular person or locality in any respect, or subject any particular person or locality to any undue or unreasonable prejudice or disadvantage in any respect.”

Unfortunately, what constitutes “undue,” “unfair,” or “unreasonable,” can be hard to pin down. Meanwhile, consolidation occurs and a few big companies rise to the top. In 2008 just four beef slaughter companies accounted for 68% of sales across the country.

But that same year, the USDA began revisiting the Packer and Stockyard Act to clarify its application. The Department of Agriculture recently proposed new regulations to empower small processors and producers to stand up to big ones and ensure transparent contracts. First, it would be easier to file antitrust lawsuits against big companies. Second, packers would be prohibited from giving preferential contract terms to bigger producers or banning producers from selling to other companies, both of which apparently occur today.

The American Meat Institute, a meat packing industry lobbyist, says the current system is more efficient; they oppose the changes. The National Farmer's Union and American Farm Bureau Federation support the proposal.

Healthy competition and fair prices are good for the rest of us, too. How can a farmer work toward environmental sustainability when his or her livelihood isn't sustained? And it seems a smaller outfit is more vested in the land, farmers, and animals it depends on than a behemoth with home offices in a distant state.

For these reasons, I don't mind paying a higher price for meat. It means I don't buy it as often, but substituting meat with other things makes for a varied diet. And when I do make a meat dish, it is planned with intention and savored.



In terms of that perfect pork chop, the Co-op carries Beeler's of Iowa, and Salmon Creek Farms of Twin Falls, Idaho. Both pride themselves on raising pigs that are vegetarian fed, free of hormones and antibiotics, and reared in environments with adequate space, fresh air, and sunshine. With apple season on its way, the recipe below is a fair homage a classic combination, pork chops and applesauce.

For more information about the Department of Agriculture proposal or the Packer and Stockyards Act of 1921, see Listserve of the Association for the Study of Food and Society, 6/28/10, www.food-culture.org, and <http://sustainableagriculture.net/category/fair-competition>.

Jamaica Ritcher lives in Moscow with her husband and two kids and enjoys gardening, cooking and writing.

Correction from August issue: The recipe was printed with a meat quantity of “3 8 sirloin tip,” but it should have read “3 pounds sirloin tip.”

Pork Chops Normand

Adapted from *The New Basics Cookbook* by Julee Rosso and Sheila Lukins (Workman Publishing, New York, 1989). The original recipe calls for apple brandy and red current jelly, which I've replaced with juice and huckleberry jam for an Idaho flair.

- 1 tablespoon olive oil
- 4 pork chops, 3/4 to 1 inch thick
- 1/8 cup dry white wine
- 2 Granny Smith apples, peeled and cored (Golden Delicious would be good, too)
- 1 tablespoon unsalted butter
- 1/4 cup apple juice
- 2 teaspoons white wine vinegar
- 2 tablespoons Wildberry Huckleberry Jam

Preheat the oven to 350° F.

Heat olive oil in a large skillet and pan-fry the pork chops over medium-high heat until lightly browned, about 2-3 minutes per side.

Move the chops to a baking dish. Add the wine to the skillet and bring to a boil, whisking with a fork to scrape up the browned bits. Pour this over the chops, cover with aluminum foil, and bake for 20 minutes.

While the meat bakes, core the apples and slice them about 1/4-inch thick. Melt the butter in the skillet and sauté the apples until just soft, about 3 minutes. Add the juice, vinegar and jam, stir, and continue cooking until the liquid glazes the apples, about 2 minutes.

Spoon the apples over the pork chops and bake, uncovered, another 5 minutes. Serves 4.

moondance

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Essential Meals: \$50 for two people's dinners for a week!

By Linda Canary, Co-op Volunteer Writer

We'll be eating zucchini twice this week, because it's so abundant and delicious.

Sunday

Spaghetti squash with Roasted Tomatoes

Monday

Zucchini-Corn Tacos

Tuesday

Tofu Patties and Green Salad

Wednesday

Brussel Sprouts with Walnuts

Thursday

Zucchini-Tomato Gratin

Friday

Fish and Potatoes

Green Salad

Saturday

Leftovers

The Recipes

Spaghetti Squash with Roasted Tomatoes

- 1 small spaghetti squash, halved, seeds removed
- 1 tomato
- 1/2 onion
- 1 15-ounce can garbanzo beans, drained

- 3 garlic cloves, minced
- 1 tablespoon thyme
- 1 tablespoon rosemary
- 1 cup ricotta or cottage cheese
- 4 tablespoons asiago cheese
- 1/2 teaspoon red pepper flakes

1. Set one oven rack to bottom position of oven and another several levels up. Preheat oven to 375°F. Coat baking sheet with olive oil or cooking spray; fill 13 x 9-inch baking dish with 1 inch water.

2. Lay spaghetti squash cut-side down in water. Scatter tomato chunks, onion wedges, minced garlic and garbanzos on baking sheet. Drizzle with 2 tablespoons olive oil and thyme and rosemary. Season with salt and pepper and toss mixture to coat with oil.

3. Place squash on lower oven rack and tomato mixture on top rack. Bake 1 hour. Turn off oven, and remove squash; leave tomato mixture in the oven.

4. Cool squash 15 minutes. Scrape spaghetti-like strands out of shell with fork into a large bowl. Remove tomato mixture from oven, stir, and

spoon over squash. Top each serving with ricotta, sprinkle with asiago cheese, and if using, red pepper flakes.

Zucchini-Corn Tacos

- 3 tablespoons olive oil
- 1/2 onion, chopped
- 3 cloves garlic, thinly sliced
- 1 medium zucchini, cut into 1/2 cubes
- 1/2 cup corn, fresh or frozen
- 1/2 cup black beans
- 1/4 cup coarsely chopped cilantro
- 2 tablespoons lime juice
- chili powder, for sprinkling
- 1/2 cup feta cheese

1. Prepare taco shells by heating in oil on stovetop.

2. Heat oil in skillet over medium-high heat. Add onion and garlic, and saute for 7 minutes.

3. Add zucchini and corn, and saute 7 minutes.

4. Stir in beans, and cook 2 minutes.

5. Stir in cilantro and lime juice.

6. Spoon into taco shells, and sprinkle with chili powder and feta cheese.

Tofu Patties

- 1/4 cup mayonnaise (or veganaise, nayonnaise)
- 1/4 wedge of finely chopped onion
- 1/4 cup chopped parsley
- 2 teaspoons dried tarragon
- 1 14 ounce firm tofu block, drained
- 1 teaspoon mustard
- 1 4 ounce can, rinsed, drained, chopped mushrooms
- 1/2 cup grated carrots
- 4 sun-dried tomatoes
- 1 cup breadcrumbs
- 1 16-ounce can tomato sauce

1. Whisk together mayonnaise, onion, parsley, tarragon, and mustard in a bowl.

Mash tofu into above mixture with a fork. Stir in mushrooms, carrots and sun-dried tomatoes. Fold in breadcrumbs.

2. Heat large skillet coated with olive oil or cooking spray, over medium heat. Scoop tofu mixture onto hot skillet in 1/4-cup dollops, and reduce heat to medium-low. Cook 5 to 7 minutes, until patties are golden. Flip patties, and cook 4 to 5 minutes more.

3. Transfer patties to plate, and keep warm. Repeat with remaining

tofu mixture until gone.

4. Top each patty with 1/4 cup tomato sauce.

Brussels Sprouts with Walnuts and Cranberries

- 1/2 cup coarsely chopped walnuts
- 2 teaspoons olive oil
- 8 Brussels sprouts
- 2 green onions, halved and sliced
- 1 clove garlic, minced
- 1/4 cup coarsely chopped dried cranberries
- 1 tablespoon brown sugar or agave syrup

1. Heat large skillet over medium-high heat. Add walnuts and toast 3 to 4 minutes, until fragrant. Transfer to plate, and set aside.

2. Wipe out skillet, and return to heat, add olive oil and swirl to coat bottom. Add Brussels sprouts, and cook for 5 minutes, or until browned, stirring occasionally. Add onions and garlic, and cook 1 minute more.

3. Stir in cranberries, sugar or syrup, and 1 cup of water. Partially cover skittle, reduce heat to medium, and simmer 5 to 7 minutes, or until most of the liquid is gone and Brussels sprouts are tender, but not soft.

4. Transfer to serving bowl, and stir in walnuts, and season with salt and pepper, if desired.

Zucchini-Tomato Gratin

- 1 large tomato, cut into 1/4 inch slices
- 1 zucchini cut into 1/8 inch diagonal slices
- 1 tablespoon olive oil, plus 1 teaspoon
- 2 garlic cloves, thinly sliced
- 2 tablespoons kalamata olives roughly chopped
- 1/8 cup sliced basil leaves
- 1/2 cup grated asiago cheese, divided.

