

# Community News

**FREE!**  
PLEASE TAKE ONE!

The monthly newsletter of the Moscow Food Co-op • April 2011



## Bag It! Raffle

by Jessica DeHart, Co-op product promotions and education coordinator, [demo@moscowfood.coop](mailto:demo@moscowfood.coop)

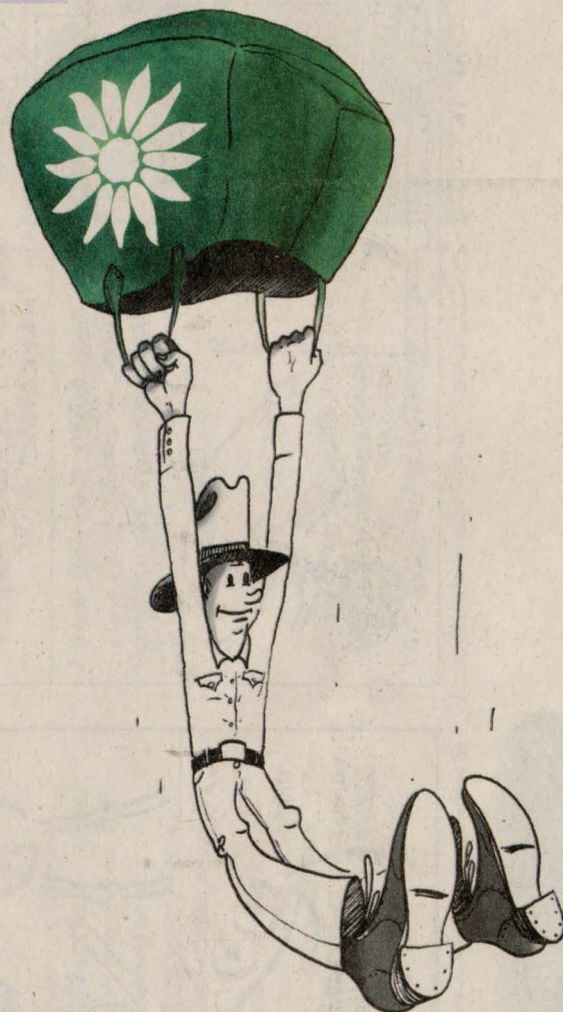
There is a theory that it takes 21 days or three weeks to break or make a new habit. Beginning today, from the moment you finish reading this article, I ask you to break your lazy bag habit.

Earth Day is April 22 which gives you a three-week window to get used to bringing your own bag. While you're at it, why not toss in a reusable mug and establish a system for refilling all of your bulk products with reusable bags or containers?

This month, every time you use a reusable bag, mug, or bulk container at the Moscow Food Co-op, Yarn Underground, the Storm Cellar, or Paradise Creek Bicycles, you will be rewarded with a raffle ticket per each reusable item. If you aren't handed tickets automatically then make sure to ask. Of course, the raffle prizes (see the list in a separate article inside this issue) are worth all the effort and adjustments we are asking of you.

If you are old enough to spend money and bring your own reusable item, then you are old enough to participate in the raffle! Drop off your raffle ticket at the Co-op, and check out the ever-changing and growing display of raffle items at the demo counter throughout April.

There will be drawings throughout the month of April, with the final big-ticket drawings happening the first week in May. See the article on page 4 of this newsletter for ideas on reusable containers and the complete list of raffle swag that will be given away in the Bag It! campaign.



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

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# Community News



The monthly newsletter of the Moscow Food Co-op • April 2011



## Taste of the Palouse

by Joan McDougall, Grocery Manager, [grocerymgr@moscowfood.coop](mailto:grocerymgr@moscowfood.coop)

Having just completed the fourth annual Taste of the Palouse event, we all agree that it appears to keep getting better and better every year. It's a real highlight for us to have so many local vendors in the Co-op at the same time. They are wonderful to work with, and it appears that customers, vendors, and staff all had a good time sampling and learning more about our local food products. Thanks to everyone who participated in and contributed to the festive atmosphere in the store on both Saturday February 26 and March 5.

It wouldn't be Taste of the Palouse without Virginia bringing us her famous salsa and making the best tortillas on the planet right before our eyes. Both her sister and daughter traveled to Moscow to help her with this event. Another Moscow vendor, Amy of Amy E's Bakery, sampled her award-winning Almond Toffee and her new candy bars that are so satisfying. She is working on vegan Pecan Toffee to be released soon.

Little Bear Dairy in Troy came both weekends to sample the raw milk they produce. They are so industrious, changing out the milk nearly every other day to keep it fresh. Doma Coffee came down from Coeur d'Alene this year and Landgrove Coffee in Troy was here too. Craven's Coffee put their coffee on sale for the entire month of March.

We also sampled yak meat, duck eggs, and farrow salad. Ranch Hand barbeque sauce in Uniontown paired with Pure Country Pork from Ephrata, Washington, for a delicious treat. All the vendors here were cooking up some great food.

Along with Bronzestone hummus, Columbia Gorge juice, local



From top:  
Tim and Amy Wincentsen (left and 2nd from left) of Little Bear Dairy; Co-op Deli and Amy E's Bakery; Wawawai Canyon Winery; Jack Porter, Steve & Tammy Didier



wineries and artisan bread bakers, local producers were here to meet you and create a dynamic event.

If you didn't make it down this year, and even if you did, mark your calendar for the last Saturday of February and first Saturday of March in 2012 for

next year's even bigger and better Taste of the Palouse.



**The next Board of Directors meeting is Tuesday, April 12 at 6 p.m. in the Fiske Room at the 1912 Center. For public comments, the Member Forum will begin at exactly 6:05 and will end at exactly 6:15 p.m.**

**Breakfast with the Board will be Saturday, April 16 at 11 a.m. in the Co-op deli.**

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Moscow, ID 83843  
(208) 882-8537

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contact Jyotsna "Jo" Sreenivasan at 892-0730 or [ads@moscowfood.coop](mailto:ads@moscowfood.coop)

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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](mailto:ads@moscowfood.coop)  
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[boardmembers@moscowfood.coop](mailto:boardmembers@moscowfood.coop)  
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[greencommerce@moscowfood.coop](mailto:greencommerce@moscowfood.coop)  
Sustainability Committee: [sustainability@moscowfood.coop](mailto: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 alphabetically (by and within) 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](http://www.moscowfood.coop), or in the front of the store near the suggestion boxes. New business partners are welcome to join at any time; listings in the newsletter and on the website will be updated once a month.

### Childcare and Family Services

**Green Babies Diaper Service**  
[gogreendiapers.net](http://gogreendiapers.net); 208-669-0068  
15% off one month of service

**Moscow Parent Toddler Cooperative**  
208-310-9344; [mptcoop@gmail.com](mailto:mptcoop@gmail.com)  
35% off one semester's tuition

**Palouse Discovery Science Center**  
950 Nelson Ct., Pullman, WA  
[www.palousescience.org](http://www.palousescience.org); 509-332-6869  
10% off membership to the Palouse Discovery Science Center.

### Dance and Theatre

**Spectrum II Art and Dance Studio**  
525 S. Main Street; [www.spectrum2studio.com](http://www.spectrum2studio.com)  
208-882-1445  
10% discount to new students

### Farms

**Maple K Farms LLC**  
Tom and Cheryl Kammerzell  
[www.maplehighlands.com](http://www.maplehighlands.com); 509-397-4589

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

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

### Food and Beverage

**Camas Prairie Winery**  
110 S. Main Street; [www.camasprairiewinery.com](http://www.camasprairiewinery.com)  
208-882-0214

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

**One World Café**  
533 S. Main; [www.owc-moscow.com](http://www.owc-moscow.com); 208-883-3537  
<http://www.owc-moscow.com/50%offOneWorldCafe>  
100% cotton totebags

**Retro Espresso**  
1102 South Main; [info.retroespresso@gmail.com](mailto:info.retroespresso@gmail.com)  
Free extra single shot in any espresso drink with presentation of Moscow Food Coop Membership Card.

### House and Garden Services

**CLEAN GREEN Organic Cleaning Services**  
[www.CleanGreenOCS.com](http://www.CleanGreenOCS.com); 208-835-3535  
\$15 off any service

**Dr. Arbor Tree Care LLC**  
208-883-3559  
10% discount on tree work (not yard work); trees, shrubs, and fruit tree pruning for health and beauty of trees

**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](http://www.buildmindgardens.com); 509-595-4444

10% off hourly service rate and free estimates for Moscow Food Co-op members

**Moondance Construction and Eco-Design**  
Alan Brown, Owner  
[moondance@cpconnect.com](mailto:moondance@cpconnect.com); 208-882-4733  
Free 30-minute project consultation

**Spurling House & Garden**  
512 N. Lincoln; [walteroy@yahoo.com](mailto:walteroy@yahoo.com)  
208-669-0764  
10% discount on all compost bins

### Professional Services

**Allegra Print and Imagine**  
507 S. Main; [allegra@moscow.com](mailto:allegra@moscow.com)  
208-882-5449; <mailto:allegra@moscow.com>  
10% to Co-op members

**Copy Court**  
428 W. 3rd St.; 10% off to Co-op members

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

**LET's Coach**  
Eric Torok; [www.letscoach.net](http://www.letscoach.net); 208-301-8047  
20% off the first month of individual coaching

**LDP Academy LLC**  
[www.lpdacademy.com](http://www.lpdacademy.com); 208-835-3737  
\$10 off any firearm safety or basic firearm training class

**Motherwise Midwifery**  
Nancy Draznin, CPM; [www.motherwisemidwifery.com](http://www.motherwisemidwifery.com)  
208-310-3252  
Free pregnancy tea for Co-op members under our care

**Printer Pro Inc.**  
208 S. Main Street; [www.printer-pro.com](http://www.printer-pro.com); 208-882-0193  
10% discount on all compatible laser printer supplies

### Recreation and Lodging

**Adventure Learning Camps**  
PO Box 8245; [www.adventurelearningcamps.org](http://www.adventurelearningcamps.org)  
208-310-3010  
10% off on trips

**Andriette's Bed, Book & Bicycle**  
115 N. Polk Street; 208-596-9701  
[andriettes.blogspot.com](http://andriettes.blogspot.com)  
10% off for co-op members—2 night minimum.

**Appaloosa Museum and Heritage Center**  
2720 W. Pullman Rd; [www.appaloosamuseum.org](http://www.appaloosamuseum.org);  
208-882-5578  
The museum offers a 10% discount on the purchase of our gift shop merchandise. We operate a "no-admission cost" museum but do suggest a donation amount.

**Little Green Guesthouse**  
[www.littlegreenguesthouse.com](http://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](mailto:kkramer@moscow.com); 208-882-4620  
10% off first time stay

**Shady Grove Farm**  
[ashley.fiedler@gmail.com](mailto:ashley.fiedler@gmail.com); 208-596-1031  
\$10 off initial English riding lesson or training session

**Sixth Street Retreat**  
[www.SixthStreetRetreat.com](http://www.SixthStreetRetreat.com); 208-669-0763  
\$20 off advertised rate for one week's stay

### Retail

**Bebe Bella**  
[www.bebebella.etsy.com](http://www.bebebella.etsy.com); 208-882-1353  
10% off any baby sling

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

**Inland Cellular**  
672 W. Pullman Rd; [www.inlandcellular.com](http://www.inlandcellular.com)  
208-882-4994; 10% off monthly calling plans

**Lilliput Maternity and Children's Boutique**  
312 S. Main; 208-882-6262  
10% off purchase of \$50 or more

**Marketime Drug Inc.**  
209 E Third St; [joannemilot@hotmail.com](mailto:joannemilot@hotmail.com) 208-882-7541  
10% off all gift items

**Safari Pearl**  
221 E. 3rd; [www.safaripearl.com](http://www.safaripearl.com); 208-882-9499  
10% off any board game or non-collectible card game

**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

**The Natural Abode**  
517 S. Main St.; [www.thenaturalabode.com](http://www.thenaturalabode.com)  
208-883-1040  
10% off natural fertilizers

**The Yarn Underground, LLC**  
114 1/2 East 3rd Street; <http://www.yarnunderground.com>; 208-882-7700

**Tye Dye Everything**  
527 S. Main St.; [www.tyedye-everything.com](http://www.tyedye-everything.com)  
208-883-4779; 10% discount on your purchase

### Wellness Services

**Drs. Bailey and Kevin Smith, D.C.**  
**Moscow Health and Wellness Center**  
317 W. 6th St. Ste 206, University Pointe Bldg.  
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; [www.counselingmoscow.com](http://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; [www.integrativemindworks.com](http://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; 208-882-1289  
Free wellness evaluation

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

### Natural Health Techniques

1069 Elk Meadow Ln, Deary, ID  
[www.NaturalHealthTechniques.com](http://www.NaturalHealthTechniques.com); 208-877-1222  
\$10 off initial telephone consultation with mention of the Co-op Business Partner Program

**Healing Point LLC Chinese Medicine Clinic**  
Meggan Baumgartner, LAC  
Lauri McKean, LAC  
[info@healingpt.com](mailto:info@healingpt.com); [www.healingpt.com](http://www.healingpt.com); 208-669-2287  
\$10 off initial and 2nd treatments

**Moscow Yoga Center**  
525 S. Main St.; [www.moscowyogacenter.com](http://www.moscowyogacenter.com)  
10% discount for new students

**Dr. Linda Kingsbury**  
627 N. Hayes; 208-596-4353; [www.spiritherbs.com](http://www.spiritherbs.com)  
\$10 off first session: holistic healing for body-mind-spirit; herbal medicine; chakra balancing; sound healing; classes.

**Moscow Feldenkrais**  
112 W. 4th St.; 208-883-4395; 208-892-3400  
[www.moveimprove.net](http://www.moveimprove.net)  
\$10 off first individual lesson for new clients

**Life Compass Institute, LLC**  
Scott S. Campbell, MS, CPC, CHt  
167 NE Kamiaken street, Pullman, WA  
[LifeCompass@gmail.com](mailto: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.

**BY DESIGN — 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.

**Laura Gessner, LMP**  
Balance...a wellness spa  
112 E. 4th Street; [lgessner@gmail.com](mailto:lgessner@gmail.com); 509-595-4225  
10% off all massage and spa services

**Heather Alexander, LMP**  
Balance...a wellness spa  
112 E. 4th Street; [alexanderlmp@yahoo.com](mailto:alexanderlmp@yahoo.com)  
208-596-8248; 10% off all massage and spa services

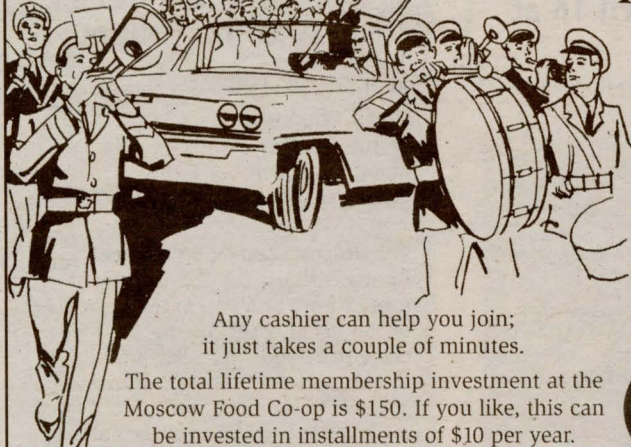
**Creighton on the Palouse**  
[www.foryourfertility.com](http://www.foryourfertility.com); 208-310-1805  
[kgotshall@foryourfertility.com](mailto:kgotshall@foryourfertility.com)  
\$10 discount on first and second appointments on natural approaches to family planning and gynecological conditions.

**Anytime Fitness of Moscow & Pullman**  
212 E Rodeo Drive, Moscow; 690 SE Bishop Blvd, Pullman; [www.anytimefitness.com](http://www.anytimefitness.com); 208-882-3100  
1/2 off enrollment and 10% off monthly dues.

**Sprout Wellbeing, LLC - Holistic Health Coaching & Wellness Support**  
[sproutwellbeing.org](http://sproutwellbeing.org); 510-501-2618  
Free health consultation, free first Pilates class, and 10% off any Health Coaching Program or cooking class.

**A Choir of Angels Massage Center**  
106 E. Third, 1C; [choiramc639@gmail.com](mailto:choiramc639@gmail.com)  
208-413-4773

## Join the Moscow Food Co-op and Save!



- Member-Owners save every day:
- Discounts on special orders
  - Member-only sales
  - Discounts on cases
  - Patronage refunds
  - Discounts on special events and classes

Any cashier can help you join; it just takes a couple of minutes.

The total lifetime membership investment at the Moscow Food Co-op is \$150. If you like, this can be invested in installments of \$10 per year.

Shop.  
Join.  
Save.



## 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:

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Moscow Food Co-op  
PO Box 9485  
Moscow ID 83843

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



## Art at the Co-op: Posters on Display

by Annie Hubble, Art at the Co-op Coordinator, frontend@moscowfood.coop

Once again the Co-op is proud to host the display of Moscow Renaissance Fair posters and to celebrate the new poster for 2011. Come to the Co-op on Saturday, April 9, from 2 - 4 p.m. to meet the art-

ist of the new poster and have a nostalgic look at the posters from all of these annual fairs since the first one, 38 years ago.

The Moscow Renaissance Fair is a splendid celebration of spring and renewal, orga-

nized by dedicated volunteers. On Saturday, April 30, and Sunday, May 1, East City Park will become a magical place of music, dances, costumes, dragons and parades, beautiful arts and crafts, and of course great

people. Come in April and have a little early taste of the magic as you peruse the posters in the Co-op deli.

## April Co-op Kids

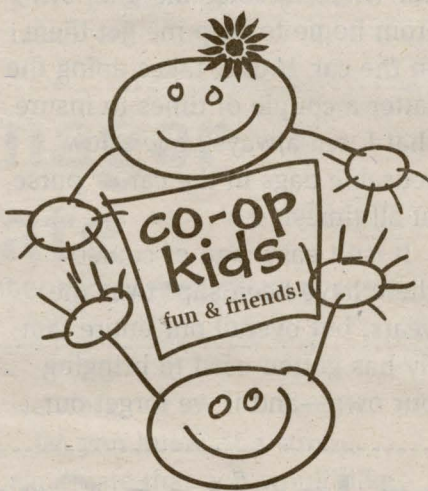
by Rebekka Boysen Taylor, volunteer Co-op Kids coordinator

Join us on Tuesday mornings in April to celebrate spring's arrival on the Palouse.

Be sure to check out the special pottery painting event on Sunday, April 17 from 2 - 4 p.m.—adults and kids alike are welcome to come and create! This is a nice chance to let a little one make something special for Mother's Day.

**Wild at Art Springtime Pottery Painting: Sunday, April 17, 2 - 4 p.m.**

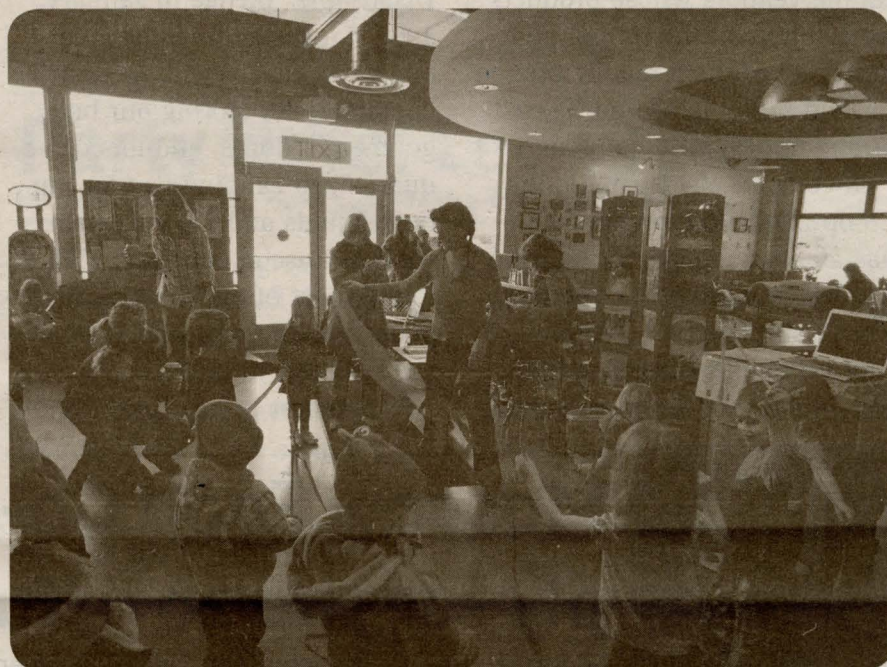
Wild at Art will bring a variety of pieces to choose from and all the bells and whistles to design and paint a handmade masterpiece! If you would like a particular piece, please go to their Web site, [www.moscow-wildatart.com](http://www.moscow-wildatart.com), and see their selection, then email or call to ask them to set aside those pieces and bring them to the event. Cost will vary depending on the pieces selected. Cash or checks only, please. Prices will range from \$5 to \$40, with lots



in between.