1. Drape tomato slices over colander, sprinkle with salt, and let drain 45 minutes.

2. Spread zucchini slices on baking sheet, and sprinkle with salt. Let stand 30 minutes to sweat out excess moisture. Rinse well, and pat dry.

3. Preheat oven to 375°F. Heat 1 tablespoon oil in non-stick skillet over medium-high heat. Saute zucchini slices 3 to 4 minutes until golden. Transfer to a plate.

4. Layer half the zucchini into a small baking pan. Top with half the tomatoes. Sprinkle with half the garlic, half of the basil, and 1/4 cup cheese, season with pepper. Repeat with remaining ingredients. Drizzle top with 1 tablespoon of oil, and sprinkle with remaining cheese.

Shopping List

(Priced on August 19, 2010)

Bulk

- 1 pound fish (I priced sole or cod from the Fish Folks on Friday)
- 14 ounces tofu
- 1 teaspoon kalamata olives
- small amount feta cheese
- very small asiago cheese (optional)
- 1/2 cup walnuts
- cranberries
- very small piece of asiago cheese

Canned

- 1 15-ounce garbanzo beans
- 1 small can sliced mushrooms
- 1 small can tomato sauce
- 1 15-ounce cooked black beans

Veggies

- 1 large onion
- 1 bunch parsley
- 2 carrots
- 1 pound tomatoes
- 3 medium zucchini (or one large one)
- 1 head of garlic
- 1/2 cup corn (fresh or frozen)
- 1 bunch cilantro
- 1 lime

- 1 lemon
- 8 Brussels sprouts
- 1 bunch green onions
- 1 spaghetti squash
- 3 medium potatoes
- 1 head lettuce
- a few leaves fresh basil
- 1 bunch cilantro

Other

- tacos
- 1 container ricotta (cottage cheese)

In your pantry

- mayonnaise (veganaise, nayonnaise)
- mustard
- tarragon
- thyme
- rosemary
- oregano
- red pepper flakes
- dill
- salt
- pepper
- vinegar
- olive oil
- chili powder
- brown sugar
- breadcrumbs



Into the Cupboard: My Own Private Oatmeal

By Ivy Dickinson, Co-op Volunteer Writer

5. Cover with foil, and bake 20 minutes, until cheese is melted and gratin is bubbling. Let stand 5 minutes before serving.

Fish with Potatoes

- 1 pound fish fillets
- 1/2 onion
- 1 teaspoon dried dill (1 tablespoon fresh if you have it out in the garden)
- black pepper to taste
- 1 tablespoon chopped fresh parsley
- 1/8 c up fresh lemon juice
- 1 small tomato, chopped
- 1/2 cup grated feta cheese

1. Place fish in an oiled casserole dish. Top the fillets with the dill, pepper, parsley, lemon juice and chopped tomato, and feta cheese.

2. Bake at 350°F about 30 minutes, until the fish flakes with a fork.

3. Serve with potatoes. (recipe below)

Potatoes

- 3 medium potatoes, cubed (I priced Yukon Golds)
- 1/4 cup fresh lemon juice
- 1 tablespoon olive oil
- 1/6 cup vegetable oil
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried oregano
- 1 garlic clove, minced or pressed
- 1 and 1/2 cups hot water
- Chopped fresh parsley

1. Toss together the potatoes, lemon juice, oils, and garlic in a deep flat pan. Add the water and bake uncovered for about 1 and 1/2 hours at 475 degrees. Stir every 20 minutes adding more water if necessary to prevent sticking. Be very careful not to burn the potatoes during the last 30 minutes.

2. During the final 20 minutes, allow the water to evaporate until only the oil is left.

3. Garnish with fresh parsley.



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A few weeks ago as I was driving to work and mulling over what I might write about for my article this month, I came to the conclusion that one of my favorite summer snacks that is easy to pack up for a road trip or even to pack in my lunch is some type of oatmeal bar. I love oatmeal bars because they are usually kind of cookie-ish (but in a healthier whole grain way) and can incorporate whatever fruit is currently in season. But did I want to feature such a simple ingredient as oats in my newsletter article this month? Typically, I try to cover something new that people might be intimidated by or not familiar with because it is my goal to inspire people to be brave in the kitchen. However, as I drove (my commute to work is 30-40 minutes) and contemplated the idea using oats for the foundation of my article, I came to realize how much I LOVE oats. I eat oatmeal almost every single day for breakfast and it seems to be the one food that will keep me full until lunch.

By the time I got to work, I realized that not only did I love oatmeal, but nearly all of my coworkers are also oatmeal fans. Since we all start work early, I had probably seen all of them dutifully tote their oatmeal to work nearly every day for the last four years. I decided to take a poll to see who did in fact eat oatmeal for breakfast and how they prepared it. Maybe there would be some fodder here that would help me to further develop my article. What I wasn't prepared for was the diversity of answers I got regarding oatmeal and how it should be eaten. As it turns out everyone did pretty much agree that whether you prefer instant, quick, regular rolled, thick rolled or stone cut oats, that oatmeal was the "go to" breakfast of champions. All similarities pretty much end there; Tim and Craig were fans of the instant oats, Greg thought oatmeal with fruit and honey was the answer (I agree), then there were some more complex recipes. Rich likes his oats with butter, sunflower seeds, almonds, walnuts, raisins, honey, and cinnamon; Roger likes his oats with a spoonful of peanut butter in the bottom, brown sugar, coconut, dried cranberries, chopped dates, blueberries, cinnamon, nutmeg, and vanilla; and Howard prefers his oats with vanil-

la, crunchy peanut butter, brown sugar, dried cranberries, and raisins. These guys are clearly fine connoisseurs of oatmeal, and if that list doesn't inspire you to create your own personal recipe, I am not sure what will.

As is my usual habit, I also consulted my favorite Howard McGee book, "On Food and Cooking: The Science and Lore of the Kitchen," to find some interesting tidbits

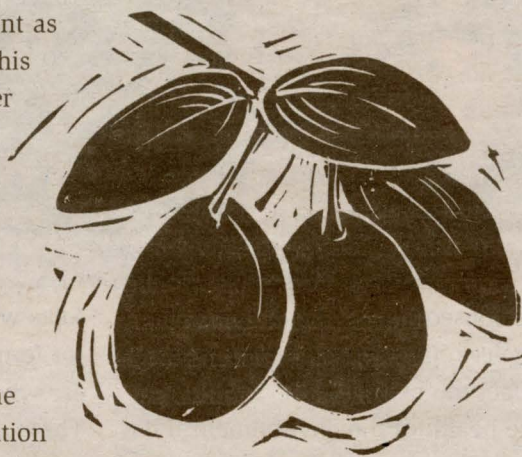


Illustration by Karla Roberts

about oats to pass on to my readers. What I learned was that in Greek and Roman times, oats were considered to be a form of diseased wheat and were disdained in nearly all European countries (besides Scotland) until the 19th century, when they were popularized in the United States by a German immigrant who developed quick cooking rolled oats, and Henry Crowell who first packaged them with cooking instructions and labeled them "Quaker Oats." Although, they have gained in popularity through the years, the majority of all oat crops are still to this day grown as animal feed and remain a minor grain crop because they are difficult to process and have a tendency to become rancid if they are not treated with heat prior to storage.

On the other hand, the health benefits of oats have also become increasingly apparent over the years. They contain high levels of antioxidants and are rich in indigestible carbohydrates called beta glucans that are responsible for lowering cholesterol in addition to giving oats their creamy texture.

Now that I have rambled on and on about oats, I should give some credit to my friend Scott Fedale, who came up with the ingenious title for my article this month over a container of chocolate fudge brownie ice cream. The ice cream probably didn't have much to do with

oats, but it certainly inspired some creative thinking. Since I have also rambled on a little longer than usual about oats, I am only providing you with a single recipe for some simple oat and fruit bars that make a great healthy snack, and the encouragement to try some of those tasty sounding oatmeal variations for yourselves.

Chocolate Cherry/Raspberry Bars

- 1 cup fresh bing cherries, pitted and chopped
- 1/2 cup fresh raspberries
- 1/2 cup semi-sweet chocolate chips
- 1/4 cup sugar
- 1/4 cup unsweetened coconut
- 1/2 teaspoon ground cinnamon
- 1 1/2 cups rolled oats
- 3/4 cup unbleached flour
- 3/4 teaspoon baking powder
- 1/2 cup packed brown sugar
- 1 egg
- 1/2 cup butter, melted

Preheat oven to 375°F and butter an 8x8-inch square baking pan.

Add first six ingredients to a small bowl and stir just enough to combine, and then set aside. In a larger bowl combine oats, flour, and sugars.

Beat butter and egg together, and then mix into dry ingredients. Press oat mixture into the bottom of the baking sheet and pour fruit mixture over the top, spreading evenly to coat.

Bake for 35 minutes, cool, cut into squares, and enjoy.