- ▶ April 5 Wind Toys
- ▶ April 12 Chalk Art at Friendship Square
- ▶ Wild at Art Springtime Pottery Painting: Sunday April 17, 2 - 4 p.m.
- ▶ April 19 Spring Art
- ▶ April 26 Decorate Plastic Free Lunch Bags

Co-op Kids offers simple, earth-friendly activities for young children and their fami-



Shelly from Spectrum II Art & Dance Studio dropped by in March to dance with the kids using ribbons and scarves!

lies. Depending on the week the kids might paint, cook, plant seeds, or play while parents and caregivers kick back and visit (with a free drink courtesy of the Co-op). All of our activities are free, so drop by! Co-op Kids meets weekly on Tuesday

mornings from 9 - 10 a.m. in the Co-op Cafe.

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

## Co-op Mamas and Papas

by Stacy Pettitt, volunteer Co-op Mamas and Papas coordinator

The Mamas and Papas program here at the Co-op is a group of fabulous parents, joined together by like interests and natural babies. We welcome any new attendees, and our group is free. We meet Wednesday mornings at 9:30 a.m. in the Co-op deli.

Because our babies are getting more and more mobile, we will be meeting in the corner, next to the windows so the babies can make new friends on mats on the floor.

April is a time for spring and a time for little ones to explore the outside and get messy! Here

are some activities we have planned for April with the Mamas and Papas group.

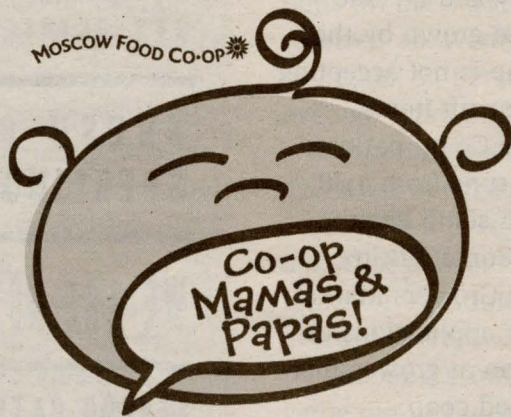
April 6: Making your own baby food

April 13: Camping with kids

April 20: Starting a mom's running/exercise group

April 27: Demo from Co op/ free time

Come and enjoy a free drink



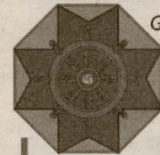
at the Deli when you attend! If you would like to be included on the email list (meeting updates, new resources

in the community etc), please email [babies@moscowfood.coop](mailto:babies@moscowfood.coop).

Stacy Pettitt is dreaming of planting her garden.

### Center for Healing Arts

Guiding your health maintenance and dis-ease prevention



Michael Young, LAc  
Eri Lynn, yogini & herbalist

#### featured healing modalities:

- Acupuncture
- Massage & Acupressure
- Auriculo (ear) therapy
- Herbal formularies
- Chakra balancing
- Kundalini Yoga & meditation
- Qi Gong

Call (208) 310-0037  
208 S. Main Suite #7 Moscow, ID

Discounts for Co-op members  
New Years Resolution specials  
Servicing many insurance policies  
Private instruction available



## Bag It! Raffle Swag

by Jessica DeHart, Co-op Product Promotions and Education Coordinator, [demo@moscowfood.coop](mailto:demo@moscowfood.coop)

**K**lean Kanteen insulated containers; super-stylish lunch systems from Mimi the Sardine, Kids Konserve, Happy Tiffin, and Laptop Lunches; reusable bags from Built NY, Eco Bags, Chico, and Eco Sac; reusable drinkware from Vessel—and that is just the beginning of the incredible list of reusable items we will be giving away to the many lucky raffle winners in our Bag It! campaign.

I had the fun job of calling approximately 30 of the mercantile vendors whose products we sell here at the Co-op, and nearly all of them readily offered to send raffle items and be part of our April Bag It! campaign.

Of course Kelly Uusitalo, the Co-op mercantile buyer, who has an amazing eye for quality, design, and stellar vendors, wasn't surprised. She carefully chooses vendors because they share the Co-op's high standards

for sustainability, community, and conscience.

I hope you were able to see the "Bag It" movie in March—but if not, there will be other showings on April 20 and 21 at 7 and at 9:15 pm at the University of Idaho Borah Theater in the Student Union Building. Once you see the movie, you will understand without a doubt why this one-use plastic bag habit must be broken.

My family took the "Say No to Disposable" pledge in January, 2008. I invested in some great one-gallon to five-gallon glass containers for storing our bulk grains and flours, and lots of quart-sized canning jars for our bulk liquids and for bulk items we don't use as much of. (We found most of our favorite shampoos, conditioners, and lotions are available in bulk.)

It is easiest to just bring all

my jars into the Co-op and refill them as needed. This way our kitchen is always well-stocked with the staples. I sewed cloth bulk bags in various sizes as another option. The Co-op also sells a wide variety of reusable bags and containers to make this all easier and more stylish.

If we forget to bring our reusable container then I look for a used paper bag in the bin, borrow a fabric one if there is one, or else set all my groceries in the car without a bag and grab one from home to help me get them in the car. It only takes doing the latter a couple of times to insure that I will always have a few reusable bags in the car or purse at all times!

It isn't easy, and of course there have been slips over the years, but overall our entire family has gotten used to bringing our own—and if we forget our

mug, then hey, it just inspires us to take the time to sit down and enjoy it instead of taking it in a to-go cup.

Our Bag It! raffle items have been provided by the following generous and super earth-friendly stores and vendors: Moscow Glass and Awning, Natural Abode, Yarn Underground, Fast Foodie, Paradise Creek Bicycles, Moscow Yoga Center, Buy Local Moscow, Snack Taxi, Big Dipper Candles, Laptop Lunches, Clementine Art, Klean Kanteen, Eco Bags, Vessel Drinkware, Envirosax, Happy Tiffin, Now Designs, Bambu, Built NY, Chico, Kids Konserve, Keep Leaf, Mimi the Sardine, New Wave, Down to Earth, Overseas Connection Eco Sac, Earth Lust, Human Gear/Go Tube, Sugoi, Fred Products, BlueQ, Sunbeam Candles and more...



## Moscow Food Co-op Invites Growers to Apply for the 2011 Tuesday Growers Market

by Britt Heisel, Co-op volunteer Tuesday Growers Market coordinator

**T**his year will bring some exciting changes to the Growers Market. We now fall under the umbrella of Community Food Works, allowing the market to provide nutritional education, children's activities, and other programming all summer.

We are working closely with Mackenzie Femreite, Nutrition Advisor for the University of Idaho Extension Program, to develop recipes and provide food samples using the fresh goodies sold by our local growers. She will also provide nutritional education at the market.

We have other fun ideas in the works—partnering with local schools, free veggies for kids, outreach to seniors, farm tours, and seed swaps. It's going to be a fun, community-oriented summer at the market. Check out our facebook page for all of the latest news! <http://www.facebook.com/pages/Moscow-Food-Coop-Tuesday-Growers-Market/107124975993233?ref=sgm> or simply search for Tuesday Growers Market.

The Growers Market is inviting applications to sell locally-produced goods. The market runs

from May 3 (weather permitting) through the second week of October. Season costs are \$75 for a full stall (parking space) and \$40 for a half stall. Walk-on fees will be \$5 for a full stall and \$3 for a half stall.

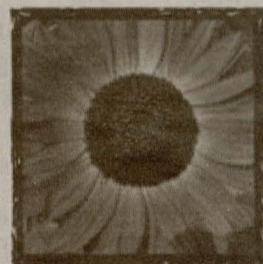
The Co-op Growers Market is held in conjunction with the Co-op's Tuesday outdoor music series from June through October.

The Growers Market will allow value-added food products that are made locally and include at least one item grown by the seller. The Co-op is not accepting applications for craft items.

Located in the Co-op parking lot, the market runs from 4:30 - 6:30 p.m. with setup beginning at 4 p.m. Contact Britt Heisel, Tuesday Growers Market Coordinator, for applications or more information at [growersmarket@moscowfood.coop](mailto:growersmarket@moscowfood.coop).

Britt's three boys would LOVE to be mini chicken-farmers, but their yard isn't big enough. If there are any kids out there who want to sell eggs at the market, please email me at [growersmarket@moscowfood.coop](mailto:growersmarket@moscowfood.coop)

### COMMUNITY FOOD WORKS



## TUESDAY GROWERS MARKET

MAY-OCTOBER | 4:30-6:30 | CO-OP PARKING LOT

FRESH PRODUCE | MEATS | EGGS  
SEEDLINGS | CUT FLOWERS | + MORE!

WE ARE NOW ACCEPTING VENDOR APPLICATIONS

SEASON RATES | \$75 FULL STALL | \$40 HALF STALL  
WALK-ON RATES | \$5 FULL STALL | \$3 HALF STALL

FOR APPLICATION AND MORE INFORMATION CONTACT BRITT HEISEL AT  
[GROWERSMARKET@MOSCOWFOOD.COOP](mailto:growersmarket@moscowfood.coop)

MOSCOW FOOD CO-OP + BACKYARD HARVEST



## 2011 Board of Directors Election Results

by Carol Spurling, outreach and ownership coordinator, outreach@moscowfood.coop

The 2011 Board of Directors Election was held March 5 – 11. The results were:

- ➔ Bill Beck: 148 votes
- ➔ Sheryl Hagen-Zakarison: 141 votes
- ➔ Jamie Bentley: 137 votes
- ➔ Mark Mumford: 125 votes
- ➔ Tammy Parker: 101 votes
- ➔ Toni Salerno: 47 votes

Bill Beck and Sheryl Hagen-Zakarison won three-year terms, and Jamie Bentley and Mark Mumford won one-year terms.

A big thank-you to the members who took the time to vote. Your participation is essential to

our Co-op's good governance.

The Elections Committee congratulates the winners and thanks all of the board candidates for their willingness to serve and the work they put in to apply for the position and attend our Meet the Candidate events in February.

The committee also thanks the volunteers and staff who worked to help the election go smoothly and to help members vote at our front desk "voting booth" during election week. It was another great example of cooperative teamwork.



Co-op volunteer Esme Busch was on hand March 5, 2011 to help members vote for their favorite board candidates and to offer samples of chocolate.

## General Manager Search Update

by Andrika Kuhle, Co-op board member and general manager search committee chair

And the search continues... The search committee is hard at work, with little exciting news to report. We are getting the word out that Moscow Food Co-op is hiring a new general manager. We've posted announcements in numerous venues such as our local and regional newspapers, and organizations such as Tilth Producers, Sustainable Food Jobs and Cooperative Grocers' Information

Network.

Do you know of a strong candidate that you would like to nominate? If so, please let the search committee know by sending an email to search@moscowfood.coop. We will begin screening applicants April 18. Stay tuned!

## Party time! Let's recycle!

by Miriam Kent, Co-op volunteer pre-cycling czar

Yes, parties are great opportunities to get all that glass, plastic, and aluminum to the Recycling Center... not the dump. How, you say? There's so much of it? Here's what has worked for me:

1. Find a set of big containers that can get yucky (I stack topless plastic totes outside.)
2. Make small but clear signs. Put trash last.
3. Set recycle station up before the eating begins (learned by experience).
4. Have a game plan for getting all the stuff to the recycling

center.

5. Double bagging with black garbage sacks helps.
6. Roof racks and bungee cords or truckbeds work and can be less messy.
7. A compost bucket (sign on lid) can be added when appropriate.
8. A paper bin can also be added and burned in bonfire or later.
9. And finally, I recommend one container for plasticware and cups to wash for re-use. Happy recycling!

## Employee Opinion Survey Results

by Theresa Nuhn, Co-op human resources manager, hr@moscowfood.coop

In January Co-op employees completed an employee opinion survey. It was administered through CDS Consulting Group, a company which consults mainly with co-ops. Many of the questions were similar or identical to the survey they gave our employees in January, 2009. Carolee Colter, our survey consultant, came back to Moscow in early March to do random follow-up interviews with some of our employees and to present the results of the survey.

The survey was given to assess employee satisfaction, provide data on policy compliance to the board of directors, and to provide a benchmark for future surveys.

An employee opinion survey measures perceptions, not necessarily facts. Perceptions are important because they impact

how people feel about their work environment. With that in mind, how did we do and what do the scores mean?


The topic areas covered by the survey are the Co-op overall, storewide management practices, workplace communication, compensation, store operations, department operations, human resource practices, training and development, supervision, and job satisfaction.

When people filled out the survey they had a range of responses. A 5 indicated "strongly agree," while a 1 indicated "strongly disagree." The survey program calculated average scores from the responses. An average score of 4.00 or higher indicates "very high satisfaction," 3.50 or more indicates "relative satisfaction," and below 3.00 indicates "low satisfaction."


Our scores were compared with 118 Co-ops, and we scored at or above the median for a vast majority of the questions.

Of the individual opinion questions on the survey 57 percent received an average score of 4.00 or higher, 91 percent received an average score of 3.50 or more, and 9 percent received an average score between 3.25 and 3.50. 7 out of the 10 topic areas scored a 4.00 or above. None of the topics or questions received an average score below 3.25.

Some of the following themes came out of the survey: We love our jobs and get along well with co-workers; we want to learn more about other departments' products; we could put better systems and structures into place to support better communication between departments; and the Co-op is a great place to work.



...finding your balance



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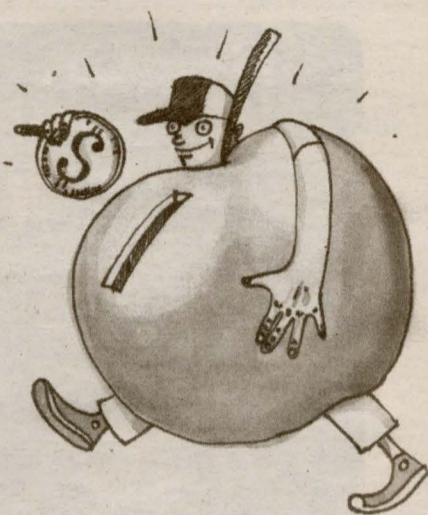


## Price Shopper: Convenience Foods for Pullmanites

by Joe Pallen and Amy Richard, Co-op volunteer writers

Fear not Pullmanites, the Price Shoppers have not forgotten you. We realize that many Co-op members live in the fair city of Pullman. According to the Pullman Chamber of Commerce Web site, Pullman is 9.67 square miles and home to 27,619 people. We don't know if Pullman residents are called Pullmanites, Pullmaniacs or Pullmen and Pullwomen, but we're sure that saving money on healthy foods is just as important to folks on both sides of the border.

So this month Amy headed over to Dissmore's IGA and Joe went to the Co-op and from there we conducted our very scientific price research. We were able to find mostly convenience foods at Dissmore's that matched



some of the Co-op's inventory, so that is our focus this month. Happily we ended up saving \$11 by shopping at the Co-op, a nice amount to donate to the grizzly bears at the Washington State University Bear Research, Education and Conservation

ITEM	Co-op	Dissmore's IGA - Pullman
Organic Valley Whipping Cream 1 Pint	\$3.25	\$4.59
Silk DHA Omega - 3 Soy Milk 1/2 Gallon	\$4.35	\$3.88
Nancy's Sour Cream 8 oz.	\$1.55	\$1.89
Straus Organic Plain Non-Fat Yogurt 32	\$3.25	\$3.89
Straus Organic Vanilla Whole Milk Yogurt 32	\$3.95	\$4.69
Chobani Yougurt Blueberry 6 oz	\$4.09	\$4.69
Chobani Yougurt Honey 6 oz	\$1.55	\$1.69
ZOI Greek Honey Yogurt 6 oz	\$1.29	\$1.49
Back to Nature Mac & Cheese Organic Shells & Cheddar 6 oz	\$2.29	\$2.89
Annie's Organic Shells and White Cheddar Mac and Cheese 6 oz	\$2.39	\$2.68
Casbah Cous C ous Lemon Spinach 7 oz	\$2.79	\$3.75
Cashab Tabouli 6 oz	\$2.79	\$4.79
Fantastic Natures Burger 10 oz	\$2.85	\$3.29
Fantastic Sloppy Joes 4.4 oz	\$2.85	\$3.29
Simply Asia Sesame Teriyaki 11 oz	\$2.75	\$4.59
Simply Asia w/Bowl Soy Ginger 8.5 oz	\$2.89	\$3.79
<b>Total</b>	<b>\$44.88</b>	<b>\$55.88</b>

Amount saved on this trip by shopping at the Co-op \$11.00

Note: All are regular prices - no sale prices or discounts

Program!

Amy and Joe found it funny that

organic foods at Dissmore's are found in the "ethnic foods" aisle. Is organic a new ethnicity?

## A Dime in Time for April: People First on the Palouse

by Jay Becker, Kenyon Cornelius, and other members of People First on the Palouse

The message of People First on the Palouse is loud and clear: We are people first *and* our disabilities are secondary *and* we are equal citizens in our communities. What do we do?

Well, first, we want to tell you a little about People First of Washington, the big organization we belong to.

People First of Washington (PFW) is a private, non-profit self-advocacy organization for people with intellectual disabilities. There are over 40 chapters and more than 2,000 People First members in Washington.

People First on the Palouse is a newly formed chapter of PFW, and we want to help our members in Whitman County

effectively communicate their own interests, desires, needs and rights.

You won't believe how often people tell us what to think and what to do. We want to stop that. People with disabilities must know themselves and be able to talk about what they need to be successful. This is called self-advocacy. We are learning to speak for ourselves, to make our own decisions, to practice leadership skills, and to participate in the communities where we live.

We meet once a month. We have a president, vice-president, secretary, and treasurer. Everyone participates. Since our club is just getting started, we

are very busy getting new members, raising community awareness, and earning money for self-advocacy training activities.

This year the state conference is in Spokane, and we want everyone to go. In April, we are going to have brochures in the Coop and we will also have a booth April 9 and April 16. Please stop by and we can talk about what self-determination is and how it can make our community better.

A *Dime in Time* is one big way you can help us achieve our goals. Please shop a lot at the Moscow Food Coop during April and donate your bag refund to People First on the Palouse. Thank you.



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## Recycled containers for body care products

by Miriam Kent, Co-op volunteer pre-cycling czaress

Please bring in washed, clean containers so we can put them on the shelf next to the bulk body care products for customers to re-use. Clean containers can be placed in the black metal bin at the front of the store. Note that these containers can only be used for body care products, *not* for food.