Sources:
McGee, Harold. (2004). *On Food and Cooking: The Science and Lore of the Kitchen*. New York, NY: Scribner

* If you have a favorite oat bar, or oatmeal recipe that you are dying to share, or have questions or comments regarding this article, be sure to email Ivy at ivyrose7@hotmail.com.



Veganesque: Fresh and Raw

By Caitlin Cole, Co-op Volunteer Writer

One day as a young girl in a sleepy, bucolic New England town I was sitting on the front steps of the public library eating an ice cream sundae. It had hot fudge and butterscotch, handmade vanilla ice cream, whipped cream and nuts. I was with my friend Diana and she was enjoying her sundae with me. We heard the heavy wood library door swing open and a woman walked down the steps, clop, clop, clop, and stopped when she saw us. "Are you enjoying your sundaes, girls?" We said "yes". "She said "Good, enjoy them now while you can eat anything you want because

when you get older there will be lots of things you can't eat."

Now that I am older, I realize that she was not quite right. I can eat anything I want, but there will

It was a long journey from there to where I am now. I found conflicting information on which type of diet is best. Even within vegetarianism there is controversy. I know

to keep up with my children who have a zeal for life! I am currently interested in the raw food movement. For vegans, this is not too much of a stretch since meat and dairy are eliminated, to become raw a vegan would simply eat less cooked and processed food and learn to sprout your own nuts. The health benefits to eating mostly raw is the enzymes of the food are left intact for easy digestion. Basically, raw foods digest themselves leaving your body free to fight disease. This approach makes sense to me. When thinking about all of the conflicting diet advice I have researched, there was always the same advice on fruits and vegetables ... eat organic, eat more! How can you go wrong with that? I have been on a 50% raw food diet for two weeks now and I feel great. I had not realized how much processed food I was eating and keeping track for this experiment has been eye-opening.



be consequences. All of our food choices have consequences that will affect the health of our bodies and the health of the environment. I did not think about these things as a child eating the standard American diet, but I became aware of the consequences of food choice when I became a vegetarian 23 years ago. I was shocked at how much I had learned about food was not correct, things like meat is good for you and makes you strong, kids need to drink lots of milk and that baked goods were healthy when they were homemade.

When I first became vegetarian, I was not very good at it! My diet was more of a non-meat diet than a vegetarian diet. I ate a lot of pasta, dairy and processed food.

folks who eliminate meat but opt for fermented dairy products. There are whole foodists and raw foodists. There doesn't seem to be one right answer, and I have been frustrated in the past trying to figure out what type of diet is best for me and for my family. We went gluten-free two years ago when I got so sick I could not get out of bed. After seeing four doctors with no diagnosis I finally figured out my illness was food related and just tried cutting out the most common food allergens and found it for me it was gluten. My celiac disease was confirmed later by a blood test.

Although I feel much, much better after going gluten-free, I am still finding ways to improve my health through diet. As a middle-aged stay-at-home mom I need more energy

This is the perfect time of year to start a raw food experiment or to commit to eating more fresh, local fruits and vegetables for three reasons: Tuesday market, our Co-op's spectacular salad bar and our produce department. It is crazy how much variety there is and how beautiful it is. I am so grateful for all of the marvelous, organic and local choices we have. If you're looking for a place to start, try the simple recipe below and enjoy those enzymes!

Caitlin Cole invites you to visit our Co-op's book section for more info on raw food diets, Books can also be special ordered.

Tuesday Market Gazpacho

4 cups Very Veggie juice, or juice your own

2 cups chopped tomatoes

1 onion, minced

1 green pepper, minced

1 cucumber, chopped

1 onion, chopped

4 cloves garlic, minced or pressed

3 tablespoons fresh lemon juice

2 tablespoons red wine vinegar

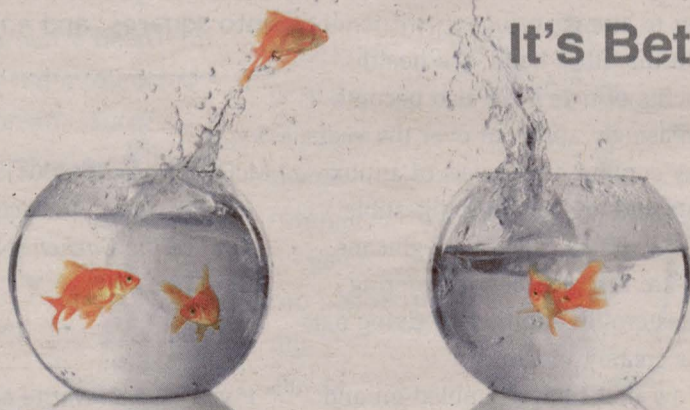
handful of fresh basil

handful of fresh tarragon

Combine all ingredients in blender of food processor in batches until well blended but chunky. Chill at least 2 hours before serving.

Serves 8.

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Native Plants: Snowberry

By: Emily Poor, Co-op Volunteer Writer, Photos by Emily Poor

One of the many delights of September, aside from the turning leaves and the crisp new air, are the prolific berries remaining on some native trees and shrubs on the Palouse. One shrub in particular really stands out, as its berries aren't a traditional red, blue or purple like huckleberries, serviceberries, or elderberries, but instead white as snow. The name snowberry (*Symphoricarpos albus*) certainly fits this low-growing shrub found all over the Palouse. If your instincts tell you not to eat one of its white berries, you may be correct. However, snowberry remains an important element to regional plant communities, and has modern and traditional uses for humans in medicine and horticulture.

Snowberry has a fairly large territory across the western U.S., occurring as a dominant species in some Palouse prairie remnants, along riparian areas as an important soil stabilizer, and under ponderosa pine in dry forest communities. Typically, where there's one snowberry, there will be many more along with it. They are known to reproduce vegetatively as well as by seed, sending out underground rhizomes from which sprout new snowberries.

Unlike many common native/wild fruits in our region, snowberry is not edible to humans. The fruits contain saponins, which, although harmless in small amounts, is still toxic and therefore not advisable to eat. Hunting tribes have taken advantage of the deadly effects of saponins on fish by dipping snowberries into streams in order to stupefy or kill the fish. While toxic for humans and fish, snowberries purportedly have a gentle and healing effect when used externally as a poultice or salve for treatment of burns, rashes, itches and sores. Snowberry also remains an important food source and habitat for wildlife, including grouse, bluebirds,



above: Flowers on snowberry are pinkish-white and appear in clusters. The leaves are opposite each other (e.g. growing from the same point on the stem), another good indicator of a snowberry when there are no berries to be found.

left: Snowberry growing on the edge of a butte in Whitman County. Note the characteristic white berries and the plentiful branches.



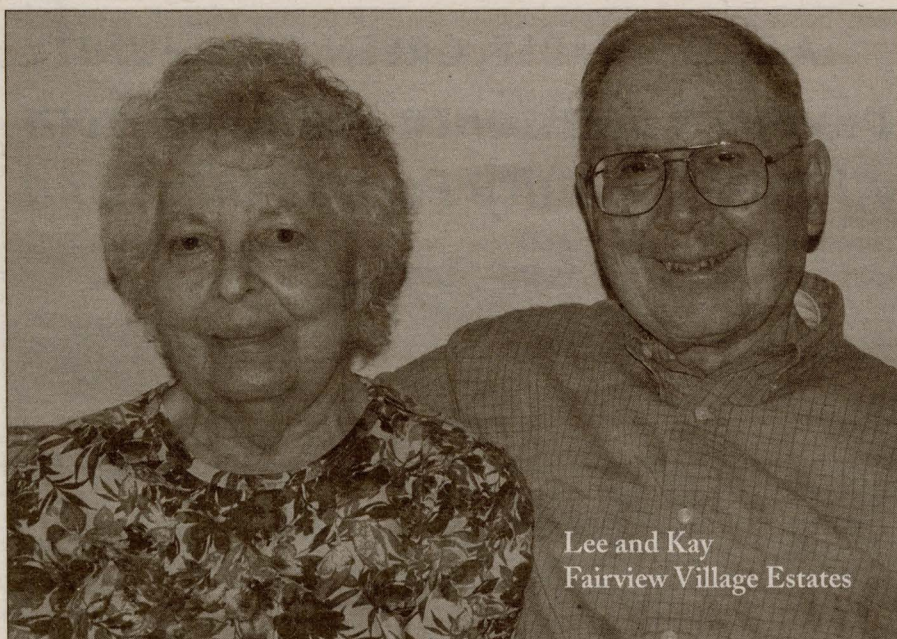
fox squirrels, gophers, and larger mammals like elk and bear.

Its berries alone easily identify snowberry, but when the fruits aren't out, its flowers and vegetative features are perfectly good indicators. It never gets very tall in the wild, typically getting knee-high or thigh-high. It has

opposite branches, that is, pairs of branches that emerge from the same place along the stem, and it has lots of them. Its leaves are, at a loss for a better word, funky. Sometimes they're egg-shaped, other times they ripple and lobe out to the sides. Sometimes they're tiny and other times they're actually fairly big, especially as young suckers. Its small flowers are pink to white and bell-shaped

Aside from being a very common native plant in our region, horticulturists wasted no time turning it into a garden ornamental and it is now a common sight in nurseries and garden stores. Wild snowberries are just as easy to plant as horticultural varieties, tolerating poor soils and dry conditions. If you decided to collect snowberry from the wild, I would recommend picking just a small plant or sucker to not disturb too much the native Palouse habitat. One little plant goes a long way since they propagate easily from suckers.

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

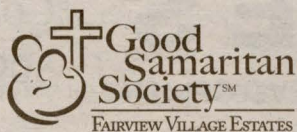


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FAMILIES

Good Eats with Co-op Kids

By Rebekka Boysen Taylor, Co-op Kids Coordinator

This month, there is something fun for all the little foodies in our care. Come on down for good food and great company.

We will be collecting donations of non-perishable food for our local food bank at Co-op Kids all month, so help your child bring something to donate. The Co-op will match the donations we gather. What a nice way to teach our kids about the value of their generosity and compassion.

- September 7 - Apple Prints in the Co-op Cafe
- September 14 - Breakfast Salad in the Co-op Cafe
- September 21 - Play at Friendship Square
- September 28 - Snack Making for Kids in the Co-op Cafe
- October 5 - Polka Dot Rice

Co-op Kids meets weekly on Tuesday mornings from 9-10 a.m.

Co-op Kids offers earth friendly activities for young children and their families.

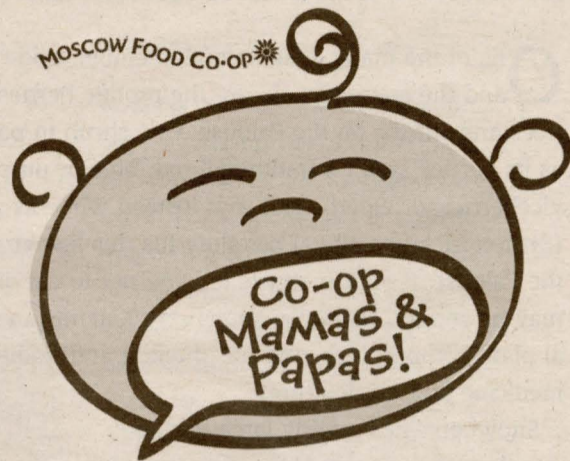


Depending on the week, the kids might paint, cook, plant seeds, or play while parents and caregivers kick back and visit. We meet weekly and all activities are free. When meeting at Friendship Square in downtown Moscow, a healthy snack is provided by the Co-op.

September Mamas and Papas

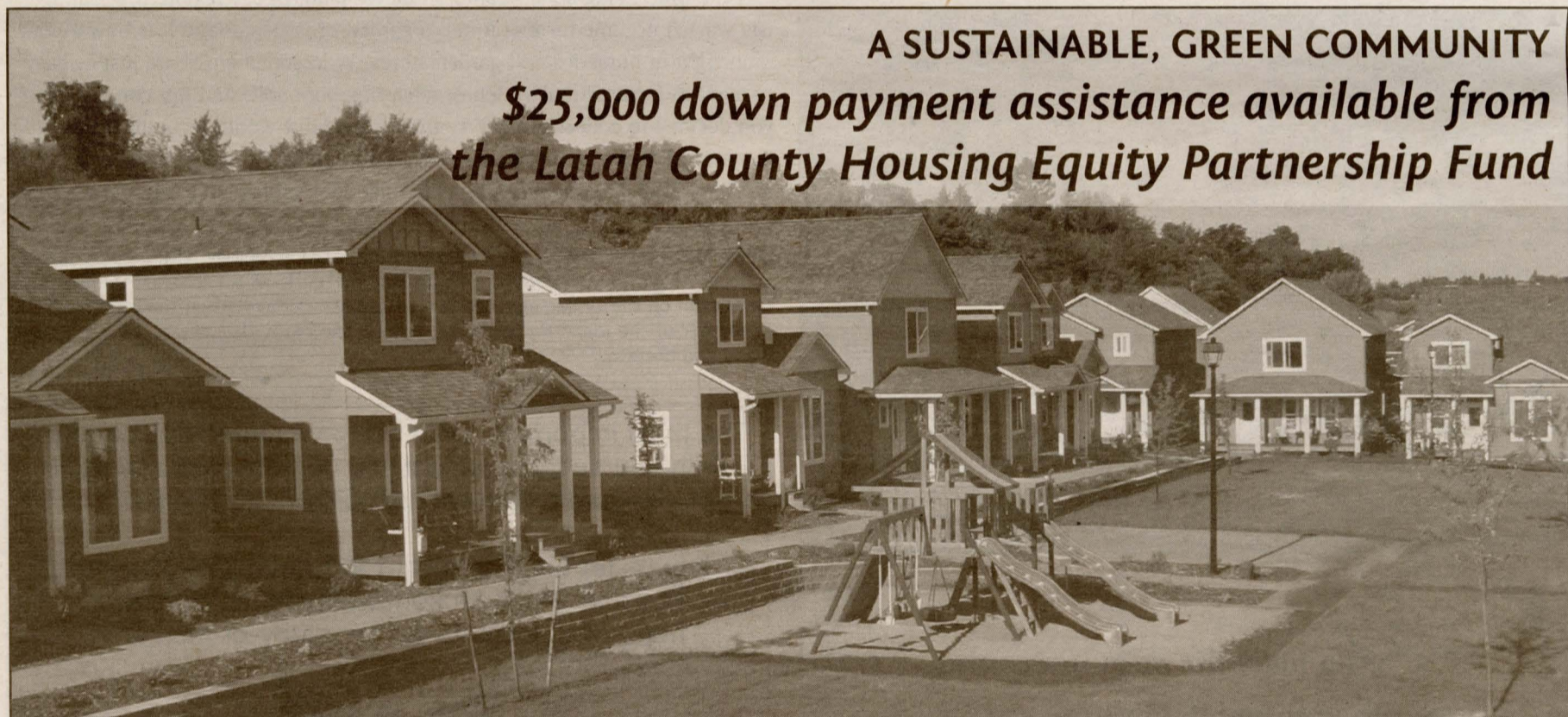
By Summer Baugh,
Co-op Volunteer Writer

Summer has really flown by, hasn't she? While trying to organize a month of Wednesdays for the Mamas and Papas group, I realized I'm a day late (with this letter) and a dollar short (I literally ran out of gas on my way into town). In other words, I am highly disorganized. My kids are starting school soon, I'm starting a new job, my house is a mess, I keep forgetting to buy cat food and dinner sometimes, but I manage to squeeze in my sacred shower every morning. I'm just going to take a wild guess and assume I'm not the only one suffering from this disorder. So to save myself and others like me, I would like the month of September to be dedicated to getting organized and centered as a Mom, so I (we) can take care of our families and cats. Plan: professional organizer (for obvious reasons), psychologist (I'm serious),



yoga (I prefer riding horses), and free gifts (because you're worth it!). You are most warmly invited to join us every Wednesday 9:30 a.m.-11-ish for a free beverage from the Co-op baristas and to experience moms and dads just like you and me, but different. If you haven't already, be sure to get signed up on our e-mail list (babies@moscowfood.coop) so we can let you know what we've got planned (theoretically). I ran out of gas two times.

Summer Baugh, mother of three, birth doula (and more!)



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10/10/10 Global Work Party on Climate Change

By Ron Hatley, Community Volunteer

You have just survived the hottest August on record on our planet. Last year and each month this year have been the hottest ever. Record heat and wildfires in the other Moscow, record floods in Pakistan, etc. And the record spring rain on the Palouse was just one of the "extreme precipitation events" that have increased by 36% in the past decade. Climate Change is not just speeding up, it's already happened!

Probably all of us in the Co-op family have been thinking we best do something about this. Okay, so what have you done? *Probably not enough.*

Bill McKibben and his student friends in 350.org have invited us to a Global Work Party on 10/10/10. What will you be doing? *Hey, it's a chance to do more!*

So what to do? I thought what better place to find guidance than McKibben's latest book, *Eaarth*:

Making a Life on a Tough New Planet. But after rereading it, I'm still confused; so that's why I'm asking you to give your ideas and experiences to improve our ways, here in our place. Please e-mail your ideas of what we can do this 10/10/10 to ronniehatley@yahoo.com by the

Hey, it's a chance to do more!

12th of September so we can read them in the next Community News.

Eaarth does give us some clues. First it makes it clear that Climate-Change-Has-Already-Happened. Hence the title, *Eaarth*, not the same old Earth we knew. I had not appreciated this before. It's not just that we have to *stop* what we've been doing wrong, but also we have to adapt to the Eaarth we've mutated. Assuming that we humans are going to stick around, we are going to have to know and admit and quit what we're doing wrong, and

to learn what will be necessary to make our new lives.