## My Choice

Antone "Rufus" Holmquist has a favorite salad from the Co-op Salad Bar

**His choice:**

- new spring mix (organic)
- broccoli florets (organic)
- peas (organic)
- chopped hard boiled eggs
- candied pecans (organic)
- flax seeds (organic)
- alfalfa sprouts

poppy seed dressing (made by the Co-op Deli from primarily organic ingredients)

## WHAT IS YOUR CHOICE?



# The National Cooperative Grocers Association

by Joan McDougall, Grocery Manager and Interim Management Team Member, [grocerymgr@moscowfood.coop](mailto:grocerymgr@moscowfood.coop)

The Moscow Food Co-op is a member of the National Cooperative Grocers Association, NCGA. This affiliation is in accordance with our 6th Cooperative Principle, Cooperation among Cooperatives. As Grocery Manager and Operations representative on the Interim Management Team, I am the interface with this group and I wanted to give you some insight into this relationship.

NCGA is the organization that negotiates competitive pricing through our Co+ sales program and it publishes our sales flyers twice a month. With 118 NCGA members operating over 150 storefronts in 33 states across the nation, we form a united group with considerable buying power. Together we represent combined annual sales over \$1.3 billion. The NCGA staff works with food producers from this strong position to determine our Co+ sale selections that offer you the most competitive prices on popular products. Each co-op has agreed to honor the negotiated sales pricing on products they carry in their store.

Additionally the NCGA negotiates from this same position of strength with our main gro-

cery distributor, United Natural Foods Incorporated. UNFI is the leading independent national distributor of natural, organic, and specialty foods and related products in the United States. They also serve more than 40 other countries, including Canada. Moscow Food Co-op receives deliveries from UNFI three times a week on Monday, Wednesday and Friday mornings. Each delivery consists of approximately 1,000 cases of food delivered on approximately eight large pallets. NCGA works on behalf of all member co-ops for the best possible contract with UNFI to insure all our pricing is competitive.

The NCGA is a powerful advocacy voice for co-op issues. Along with competitive pricing, the organization helps members with professional development and training, product selection and sourcing, and assistance with operational and merchandizing best practices. By working together through these national organizations, cooperatives serve their members most effectively and strengthen the entire cooperative movement. This is the objective of Principle Six.



The Co-op's interim management team.

***“The NCGA is a powerful advocacy voice for co-op issues. Along with competitive pricing, the organization helps members with professional development and training, product selection and sourcing, and assistance with operational and merchandizing best practices. By working together through these national organizations, cooperatives serve their members most effectively and strengthen the entire cooperative movement.”***





## Cookbook Project: Converting Measurements: There's a Toy for That! (Or an App.)

by Laurene Sorensen, Co-op volunteer cookbook coordinator

I received a brushed-stainless recipe converter as a Christmas gift. It looks like something you can decode secret messages with but instead divides or multiplies a single measure by two or three. Simultaneously, it converts metric input or output to Imperial input or output. Pretty cool, and it will work during a power failure. It's magnetic, and big enough to hold a major work of art on your fridge. Of course there are other apps (Internet-based computer software applications) that do what this tool does, but if you drop this one into a pan of gravy the consequences are minor. The manufacturer is Amco Houseworks. Convert.exe is a free down-

loadable app for Windows- and Linux-based computers. Its Volume tab (one of 22) will let you convert between common metric and imperial units. It's very simple to use and isn't just for the kitchen. (See <http://joshmadison.com/convert-for-windows/>.)

One drawback of Convert (and of my Recipe Divider) is that it won't convert weight to volume (or vice versa), a function that helps when you are trying to parse through a British or Continental recipe. An inexpensive iPhone app called Kitchen Calculator Pro will convert weight to volume and has an easygoing interface (<http://kitchencalculator.net/>).

If you have the patience to input an entire recipe, Serving Sizer Pro Recipe Converter for iPhone will do all the math needed to convert serving sizes. However, like Convert, it doesn't convert weight to volume. It is said to have "Infrequent/Mild Alcohol, Tobacco, or Drug Use References"—probably because it tells you how to convert jiggers to gills.) <http://creativealgorithms.com/servingsizer.html>

On the other hand, maybe you just want a good calculator app. My Android-user friend likes RealCalc, a free app that looks and operates exactly like a scientific calculator. It has unit conversions for distance, area, volume, mass, speed, time, pres-

sure, energy, power, temperature and data sizes (<http://brain-overspill.blogspot.com/>).

RealCalc doesn't seem to exist for iPhone. If you search for it in the App Store, you'll instead find Real Calculator, which the developer describes as "not only a calculator but also a cheating tool for you to joke with your friends, your families, or even your boss."

Laurene Sorensen practices law and mediation in downtown Moscow. She does not recommend that you use Real Calculator to do your taxes.

## Exposing the Hundred-Year Lie

by Colette DePhelps, Co-op volunteer Good Food Book Club coordinator

In his daring expose, *The Hundred-Year Lie: How to Protect Yourself from the Chemicals that are Destroying Your Health*, journalist Randall Fitzgerald provides ample and convincing evidence that the manmade chemicals we are exposed to on a day-to-day basis are polluting our environment and destroying our health. He also says we can do something about it. *The Hundred-Year Lie* is the Good Food Book Club's

April read. The Book Club will meet to discuss this excellent book Sunday, April 17 from 7 - 8:30 pm at a member's private residence. Email [bookclub@moscowfood.coop](mailto:bookclub@moscowfood.coop) to RSVP and for directions.

The pharmaceutical, chemical, and processed food industries, and even the United States government agencies mandated to protect public health, insist that the thousands of man-made chemicals that have been

***“Randall Fitzgerald provides ample and convincing evidence that the manmade chemicals we are exposed to on a day-to-day basis are polluting our environment and destroying our health. He also says we can do something about it.”***

released into our environment over the course of the last century cause minimal negative health effects, or are even benign. Personal experience, intuition, and Fitzgerald's investigative research tell us differently. As health costs and concerns skyrocket, Fitzgerald's suggestions for ways we can reverse this tide of chemical contamination and live healthier lives are a welcome alternative to accepting and perpetuating the contamination, though unintended, of our bodies and the world around us.

In the words of the Boston Herald, *The Hundred-Year Lie* is "a frightening wake-up call... If *Fast Food Nation* made you consider some serious lifestyle changes, *The Hundred-Year Lie* will inspire you to go ten steps farther."

For 20 years, Randall Fitzgerald was a *Reader's Digest* contributing editor and researched, wrote, and edited articles on science and medicine for the magazine. He has also written investigative

articles for *The Washington Post* and *The Wall Street Journal*.

The *Hundred-Year Lie* is available at BookPeople of Moscow (with a 20 percent book club discount) and at your local library.

If you don't make it through the whole book, don't be deterred—you'll still enjoy the Book Club discussion! So, please join us for discussion and dessert on Sunday, April 17, from 7 - 8:30 p.m. RSVP and get directions at [bookclub@moscowfood.coop](mailto:bookclub@moscowfood.coop).

At the time of writing this article, Colette is spending spring break in Seattle with her two kids, going to numerous museums, yoga classes, the zoo and, happily, soaking up a little sunshine between the cloud bursts.



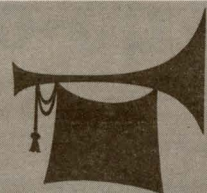
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Selway Bitterroot Presents: <b>Telluride Mountain Film Fest</b>	<b>April 8</b>
<b>Nod 2 Bob</b>	<b>April 9</b>
Palouse Prairie School Presents: <b>Gr8 Night</b>	<b>April 12</b>
Barely Gifted Presents: <b>ATVP Benefit Concert</b>	<b>April 15</b>
<b>Rendezvous Benefit Showcase</b>	<b>April 16</b>
Moscow Food Coop presents: <b>Chemical Reaction</b>	<b>April 20</b>
<b>Biutiful (R)</b>	<b>April 21-23</b>
UI LGBTQA Office Presents: <b>Award-Winning Siam Poet Andrea Gibson</b>	<b>April 27</b>
<b>Paul (R)</b>	<b>April 28-May 1</b>

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## Co-op Shoppers Speak Out:

Asked by Ashley Fiedler on March 20

**Q** "What is your opinion on the Co-op's WiFi availability from 1 p.m. until closing?"



"I pushed for it for a long time. I don't think the arguments against it panned out. I don't see people camped out. I enjoy having the WiFi."

—Will Simpson, Moscow, former Co-op board member



"I like that it's not all day. It's nice to have a time to not be connected."

—Tracy Peterson, Moscow, UI International Studies student



"Free WiFi is always good."

—Sam Eaton, Moscow, University of Idaho Law student



"I can understand why they wouldn't want students to take over. It's a nice alternative to the coffee shops."

—Hannah Decker, Moscow, UI General Studies student



"It's cool you have it now. Maybe just block it out during lunch if you need to block out a time."

—Cory Preston, bartender at Black Cypress



"I like that the hours are limited so that there is still some group interaction instead of one person staring at a computer at each table."

—Renee McNally, Moscow, second grade teacher at Lena Whitmore Elementary School

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## Staff Profile: Patrick Kennedy

by Amy Newsome, Co-op volunteer writer

An astute Co-op newsletter reader may have noticed that in the three-plus years I have written the staff profile, I have interviewed very few bakers. This is not because of some prejudice on my part—I have nothing but affection for everything bakery-related—but rather that I have found the baker to be a rather elusive creature. So when I spotted Patrick stocking the bread case, I pounced, like a cat catching a mouse, on the opportunity to catch a baker out of his kitchen burrow. Fortunately for me he agreed to be interviewed without much of a struggle.

Patrick is a fairly new employee, having just started working as a bread baker this past January. He appreciates the friendly, laid-back nature of the Co-op. His prior job was at Biketronics in Moscow, which produces after-market electronic components for Harley Davidson motorcycles. Patrick assembled circuit boards for them. “It was pretty socially isolated; most employees wore head phones while they worked.”

Patrick was born in Lewiston but his mom, Janette, and his fraternal twin brother, Kenneth, moved up to Moscow when the boys were seven. They attended McDonald Elementary School,



**“Patrick enjoys the great outdoors, hiking on Moscow Mountain and commuting on his bike. For indoor pursuits he likes to read.”**

then Moscow Junior and Senior High Schools. When asked what life was like for him in school he shared, “Well, I was the only boy that grew a moustache in the 6th grade.” I thought that may have given him some extra street cred, but apparently he was mostly just teased about it.