Since the publication of *Limits to Growth* in 1972, we have known that growth is cancerous to Gaia. We know that our carbon and nuclear energy pandemics are majorly responsible for the global

warming, oil war and WMD (atomic bomb) disasters that will continue to wreck our planet.

Backing off from cars and wars — a third plus a half! of our "economy" — is a dauntingly massive project. The scale of our "sunk costs" or "investment" in carbon addiction guarantees turbulent, maybe unsurvivable, climate change. And we're not just talking about stopping the carbon corporations and their paid politicians; I'm still driving my clunker SUV, McKibben is still flying around the

world. All of us rich oil addicts, or at least our destructive habits, must go for our planet to survive.

Without question, any new Eaarth will require new behavior, too. Schumacher's *Small is Beautiful: Economics As If People Mattered* (1973) is McKibben's primary source for adapting to the future we are making. Nurturing community life and local-scale economy that enable cooperation and social responsibility, growing our food sustainably, and utilizing appropriate technologies, including the Internet and solar panels, are still what help us most. We can build on what we are learning together in the Co-op in preparing a happier future.

However pessimistic we may become in thinking about such disasters as climate change, we can be optimistic about what we can do about it. Any ideas?

Plastic Recycling

By Andy Boyd, Co-op Volunteer Writer

Have you noticed how hard it is to avoid using products in plastic containers or plastic packaging? This is due to the fact that plastic costs less than other containers; is light-weight, making it cheaper to transport; doesn't break; comes in an endless variety of textures and shapes; and can hold almost anything, making it attractive to manufacturers and packagers.

Almost all plastic products have a resin code, a small number enclosed by the "chasing arrows" triangle indicating the general type of chemical compound used to make the product. These codes were adopted by the Society of the Plastics Industry (SPI) in 1988 to provide an industry-wide standard that would make it easier to identify and sort recyclable plastics. That being said, the SPI states on its web site, "The code was not intended to be, nor was it ever promoted as, a guarantee to consumers that a given item bearing the code will be accepted for recycling in their community".

To make matters worse, plastics containing the same resin code cannot always be recycled together. Although there are only seven resin codes, there are actually thousands of different types of plastic due to dyes and additives that are mixed with the basic resin to produce a desired color, shape and texture in

the final product. These variations lead to different melting points and other properties within the same resin code. Therefore, plastic must be carefully sorted by type to be made into another product. Improper sorting of different types of plastic can render it useless for manufacturing without further costly sorting.

Unfortunately, plastic is the most difficult commodity to recycle when compared with other recyclables like glass, metals or fiber (paper). In addition, plastic resin has limited value as a commodity because its quality degrades every time it's reheated. Consequently, most plastic can only be reprocessed once before it ends up in a landfill or incineration. Hence, a more accurate term for plastic "recycling" would be "downcycling". Commodities like metal and glass, theoretically, can be recycled infinitely. For that reason it's best to avoid buying plastics whenever possible.

But because it is so hard to avoid plastic, and it is still better to recy-

cle the plastics we encounter than landfilling them, what opportunities do exist on the Palouse for plastic recycling?

Almost all plastic products have a resin code... These codes ... provide an industry-wide standard that ... make it easier to identify and sort recyclable plastics.

Whitman County:

Pullman Disposal's Recycling Center (135 NW Harold Dr. 509-334-1914) accepts:

- #1 Plastic bottles (mainly pop and water bottles, having screw top lids)
- #2 Plastic Jugs (mainly cloudy milk jugs and water jugs)
- Colored #2 plastic containers (juice, bleach and fabric softener containers, etc.)

There are also recycling facilities in the cities of Albion, Colfax, Colton/Uniontown, Rosalia, Oakesdale and the

Whitman County Transfer Station. These sites only accept

- #1 Plastic bottles (mainly pop and water bottles, having screw top lids)
- #2 Plastic Jugs (mainly cloudy milk jugs and water jugs)

Latah County:

Moscow Recycling (401 N. Jackson Ave. 208-882-0590) has 3 categories of plastics including:

- #1 Bottles and Jars that you can see through, have a screw top lid including water bottles, pop bottles, mayo jars, etc.
- #2 cloudy/translucent plastic bottles with screw top lid including

Continued on page 28



Most Colorful Little Shop Downtown!

Behind Mikeys Gyros,

527 S. Main

Monday-Sat 11:00-5:30

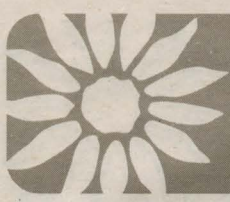
***Don't forget - co-op members**

get 10% off!

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Visit our newly updated website with over 150 different tie-dyed items:

www.tyedye-everything.com



Plastic Recycling, continued from page 27

most milk jugs and water jugs. The final category is Mixed Plastics. All other numbered plastics go in this bin, even if it has a #1 or #2 on it. The key to this category is to follow the following rules:

- Other #1 containers (clamshells)
- Other #2 containers (Bleach, Tide, etc.)
- #3-#7 containers
- All cups and tubs, no storage tubs

Although these plastics are mixed together, they get chipped up and optically sorted at the mill. This category of plastic has no commodity value due to sorting costs and less demand for these resin codes.

Plastic shopping bags are accepted for recycling at most area grocery stores.

Latah County also offers plastic recycling in the towns of Deary, Kendrick, Juliaetta, Genesee and Potlatch. In these towns there are recycling boxes where the following plastics are accepted:

Plastic containers must be larger than 6 oz. and have a resin number such as jugs (milk, detergent, juice, etc.), jars (peanut butter, etc.), bottles (water, soda, shampoo, etc.) and dairy tubs (margarine, yogurt,

cottage cheese, etc.) Finally, at each of these drop off areas, please be sure to drain and rinse containers before recycling them. If containers have no number on them they must go in the trash. NO lids, plastic bags or film, hazardous waste containers (pesticides, oil, etc.), styrofoam, banding straps or any packaging plastics.

Plastic shopping bags are accepted for recycling at most area grocery stores.

If you have any questions please call Andy at Moscow Recycling (208) 882-0590.

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

Sources:

- <http://www.plasticsindustry.org/>
- http://www.eurekarecycling.org/PDFS/Recycling_Plastic_Complications.pdf

Lightening Up: New Beginnings & Fresh Starts

By Jeanne Leffingwell, Co-op Volunteer Writer

Packing... travelling... unpacking... Waking up back home... or in a new home... Starting a new semester... a new project... Or simply a new day...

These are usually occasions to be upbeat and optimistic. Unless you are depressed, as I realized I was recently, in what is historically my "favorite" time of the year.

Things started innocently enough. I'd been planning to reorganize and clean out the cupboard in which I keep miscellaneous personal and travel items, along with bathroom gear overflow. But it was after I returned from a very nice train trip I took with my daughter back in July that I left



those first items, including my cosmetic bag and a little pile of notes, out on my bedside table. Soon enough, they became buried beneath remnants of another, shorter trip... then daily life. I still can't say why it got so out of hand, but I know it started when I broke the cardinal rule: If it takes less than 30 seconds to put something away, then PUT IT AWAY! You'd think I'd learn.

Almost two months later, it dawned on me. Was this increasingly discouraging site the first thing I should lay eyes on in the morning? For a visual person, this was way worse than a mess behind a closet door. The pile wasn't so monumental (as my piles and projects can go), but for some reason I was really averse to tackling it. I reminded myself of our kids when they were younger, and could spend 10 times as long arguing about washing the dishes than it would take to just do them.

Anyway, I finally gave up trying to second-guess myself and decided to test a personal hypothesis: That I could trick myself into doing anything for up to two hours. No matter how awful the task, I figured I could set the

Co-op Crossword Puzzle

by Craig Joyner, Co-op newsletter volunteer

ACROSS

- last month's profiled volunteer
- ramble
- First Lady of Song _____ Fitzgerald
- last month's profiled person for alternative transportation, _____ Foltz
- KRFP or KUOI
- Wall Street cops
- not new
- Potlatch park
- last month's profiled Tuesday Grower's Market member, Palouse Prairie _____
- metric liquid measurement
- New Deal agency that provided electricity to rural America, abbreviation
- net neutrality advocate and congress member, Eric _____
- drains
- espresso and steamed milk
- for fans of footnotes
- Linux or Windows
- spider's domain
- Spanish the _____

37. ___ choy

39. decides

42. last month's profiled employee

DOWN

- .6213 miles
- Art at the Co-op artist _____ Haselhuhn
- two or more eras
- cynical
- SOFI award winner for outstanding confection _____ Edwards
- last month's profiled local producer, Clearwater Canyon _____
- 1000 liters
- Legolas or Drizzt
- mutton and young sheep
- monarch's dominion
- Utah's capital, abbreviated
- derived from
- Rice _____
- sweet syrup
- he who carries baseball gear
- Montgomery is this state's capital, abbreviated
- cut

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42										

- farewell to MFC manger, 1st name, 2nd is 29 across
- fusillade
- see 26 across
- tempeh ingredient
- deep sleep
- musician ___ lang

- professor's subordinate, abbreviated
- Spanish yes

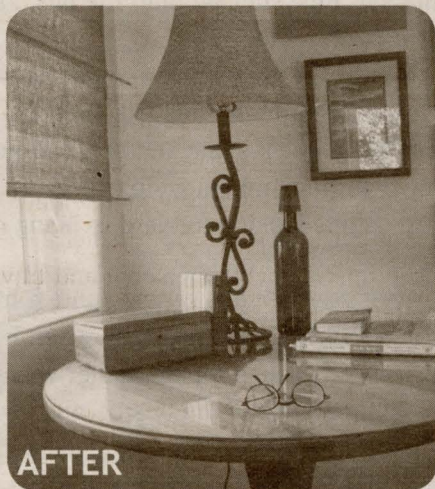
The past, present, and future all happen simultaneously. Ride the holographic whirlwind!



timer on my watch for one hour and go at it. Then after a 5- or 10-minute break, I could probably do that a second time. It shouldn't kill me. Especially if there was a Co-op molasses cookie or Oatie waiting for me at the end.

So after setting my timer, as the pictures will attest, I offloaded the table to the bedroom floor, along with the rest of the contents of my "travel & personals" cupboard. Next, I sat on a stool and sorted everything by where it should go: Trash (outdated meds, ointments) soaps, cosmetics (not a big space-taker for me) travel "essentials" (to re-pack in clear travel bag, ready to go) and travel "optionals" (seasonal items, earplugs, etc.) to check before heading off. There were many items that belonged somewhere else on the premises, a basket of stuff to ask the rest of the family about before I disposed of its contents, and a couple weird things that stay in the cupboard just because. (Coin rolling tubes? Well, it makes sense to me.)

Sure enough, after 60 minutes, the



AFTER

footprint of the project was grossly larger. But as I got up for my break, I took the trash with me, as well as a big basket of "elsewhere" stuff, which I actually put away.

Now I must confess that my 10-minute break stretched to several hours. I forget why; something distracted me. But when I got back to it that evening, I realized the worst was over. Now it was just a matter

of arranging what was left out on the floor back into the cupboard (after the purge, there was plenty of room) and deciding what to leave out on the table. I spent a good half hour on that. Let's see ... a lamp, my ostrich egg? Journal ... maybe not much else. The table's too pretty.



DURING

I distinctly remember NOT waking up depressed the next morning. And I've managed to "guard and protect" my morning view for several weeks now. I know it makes a huge difference to me. Well worth two hours!

Jeanne Leffingwell, a local artist and teacher, has decided the larger lesson here is to allow more "recovery" time at the end of a trip or project. She also plans to integrate more "2-hour triumphs" into the saga of her stuff and how she is getting rid of it.

The Sustainability Review – Energy Efficiency Kit

By Mike Forbes, Co-op Volunteer Writer

A slight detour from the previous month but that's to be expected from me at this point. Last month our library was fortunate to be the recipient of 5 energy efficiency kits available for checkout. This donation was provided by the Idaho Commission for Libraries through a grant from Avista Utilities. I'm going to go through what these kits are, why you should check one out, and how to use it in your quest for a more efficient electrical future.

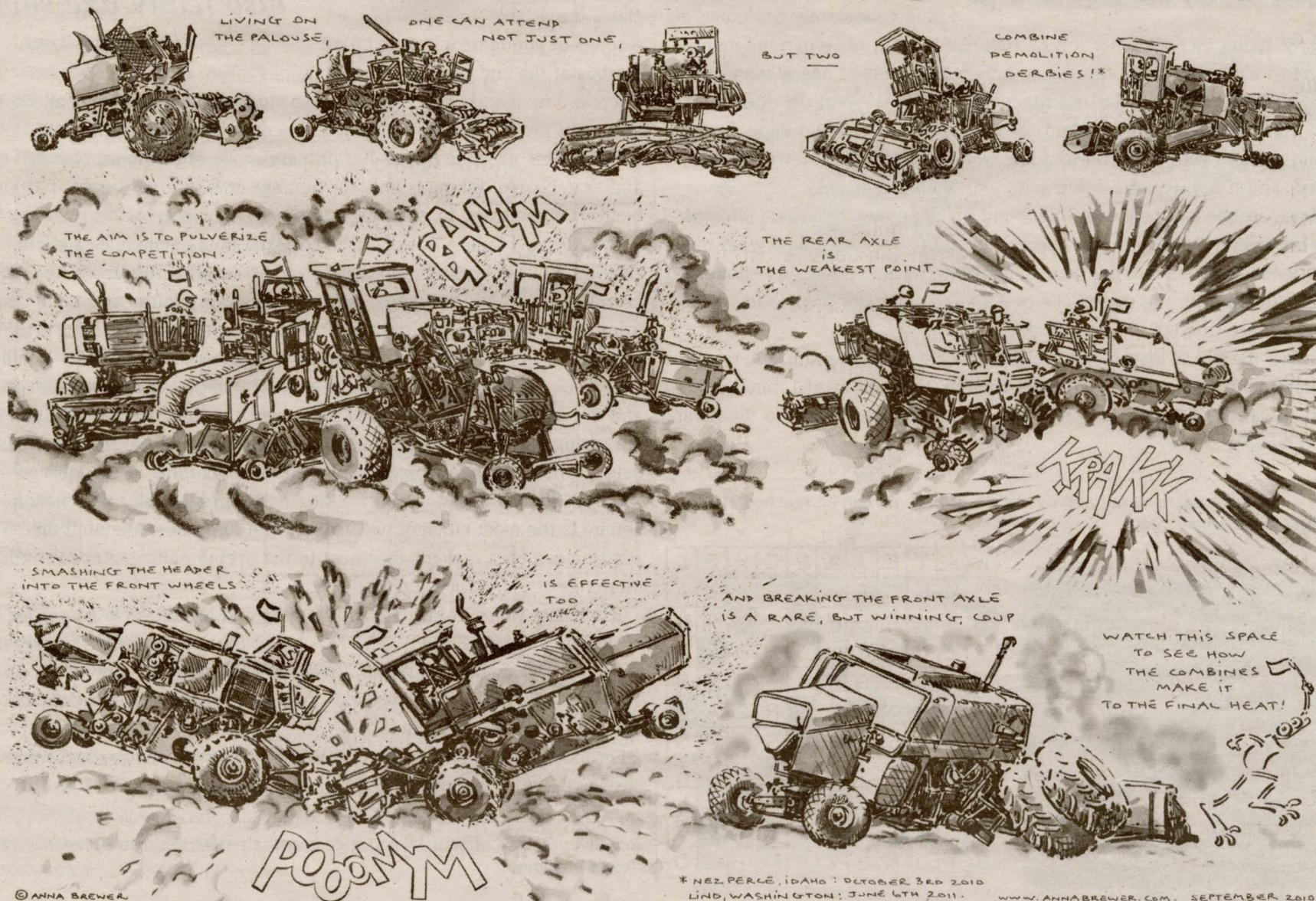
The kit comes in a green pouch and includes an item I've written about over the past several years, the Kill A Watt meter. A small pamphlet is included that explains how to use it as well.

Until about 5 years ago, there was no affordable way the normal person to measure their appliances' energy consumption. I remember my first meter cost several hundred dollars and prior to that I had a homemade system that didn't work very well. The Kill

Until about 5 years ago, there was no affordable way the normal person to measure their appliances' energy consumption

Continued on page 30

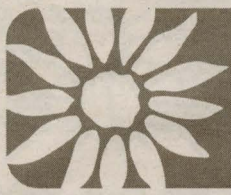
PALOUSE REPORT: Combine Combat 1



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* NEZ PERCE, IDAHO: OCTOBER 3RD 2010
LIND, WASHINGTON: JUNE 6TH 2011.

WWW.ANNABREWER.COM. SEPTEMBER 2010



The Sustainability Review, continued from page 29

A Watt meter really brought home energy metering to the masses and did it well.

The meter allows you to plug an appliance into it and see in real-time the watts, voltage, amps, kilowatt-hours (kWh), power factor and hertz. All this is accessible through simple push buttons.

The best feature to this meter is that it measures cumulative energy use. Difficulties arise when you want to put daily, weekly, monthly or longer estimates of energy use during that time. You are surely not going to start a stopwatch and plug your multimeter in every time you turn the light on and log this information. The Kill A Watt meter does this for you by logging total energy that has gone through the meter since it was last reset.

So, you can plug your light in to the meter, turn it on and off until your heart is content and it will diligently record each an every kWh that passes through. This is very beneficial for appliances that have no easy way of guessing how often they turn on, such as a refrigerator or freezer. If you want to get an idea of how much energy your appliances are using leave it plugged in for a week and record the kWh usage at the end of the week. Multiply this by 52 and this will estimate your yearly energy use for that appliance. The longer you leave it plugged in the better since there are inevitable variations in energy use affected by things such as seasons and vacations.