Patrick was active in student council in junior and senior high

school, so maybe a moustache paid off in politics. Upon graduating, he wasn’t sure what he would want to study in college, so Patrick looked into joining the Marines. But much to his mother’s relief, he eventually decided against it. Patrick then worked at Gambino’s Italian Restaurant as a cook for a time before going to work at Biketronics. He’s now

considering college again in the fall, possibly studying psychology or philosophy.

Patrick has two half-sisters, Jasmine, age 11; and Jade, age 8. He smiled like a proud big brother when he told me about recently attending Jasmine’s gymnastics/dance act at McDonald Elementary School’s Talent Show.

Patrick, currently a bachelor, lives with his chinchilla, Mr. Stubs, and a new roommate, Austin. Patrick enjoys the great outdoors, hiking on Moscow Mountain and commuting on his bike. For indoor pursuits he likes to read; a few of his favorite authors are Cormac McCarthy, who wrote *Blood Meridian*, and Charles Bukowski, who wrote *Women*. He also has a 160 gig iPod filled with everything from heavy metal music by the likes of Lamb of God to folk music by such artists as John Prine. He also enjoys live

music and will catch shows at One World Café and Mikey’s in Moscow and the Bell Tower in Pullman.

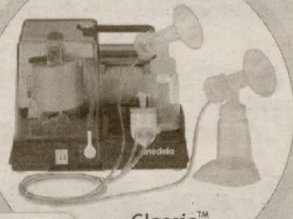
Amy Newsome is a Special Educator at Lena Whitmore Elementary School and a Mental Health Therapist with Alliance Family Services in Moscow.

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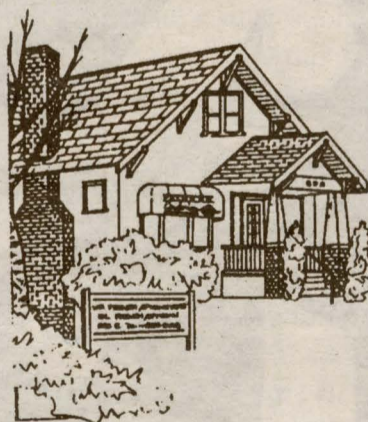
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# Co-op Volunteer Interview: Steve Streets

by Terri Schmidt, Co-op volunteer writer

This interview provided me with a lovely afternoon. I had the pleasure of getting to know Steve and was treated to a tour of his property. Steve is surrounded by nature on a farm inside the city limits. The house and barn were built in 1918, and other outbuildings were built around the time of World War II. One interesting building is the cold house. It has walls a foot thick filled with sawdust. Steve keeps fresh eggs and summer produce in the cold house where the insulation keeps things nice and cool.

Steve has nine sheep, two goats, and 60 chickens. Five of his sheep were pregnant, likely with twins, so Steve will have many new lambs. The chickens are various breeds and lay beautiful eggs. Steve gathered some pretty baby-blue and brown-speckled eggs while we talked. Because the property is zoned as farm/ranch he can also have roosters.

An orchard on the property hosts apple, cherry, plum, and pear trees. The farmed land is CSA (Community Supported Agriculture) acreage. People buy shares of his local organic produce directly. He also provides produce for the Co-op. Someone else does the farming work for Steve, giving him time to do carpenter work. He has owned his own carpentry business for 25 years. He also enjoys camping, hiking, and fishing.

Steve is generous in sharing his land. He allows Ph.D. students from Washington State University to use a piece of



**“Steve volunteers at the Co-op on Tuesday evenings filling shelves and bagging bread. He likes being part of supporting the community in an intentional way.”**

his property for beehives and research on bees. The bees benefit his crops by providing pollination. Last year there

were 40 active hives. As Steve said, “That’s a lot of bees added to the community.” He has also dedicated an acre of land

that the Palouse Clearwater Environmental Institute helped turn into a riparian habitat, or wetland. Twenty wild ducks now call the space home, along with frogs, three-toed salamanders, redwing blackbirds and other wildlife.

Steve moved to Moscow about 14 years ago from Durham, North Carolina. He also lived in London and Edinburgh, Scotland, while his ex-wife did research for her Ph.D. He has two children who are both in college. Jessica is getting her masters in education at Rice University and Travis is a freshman in Bellingham. The kids must have been influenced by their Dad’s love of the land. This summer they are both going to work on an organic farm in Hawaii. Steve intends to stay in Moscow because he “couldn’t find a better community to live in.”

Steve volunteers at the Co-op on Tuesday evenings filling shelves and bagging bread. He began volunteering with Travis four years ago. He likes being part of supporting the community in an intentional way. He also engages in the community through his farm events like sheep sheerings and apple pressings. Last year 30 people used two presses to make 134 jugs of apple cider.

Steve is helping make the world a better place. “The two most important things I want to do are build soil and build community. I can’t do anything about the war in Iraq, but I can do something here.”

Terri is looking forward to digging in her own little bit of dirt this spring.

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## Local Producer: Camas Prairie Winery

by Johna Boulafentis, Co-op volunteer writer

Walking through the Co-op's Wine and Beer Department, I think of a hands-on art gallery. Simply viewing and touching bottles, I am transported to places of various colors and designs. The nearly two dozen wines crafted by Camas Prairie Winery happily bring me home to Moscow. While interviewing Jeremy Ritter, the Winery's new owner, my appreciation of his wines and our town's Winery grew.

In January, Jeremy and his wife, Heidi, purchased the Winery from Stu and Susan Scott, who started the business in 1989. Similar to Stu's winemaking origins as a hobbyist, Jeremy began experimenting with wine making in 2007. Moving to Helmer, Idaho, from Colorado seven years ago, Jeremy and Heidi were excited about the abundance of fruits growing—cherries, blackberries, and raspberries. They made jellies and jams and, through the suggestion of a neighbor, Jeremy became interested in wine making. Although Jeremy isn't a fan of rhubarb desserts, he used rhubarb growing on his property to create his first wine. He explained "It wasn't awful and wasn't the best. Now it's a thousand times better."



***“In January, Jeremy and his wife, Heidi, purchased the Winery from Stu and Susan Scott, who started the business in 1989. Jeremy began experimenting with wine making in 2007.”***

The idea of purchasing Camas Prairie actually came from Jeremy's mom in Colorado. During visits to Idaho, his parents shopped for local products to take home, including cases of Camas Prairie wine. In March 2010, a weird string of connections led to a phone call from his

mom—while at work, his dad heard from a truck driver, whose daughter attends the University of Idaho that the Winery in Moscow was for sale. Jeremy laughed, "We joked around and toyed with the idea at first. Slowly it progressed into more of a reality."

Jeremy plans to continue Stu's traditions and expand on them: "We share a similar vision—I'm just a new face and fresh young blood." Having Stu serve as a consultant for the next year, they will ensure that the flavor of the wines remain the same. This is of particular importance as the wines are sold throughout the region and Idaho. The two most popular wines are the Huckleberry Honey Mead and Wild Plum Wine. "The Huckleberry represents the Pacific Northwest. Anyone who picks this wild fruit knows the labor it takes" noted Jeremy. The Wild Plum is made from plums from the Juliaetta/Kendrick area and the honey is from Craigmont, Idaho, which is, interestingly, a town on the Camas Prairie.

The Winery is a champion in energy-efficiency and waste-reducing practices, all while being powered by renewable energy. They use a tankless hot water system, sterilize their equipment with hot steam rather than chemicals, and distribute their wine in lightweight

bottles with flat bottoms. It is the only Idaho winery that uses solar power for its business. "Everyone has a carbon footprint. We look at little ways that make a big impact," said Jeremy.

In the future, working with his two employees, Jeremy hopes to expand sales into Colorado and Seattle, where Heidi's parents live. I'm sure their families will celebrate! His other goal of a new wine bar and store front is already underway. With his background in construction, he is doing the work himself! So when you get a chance, head to the Winery for a wine tasting. Oh, and make sure to look up at the roof!

A secret until now—Johna and her fiancé celebrated their engagement with some sips of the Wild Plum Wine.

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## Green Transportation: Not In My Backyard—Un-green Transportation in the Pacific Northwest

by Jeanne McHale, Co-op volunteer writer

Lately I've been thinking about the size of the proverbial backyard. Our planet is small and easily perturbed by our energy dependencies. A careless decision creates an oil slick visible from space. A nuclear reactor survives an earthquake, but not the tsunami. Politicians permit the conversion of scenic byways into industrial corridors, and our neighbors to the north find their drinking water polluted.

Highway 12 skirts the Clearwater and Lochsa Rivers in parallel to the Nez Perce Historic Trail and the path of the Lewis and Clark expedition. Throngs of visitors find solace in the syringa and soaring eagles here. Part of the proposed route from Lewiston to the tar sands of Canada, Route 12 also parallels the TransAmerica Bike Trail. This popular bike route follows the Northwest Passage Scenic Byway en route to Missoula, the headquarters for Adventure Cycling.

Outspoken critics of the industrialization of Idaho and Montana bike routes, Adventure Cycling grew from an idealistic bicycle tour of the United States that took place in 1976. We could use a little of that bicentennial spirit these days.

At the Alberta Tar Sands, two tons of earth are excavated to get



Participants in the March 20 Heart of the Monster Solidarity March walked from Kamiah to the Nez Perce National Historic Park while expressing their views about megaloads and tar sands.

one barrel of tar. Pollution associated with the bitumen extraction process has led to increased cancer rates among First Nations people. Goopy tailings-ponds are death traps for wildlife. Clean natural gas is being burned to make the dirty tar, and a criminal amount of carbon dioxide is being released. Making the equation even worse, a huge swath of the carbon dioxide-absorbing boreal forest has been clear-cut. Our governor, Butch Otter, who recently told Congress that

Idahoans don't care much for wilderness, made us an unwitting partner to this planet-wrecking project by secretly approving the corporate takeover of Idaho roads by Big Oil.