What else can you do with this meter? Find phantom loads. Remember those persnickety little buggers? These loads are the energy that your appliances use when they are supposed to be "off". Many appliances keep circuits warm, clocks on time, or just were built by wasteful, lazy designers.



The meter allows you to plug an appliance into it and see in real-time the watts, voltage, amps, kilowatt-hours (kWh), power factor and hertz. All this is accessible through simple push buttons.

The way to check these is to plug your stereo, computer, etc

into the meter and see what sort of watt reading you see when the item is off. Most likely you'll see something from a few watts to nearly what the appliance uses when it's on and functioning. That is a real eye opener to turn the appliance on and off and see the change. You would hope that it would go from zero when off to a low wattage when on. You will be surprised, and if not, you are doing good with your purchases.

Those are the two best uses I've found for the meter. I had one plugged into my freezer for over a year and have a pretty good idea now what my energy consumption is. Phantom loads can be tracked down and eliminated pretty quickly with the meter. The best way to eliminate them is to switch the appliance through a power strip.

Having the Kill A Watt meter available for checkout is a fantastic resource for our community. I've recommended purchasing and loaned mine for years to various people and now it will be nice to steer people in the libraries' direction.

Mike is looking forward to fall and the return of rain. He can be reached at biodieselmike@gmail.com

Co-op news and information is always available on the web:
www.moscowfood.coop
 on Facebook:
 "Moscow Food Coop"
 and our blog:
moscowfoodcoop.blogspot.com

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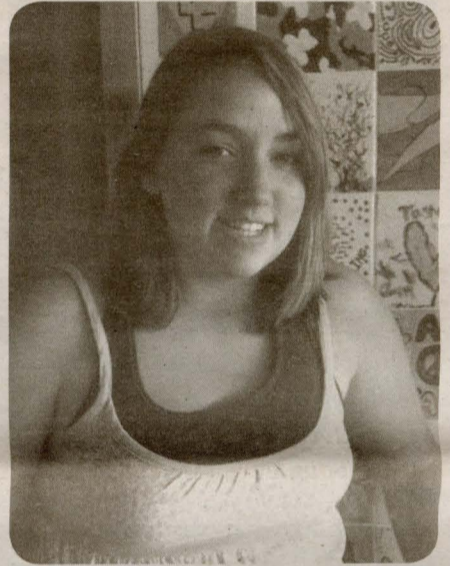
Bree McClaine: Getting Around by Bus

By John Dunn, Co-op Volunteer Writer

I recently met Bree McClaine on Valley Transit's Saturday morning Moscow Farmers' Market route. It was a brilliant mid-summer Saturday morning, and my son and I were riding the transit around town on the way to the market. Bree stepped onto the bus, skateboard in tow, and sat down in the seat opposite us.

Bree is a young woman intent on beginning her freshman year at the University of Idaho this fall. Bree is a native Moscovan. She is a bit shy, but has a quick smile and sense of humor. Her plans include studying creative writing and enjoying college life. She is following two sisters to college and is looking forward to being on campus as the focus of her daily routine.

Bree used the bus service quite a bit while in high school, but only began using Valley Transit regularly when her Jeep broke down early this summer. Even though repairs to her vehicle are nearly complete, she intends to continue to use the bus because she has discovered the convenience of Valley Transit's services and the cost savings associated with transit use. She says, "I really don't want to deal with the parking situation on campus, and the bus is really a lot more convenient for me." As for her continuing use of the transit, Bree says with a bit of a laugh, "I like not using gas, and I like helping to keep our air clean. I also really like saving money!" Words of wisdom often are spoken in times of necessity.



"I like not using gas, and I like helping to keep our air clean. I also really like saving money!"

Transit use is not just a way to save money or to simply get around town more easily. According to Bree, it can also have entertainment value. She enjoys the demeanor of the drivers, as they always have something to say or a story to tell. She also appreciates the drivers' tolerance of the throngs of young people who board the bus at the end of each school day.

There are frequently groups of 20 or so students who can be, shall we say, loud, and the bus drivers all seem to tolerate this surprisingly well.

While Bree uses the bus as her primary mode of transport, she also bikes and skateboards. Biking is only for fun, she says, but sometimes her longboard is a good way to get somewhere.

The Moscow Valley Transit Deviated Fixed Route Schedule caters to the Farmers' Market visitors though riders use it to get across town, to and from the mall, and to campus. However, this is a pilot program and runs from 8 a.m. with the last run from the market at noon from June 5 to October 30 this year. For those familiar with the standard weekly schedule, check the condensed bus stops along the narrower east - west corridor and the different departure times. Informing the driver of the stop you plan on getting off when boarding is protocol. If traveling from the Fort Russell neighborhood to the Farmers' Market, then deboarding at the Moscow Family Medicine bus stop and walking north on Main St. to Friendship Square is the most efficient way to avoid touring out to the mall first. This addition can be a real enhancement to the overall enjoyment of Saturday mornings at the market. Enjoy the ride.

To contact Valley Transit's Moscow operation for dispatch and/or for reservations, please call (208) 883-7747. Valley Transit also offers weekly bus service to Deary, Bovill, and Elk River on their "State 8" route. This service is offered on Wednesdays and the departure / arrival schedule can be obtained from their website.

For more general information on Valley Transit's schedules and routes, please visit their website at: <http://www.r2transit.com>

John lives outside of Moscow and spends as little time in single occupancy vehicles as possible.



New at the Library

By Chris Sokol, Co-op Volunteer Writer

Books had spoilt him; they had curdled his brain, like cream left out on a summer's afternoon, or eggs overbeaten with butter.

—Ian Sansom, *The Case of the Missing Books*

Fiction

Lean on Pete by Willy Vlautin. Fifteen-year-old Charley is tired of leading a transient life as the son of a single father working in warehouses across the Pacific Northwest, so in desperation he heads east to find stability with an aunt in Wyoming.

Marrowbone Marble Company by Glenn Taylor. Returning to his job in a West Virginia glass factory after WWII service in the Pacific, Loyal Ledford embarks on a transformative journey through the racial and class upheavals of the 50s and 60s.

Moving Pictures by Kathryn and Stuart Immonen. In this graphic novel set in WWII-occupied France, an art curator becomes involved in the French versus German attempts to catalog the great treasures of French art museums.

Work Song by Ivan Doig. In 1919 Butte, Montana is enjoying its copper-mining heyday and itinerant schoolteacher Morrie Morgan arrives to make his fortune but instead becomes involved in a violent union uprising.

Nonfiction

Awkward Family Photos by Mike Bender and Doug Chernack. Don't laugh too much—you're probably in here somewhere.

The Cow in the Parking Lot: a Zen Approach to Overcoming Anger by Leonard Scheff and Susan Edmiston. An interactive book that draws on simple Buddhist principles to help readers replace anger with contentment.

Empire of the Summer Moon: Quanah Parker and the Rise and Fall of the Comanches, the Most Powerful Indian Tribe in American History by S.C. Gwynne. A vivid account of the forty-year battle between Comanche Indians and white settlers for control of the West.

The Fishes & Dishes Cookbook by Kiyo Marsh, Tomi Marsh, and Laura Cooper. Seafood recipes and "salty stories" from a few of Alaska's commercial fisherwomen.

Insectopedia by Hugh Raffles. A scientific, historical, anthropological, and philosophical exploration of our inescapable connection to this highly accomplished species.

Islamic Mystical Poetry: Sufi Verse from the Early Mystics to Rumi ed. by Mahmood Jamal. A new translation of poems written from the ninth to the twentieth century, reflecting both private devotional love and the attempt to attain union with God.

Last Call: the Rise and Fall of Prohibition by Daniel Okrent. A new history of America's most puzzling era, from 1920 to 1933, when the Constitution was amended to prohibit alcohol consumption.

My Queer War by James Lord. A timid Army enlistee matures during his service in WWII, coming to terms with his sexual orientation while witnessing the ravages of war in Europe.

Young Nelsons: Boy Sailors During the Napoleonic Wars by D.A.B. Ronald. Stories of young boys in the Royal Navy, some as young as eight years old, fighting the French while garnering glory and adventure.