On March 20, a group of Nez Perce and non-tribal members from our backyard gathered in Kamiah for the Heart of the Monster Solidarity March, a show of unity for the First Nations people of Canada who are impacted by the extraction at the Alberta Tar Sands. At the

Nez Perce National Historic Park, we gathered to hear an elder's prayer, and people spoke of their local and global concerns. The struggle straddles numerous cultural divides: cyclists, fishermen and women, tour guides, and all who are spiritually connected to the land. Not in our backyard, not in anybody's backyard.

Jeanne McHale is a lifetime member of Adventure Cycling and a veteran of the Northwest Passage Route.

## Hemp Fest

by Arlene Falcon, festival volunteer

Please think "warm sunny day" for the 15th Annual Moscow Hemp Fest on Saturday, April 16 at East City Park from 10 a.m. until dusk. We have an action-packed day planned and it's always so much nicer when it's sunny!

We hope to welcome back our Representative, Tom Trail, who will update us on the Medical Marijuana Bill that he has proposed in the Idaho Legislature. We will also be hearing from the Boise folks from NORML and Moms for Marijuana who have been very active and busy this last year. We'll be working with them to collect signatures for the Idaho Medical Choice Act, a citizens' petition they created to get the medical marijuana issue on

the ballot in 2012.

We have over a year to gather 50,000 signatures throughout the state and the Hemp Fest will be the kickoff for this area. Please check out the website, [www.compassionateidaho.webs.com](http://www.compassionateidaho.webs.com), for more info on this exciting development for our state.

Besides the speakers, we have a full day of great music planned. Some of the musical acts include Buffalo Death Beam, local favorites; Grateful Live, a local Grateful Dead cover band; Smokin' Bill, formerly of Moscow and an old Hemp Fest favorite; Not Quite Punk, a jazz/ska/swing band from Sandpoint; and the Turner Jones Connection, local jazz musicians. To close the day, we will

feature the fire dance troupe Bio-Luminesce again plus Megan Pru and her hula-hoopsters.

Of course, there will be all kinds of clothing, jewelry, and hemp-related vendors from throughout the Northwest. Also, there will be several food booths for everyone and their moms to enjoy, since it's been an annual tradition to have the Hemp Fest on University of Idaho Moms Weekend. So don't miss



this awesome celebration and opportunity to learn about these important issues at Hemp Fest 2011, April 16th!



## Finding the Center Conference to Promote Protection of Human Rights

by Kristin Carlson, conference coordinator, University of Idaho Office of Human Rights, Access, and Inclusion

The University of Idaho will host "Finding the Center," an action-oriented human rights conference, on Saturday, April 9. The one-day conference, with the theme "Forging Alliances and Strategies for Action," will promote the protection of human rights through community-based change in the Inland Northwest.

"On behalf of our University of Idaho, I feel so fortunate that the Inland Northwest Community Foundation found our proposal to fund this premiere Human Rights conference worthy," said Carmen Suarez, director of the Office of Human Rights, Access and Inclusion. "The University of Idaho, with its partners of the Moscow Human Rights Commission, the Latah County Human Rights Task Force and CHEER, has worked very hard to develop a quality program that will help us all to learn about and share techniques, tools and programs, and develop

skill sets that enable meaningful change in communities to occur. A key goal is also to form an Inland Northwest Human Rights Alliance to foster greater communication, sharing, and collaboration."

All are welcome, and workshops include tracks for educators, students, any community members interested in human rights, and law enforcement and government officials. Participation includes two workshops for each track, morning and lunchtime plenary speeches, and closing strategy sessions to plan follow-up action projects. Speakers and workshop leaders include Paul Wesselmann (Madison, WI), Kitara McClure (Spokane, WA), and Cherie Buckner-Webb (Boise, ID), the first African-American to serve on the Idaho State Legislature. Representatives from the Coeur d'Alene FBI Office and the US Attorney's Office have been

*"The one-day conference, with the theme "Forging Alliances and Strategies for Action," will promote the protection of human rights through community-based change in the Inland Northwest."*

invited for the law enforcement track.

The conference begins at 8 a.m. and ends at 5 p.m. in the university's Student Union Building, 709 Deakin Avenue in Moscow. A \$25 conference fee is

required, and covers lunch and conference materials. To register and for more information, visit [www.webs.uidaho.edu/ftc/](http://www.webs.uidaho.edu/ftc/).

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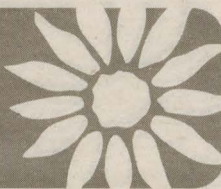
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## Omnivoria

by Ivy Dickinson, Co-op volunteer writer



This month Brennus, the meat department manager, gave me free rein in terms of choosing a product to sample from the Co-op meat department. I ended up choosing a relatively unusual product, as I always enjoy when my column presents an opportunity to turn people on to new things. In this case, cooking with yak was new for me as well. I sampled ground yak from the Tamarack Yak Farm based out of Santa, Idaho.

Yak meat is best described as beef-like, but it is somewhat more delicate in flavor, and also has one-sixth the fat of most beef. The fat that yak does contain is very high in both Omega-3 fatty acids and conjugated linoleic acids (CLAs), which are healthy fats.

Yaks are exclusively grass-fed and only need to eat about one-third of what a cow does, due to their food-conversion efficiency. They are also very disease-resistant, rarely needing antibiotics. Yak is still relatively uncommon in North America, so we are lucky to be able to find it at our local co-op, and that Brennus is actually able to buy it from a local supplier.

A couple of years ago, my friend from Argentina turned me on to chimichurri season-

ing, which either adorns or is incorporated into many of the meat dishes served in Argentina. I thought this type of seasoning would be an excellent accompaniment to my yak burgers, without completely masking any unique flavors that the yak might bring to the table.

These burgers were a huge success. The meat was extremely lean, although very moist (I actually added the panko crumbs as an afterthought to be sure the burgers held together during cooking.) I initially expected that the yak might have a slightly gamey flavor, but was surprised to find it to be even milder than some of the grass-fed beef that I have had.

I topped my burgers with fat slices of tomato and homemade pico de gallo. When I make pico de gallo, I tend to make use of what I have in the fridge or I steal some of the ingredients meant for the main course. I usually make it to taste, which for me can be a bit spicy. Enjoy!

Ivy is interested in trying other yak products and is hoping the Co-op might be able to carry steaks or other cuts in the future. As always, if you have any comments or suggestions for Ivy, please send them to [ivyrose7@hotmail.com](mailto:ivyrose7@hotmail.com).

### Chimichurri-Seasoned Yak Burgers

#### Ingredients

- ▶ 1 pound ground yak
- ▶ 1 medium onion, finely chopped
- ▶ 1/2 large red bell pepper, roasted and diced
- ▶ 2 garlic cloves, minced
- ▶ 1/3 cup chopped cilantro
- ▶ 1 teaspoon dried oregano
- ▶ 2 teaspoons soy sauce
- ▶ 1 tablespoon Worcestershire sauce
- ▶ 1/4 cup panko bread crumbs
- ▶ 4 hamburger buns, split
- ▶ 1 cup pico de gallo (I made mine with coarsely chopped cabbage, jalapeno pepper, cilantro, tomato, lime juice, sour cream, cider vinegar, and salt and pepper)

#### Preparation

Cut pepper in half, and roast under broiler until skin is blackened. Once the pepper has cooled, remove the skin and dice. Combine yak, onion, pepper, garlic, cilantro, oregano, soy sauce, Worcestershire sauce, a scant 1/2 teaspoon salt, and 1/2 teaspoon pepper. Form into four (4-1/2-inch-wide) patties.

I couldn't resist the temptation to cook these burgers on my charcoal grill, but will also provide stovetop instructions if you don't have a grill. If using a grill, cook the patties on a hot grill for 3-5 minutes each side. Toast the split buns for about 1 minute. For the stovetop, heat a 12-inch heavy skillet over medium heat until hot, and then lightly toast buns. Lightly oil skillet, then cook patties, turning once, about 8 minutes total for medium-rare. Transfer to buns.



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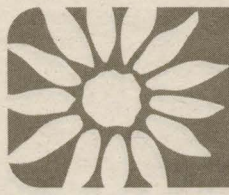
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## “A Chemical Reaction” coming to the Kenworthy near you!

by Carol Spurling, outreach and ownership coordinator, outreach@moscowfood.coop, and Andy Boyd, manager, Moscow Recycling

Can one little town take on a corporate behemoth and win? Find out! Please join us for a free showing of the documentary, “A Chemical Reaction,” at the Kenworthy Theatre, at 7 p.m. on Wednesday, April 20.

The film is co-sponsored by Moscow Recycling, Gritman Hospital, the City of Moscow Sustainable Environment Commission, and the Co-op. Come early to see the Natural Abode’s display in the Kenworthy lobby.

A Chemical Reaction is a 70-minute feature documentary movie that tells the story of one of the most powerful and effective community initiatives in the history of North America.

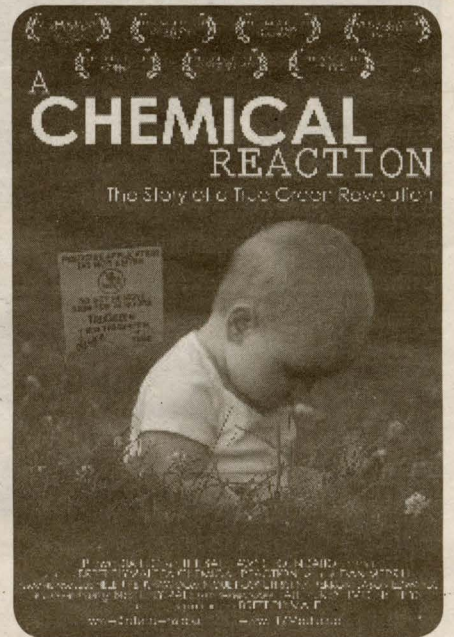
It started with one lone voice in 1984. Dr. June Irwin, a dermatologist, noticed a connection between her patients’ health conditions and their exposure to chemical pesticides and herbicides. With relentless persistence she brought her concerns to town meetings to warn her fellow citizens that the chemicals they were putting on their lawns posed severe health risks and had unknown side effects on the environment.