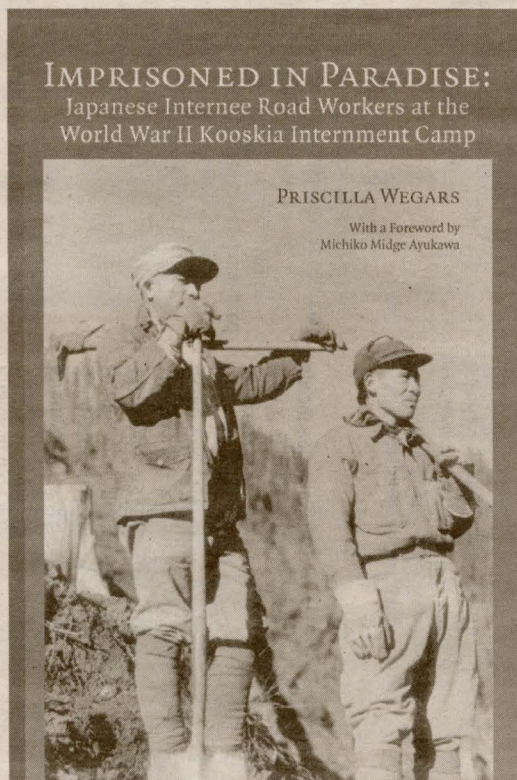
Regional Interest

A Dog for All Seasons by Patti Sherlock. In this "love letter to the working dog", Sherlock recounts how her relationship with her beloved Border collie helped her through the vicissitudes of living on an Idaho sheep ranch.

Early Songs of Southern Idaho and the Emigration Trails: an Interpretive Book and CD of Seventeen Historically Significant Songs Performed by Idaho Musicians produced by P. Gary Eller and John M. Larsen. Text and historical photos supplement lyrics and simple scores.

High Tone Music of Idaho performed by Professor Rogers and the Banjo Man from Pickles Butte. An interpretive booklet accompanies this CD of 15 Idaho-themed songs from sheet music of 1864 ("Idaho Waltz") to 1918 ("I Want to See My Ida Hoe in Ida-Ho").

Imprisoned in Paradise: Japanese Internee Road Workers at the World War II Kooskia Internment Camp by Priscilla Wegars. The



Moscow-based scholar of the history of Chinese immigrants in Idaho documents the story of this almost forgotten detention facility on the Lochsa River through archival photographs and her own research.

Memory Wall: Stories by Anthony Doerr. A new collection of stories set on four continents, by the award-

winning Boise author and Idaho's Writer-in-Residence.

The Nez Perces in the Indian Territory: Nimiipuu Survival by J. Diane Pearson. The story of the captivity and deportation from the Northwest of the Nez Perce tribe.

So Runs the World Away by Josh Ritter. More music from Idaho, via

New York City, where Moscow-raised Ritter now lives; his newest release.

DVD

Little Dieter Needs to Fly (Germany, 1997) Werner Herzog's documentary about Dieter Dengler, who immigrated to the U.S., determined to become a pilot, only to be shot down over Laos in 1966 and miraculously rescued.

Mine (U.S., 2009) A documentary about the bond between humans and animals told against the backdrop of the Hurricane Katrina disaster.

Shutter Island (U.S., 2010) It's 1954 and U.S. Marshall Teddy Daniels travels to the asylum for the criminally insane on Shutter Island to investigate a patient's escape, but events soon take a sinister turn and Teddy begins to doubt his own sanity.

The Yes Men Fix the World (U.S., 2009) The Yes Men pose as executives of large companies and execute pranks and lies in their effort to raise political and corporate consciousness.

Chris Sokol spoils many willing brains by selecting books and other materials for the adult collection of the Latah County Library District. www.latahlibrary.org

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Bulletin

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Co-op Events
Store early closure
Sunday Oct 3
 The Co-op will be closing at 6pm for an all-store staff meeting.

Board of Directors meeting
Tuesday Sept 14, 6pm
 Held in the Fiske Room at the 1912 Center. For public comments, the Member Forum will begin at exactly 6:05pm and end at exactly 6:15pm.

Co-op Semi-Annual Owner Meeting
Sunday Sept 26, 5pm
 At the 1912 Center in Moscow.

Essential Cookery Classes
Wednesday Sept 29, 5:30—7pm
 Let's Bento! Bento Boxes for Lunchtime or Anytime. At the Arts Workshop at the 1912 Center. Fee: \$24

Co-op Kids - Meet Tuesdays at 9am
Sept 7: Apple Prints in the Co-op Cafe
Sept 14: Breakfast Salad in the Co-op Cafe
Sept 21: Play at Friendship Square
Sept 28: Snack Making for Kids in the Co-op Cafe
Oct 5: Polka Dot Rice
 Contact Rebekka Boysen-Taylor at amamaswork@yahoo.com

Art at the Co-op
Friday Sept 10, 5:30—7pm
 Opening reception for artist and photographer Donal Wilkinson. The show runs through Oct 6.

Music and Grower's Market
Tuesdays from 5—6:30pm
 (Market runs from 4:30 - 6:30pm)
Sept 7: Daniel Mark Faller, Lewiston, Idaho, contemporary country
Sept 14: Natalie Rose, Moscow, Idaho, soulful jazz, soul, and blues
Sept 21: Timewarp, Moscow, Idaho, rock and country favorites from the 80's and 90's
Sept 28: David Roon, Moscow, Idaho, acoustic folk and Americana

Tuesday Growers Market
Sept 7 & Oct 5
 Use your SNAP (Food Stamp) Benefits and receive an additional \$5 Shop the Market token FREE!

Events at a Glance
Sept 7—Mamas and Papas Group—meet in the Co-op
Sept 14—Art at the Co-op—Donal Mark Wilkinson
Sept 21—Mamas and Papas Group
Sept 28—Co-op Kids—opening reception
Sept 14—Co-op Kids—meet in the Co-op
Sept 14—Board of Directors Meeting
Sept 14—Music—Natalie Rose
Sept 15—Co-op Mamas and Papas Group
Sept 16—Good Film Series—Kenworthy
Sept 20—Good Food Book Club
Sept 21—Co-op Kids—meet Friendship Square
Sept 21—Music—Timewarp
Sept 22—Co-op Mamas and Papas Group
Sept 28—Co-op Kids—meet in the Co-op
Sept 28—Music—David Roon
Sept 29—Essential Classes—Cookery
Oct 3—2nd Annual Co-op Coop Cruise
Oct 5—Co-op Kids—meet in the Co-op

Co-op Mamas and Papas Group
Wednesdays 9:30—11am
 Meet in the Co-op Deli
 In September meet for conversation and informal talks by experienced parents and experts about how to get organized and center as a mom. Complementary beverages will be provided. Those interested in receiving notifications about speakers and special coupons can sign up for our email list by sending a message to babies@moscowfood.coop.

Co-op's Good Food Book Club
Monday Sept 20, 7—8:30pm
 Radical Homemakers by Shannon Hayes
 Come join us for a great book discussion. Location: Private residence. Email bookclub@moscowfood.coop for directions. Free.

Good Film Series
Monday Sept 20, 7—8:30pm
 Radical Homemakers by Chris Taylor
 Private residence. Free and \$4 for Co-op

Co-op Coop Cruise
Sunday Sept 26, 10am—12pm
 Visiting other co-ops in Moscow. The Co-op Chicken Keepers, or their co-ops to Co-op self-guided tour is required. Register by coopfood.coop or call 883-7153.

Moscow Food Co-op
 121 East Fifth
 Moscow ID 83843

Community Events
Medicare Education Seminar
Wednesday Sept 9, 10am—1pm
 Free seminar at Gritman Memorial Hospital. Come to ask your Medicare questions! Please call to register as space will be limited.
 Karen Richel: 883-7153

Poetry Exhibit in the Corrier Museum, WSU
Wednesday Sept 9, 7pm
 Opening poetry reading and reception at the Museum of Natural History, Abelson Room. Through Nov 21.

Art Wellbeing Events:
Sept 9/14, 7 - 8am
Sept 9/12, 7 - 8 am
 Pullman
 e Park
 & 9/16, 7 - 8am
 9/12 from 8 - 9am
 Pullman When:
 - Get your Kids Cookin'
 11, 4 - 7pm
 tWellbeing.org or Tessa Graham
 g@gmail.com. 510-501-2618

Artisan Barn Events
www.artisanbarn.org or call 509-229-3414
Thursday Sept 2—Sunday 26: Gloria Teats' work on display, with 35+ new oil paintings
Sunday Sept 5, 11am—4pm: 4th Annual Harvest Festival
Saturday, Sept 11, 10am—Noon: Canvas staining class. \$45 includes some materials.
Sat/ Sun Sept 18/ 19, 9am—5pm: Sam Collett will teach figure drawing workshop.
Fri/ Sat Sept 24/ 25: Basketweaving classes with founder of Fishsticks Basketry School.
Saturday, Sept 25, 7:30pm: Hog Heaven Big Band plays swing tunes from the 20s to the 40s. \$8 couples, \$5 singles, children under 12 free.

Vigil for Peace
Moscow: Fridays 5.30—6.30pm
 Ongoing since November 2001. Meet in Friendship Square. Resources, encouragement, and opportunities for action.
 Dean or Gretchen Stewart
 882-7067, sperrine@potlatch.com

Pullman: 1st Fri of month, 12.15—12.45pm
 Under the clock by the Public Library.
 334-4688, nancycw@pullman.com

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

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