Dr. Irwin’s persuasive arguments and data to back her findings eventually led the town of Hudson, Quebec, to enact a bylaw that banned the use of all chemical pesticides and herbicides. The most mighty chemical

companies in North America put their full legal weight on the tiny town and eventually the case made it to the Supreme Court.

The town’s right to protect its citizens was upheld, and — like a row of dominos — other municipalities followed suit. The movement spread so far and wide that the entire province of Quebec enacted a ban and Home Depot stopped putting the dangerous pesticide products on their shelves.

It’s an inspiring story of overcoming great odds and demonstrates the power of people coming together to effect great change in our society.



## Palouse Prairie School Presents Gr8 Night

by Jonna Sobeloff-Gittes, Palouse Prairie School student

On Tuesday, April 12, Palouse Prairie School of Expeditionary Learning will present Gr8 Night at the Kenworthy Theatre from 5:15-8 p.m.

PPSEL will be showing eight original short plays performed by actors from the community. Eight kids made up their own plays with the help of adults and college students. The actors will be David Lee-Painter, Rebecca Klump, Patricia Gardner, and Joseph Erhard-Hudson, who works at the Co-op as the technology manager.

Also we will be showing some art and a brief slide show about the universe. There will be a short musical performance by a group of students. This was all done as part of Community Led Learning, which takes place at Palouse Prairie every Wednesday.

Almost all the people who taught the classes are Co-op members, including Andrika

Kuhle, board member, and Colette DePhelps, coordinator of the Good Food Book Club. Also, Co-op member Rachel Caudill taught about the universe, J.D. Wulfhorst taught about music, Karen Flint Ward taught about insects and bugs, and Jamie Seckington taught photography. Playwriting was led by Judy Sobeloff, a Co-op newsletter editor. Linda Adler taught Navaho weaving. The kindergartners will sign their E is for Earthworm book.

From 5:15-5:45 there will be a light dinner supplied in part from the Co-op and otherwise from PPSEL families. We’ll have performances from 5:45-6:45 and then dessert. We are so grateful for the support the Co-op has given to Gr8 Night. Gr8 Night and the playwriting workshop were also supported by funding from the Idaho Commission on the Arts and the National

Endowment for the Arts.

Everyone is welcome to join in the fun at Gr8 Night, which is free. Please come to watch plays,

listen to music, look at art, see a slide show, be part of a silent auction, and eat food from the Co-op. Hope to see you there!

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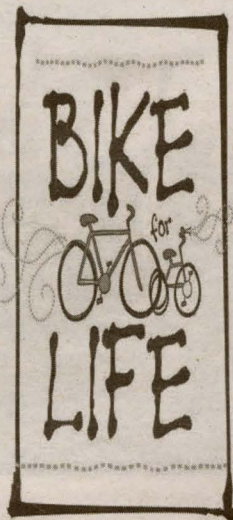


## Celebrate Bike Month with Bike for Life

by Jen Hiebert, Bike for Life volunteer

**B**ike for Life is gearing up for its third year of celebrating National Bike Month in May! We have a great lineup of events for all levels of cycling ability. Discover the joys of cycling year round and at every stage of life, not just in May. Attend any Bike for Life event and receive a coupon for 50% off labor cost of maintenance and repair at Paradise Creek Bicycles.

Bike for Life 2011 has been made possible by the generous support of the City of Moscow, Gritman Medical Center, One World Café, Paradise Creek



Bicycles, Palouse-Clearwater Environmental Institute, and Wheatberries Bake Shop.

Keep up with Bike for Life events: watch for our events flyer, visit our website at [www.bikeforlifemoscow.com](http://www.bikeforlifemoscow.com), or find us on Facebook.

See you on the streets... and please remember to wear your helmets!

**April 21 - Bike Clinic.** 11 a.m. - 3 p.m. Outside at the University of Idaho Commons.

**April 29 - Lunch & Learn: Bicycle Celebration!** Noon - 1p.m., Gritman Conference Center.

**May 1 - May Day.** 10 a.m. - 5 p.m. Free air, oil and lube at Paradise Creek Bicycles.

**May 2 - National Bike Month Proclamation.** 7 p.m. Moscow City Council chambers.

**May 3, 10, 17 & 24 - Tow Your Tots.** 11 a.m. Meet at Mountain View Park for group ride to Patty's Mexican Kitchen.

**May 4 - Fill the Racks!** Moscow students are encouraged to bike to school.

**May 7 - BikeFest.** 8 a.m. - 2 p.m. Bike swap, free tune-ups and more. Friendship Square.

**May 7 - Palouse Prize Ride.** Moscow Parks and Recreation poker bicycle ride on Paradise Path. Friendship Square. 833-7085 to register. \$5- 1\$0 to enter.

**May 13 - Bike to Work Day.** 7 - 8:30 a.m. Coffee, treats and more at southeast corner of Sixth and Main.

**May 14 - Latah Trail Breakfast Ride.** 8 a.m. Meet at NRS East parking lot. Enjoy breakfast at the White Pine Café in Troy.

**May 14 - Bicycle Movie Night.** 6 p.m. Movie and fundraising raffle at Nuart Theatre.

**May 21 - (Re)Discover Paradise Path.** 1 p.m. Ride with Paradise Path Task Force members to learn more about the Path. Meet behind UI Recreation Center.

**May 22 - Waffle Ride to Pullman.** 8 a.m. Meet at Chipman Trail, corner of Pullman Hwy and Perimeter Drive. Bike to Old European Restaurant for breakfast.

**May TBA - Spoke-n Word.** 7 - 9 p.m. Recite poetry, sing, or read short stories about cycling.

**Any Time - Spontaneous Mass Rides around Moscow.** Feel free to join in!

## Instructors Wanted

Community Food Works, a new collaboration of the Moscow Food Co-op and Backyard Harvest, is looking for instructors, volunteers, and workshop leaders who have expertise in the following areas:

- Canning, dehydration, freezing, and other home food preservation methods
- Jam, preserves, and jelly making
- Home smoking and curing of sausage and jerky
- Hunting for beginners
- Making brined pickles, sauerkraut, and kim chi
- Home cheese making
- Backyard poultry for eggs and meat
- Building a coop for backyard poultry
- Building a simple backyard greenhouse
- Raising backyard rabbits for meat
- Home brewing beer, cider, and wine
- Building and using solar ovens and insulated hot boxes
- Backyard beekeeping
- Wildcrafted mushrooms and other edibles
- Cooking with whole grains
- Sourdough baking
- Gardening and simple cooking with elementary-age children
- Container and windowsill gardening
- Edible landscaping

The pay or stipend offered will be dependant on the complexity, length, and structure of the workshop or class offered, and instructor experience. To indicate your interest, please send a short cover letter and a summary of your relevant experience to Carol Spurling, Community Food Works, PO Box 9783, Moscow, Idaho, 83843, or email it [tooutreach@moscowfood.coop](mailto:tooutreach@moscowfood.coop).



**COMMUNITY  
FOOD WORKS**  
**LEARN | EAT | SHARE**

**MOSCOW FOOD CO-OP + BACKYARD HARVEST**



# COMMUNITY

## PCEI Events for April

by Elizabeth Schulz, PCEI volunteer coordinator

Raise the banners, sound the trumpets and plant a tree—it's Earth Month here on the Palouse! The Palouse-Clearwater Environmental Institute (PCEI) has been gearing up for celebrations that will last throughout April. It is always an exciting time of year for PCEI, and this year is made even more special as we look back over 25 years of community service for our region's environment. So put on your party hats and work gloves and come out and play!

**7th Annual Pullman Stream Clean-up** Saturday, April 9, 10 a.m. - 2 p.m. Join us for a day of beautifying the waterways of the City Pullman, including the South Fork of the Palouse River, Missouri Flat Creek, and Paradise Creek. Meet us at Spring Street Park, and afterwards enjoy refreshments donated by local businesses.

**Rose Creek Volunteer Work Day** Thursday, April 14, 10 a.m. - 2 p.m. Enjoy a day of work at the Rose Creek Nature Preserve. Get your hands dirty with trail

maintenance, aspen restoration, and weed control.

**PCEI Silver Anniversary Celebration Dinner and Auction** Friday, April 22, 6 -10 p.m. It is our biggest party yet—our 25th birthday! Treat yourself to some fabulous food and company, and then bid on dozens of items donated by local businesses and supporters. \$65/person or \$500/table. An RSVP is required, so reserve your seat early.

**21st Annual Paradise Creek Stream Clean-up** Saturday, April 23, 9 a.m. -1 p.m. Get dirty this Earth Day! Celebrate with your whole family along the banks of Paradise Creek in Moscow. Please walk, bike, or carpool to the PCEI Nature Center to meet, and local businesses will thank you afterwards with donated refreshments.

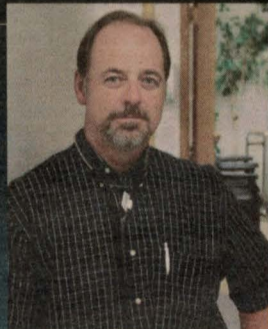
For more information or directions for any of these events, please contact the PCEI Nature Center at (208) 882-1444 or visit our website at [www.pcei.org](http://www.pcei.org).



Top: A group of volunteers at last year's Pullman Stream Clean-Up. Bottom: The Paradise Creek Crew that planted over 18,500 trees and shrubs along the banks of the newly day-lighted creek.

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## Moscow Renaissance Fair Celebrates Spring

by Jessi Shockley, fair publicity coordinator

The 38th annual Moscow Renaissance Fair will be held Saturday, April 30, and Sunday, May 1, at East City Park in Moscow, with an exciting range of activities, food, and crafts and spruced-up music entertainment. As always, there is no admission charge for Moscow's Celebration of Spring.

Festivities get underway with the Introduction of the Queen and King at 10 a.m. on Saturday. Expect to hear music from local bands and groups from all over the country. Other activities on the Peter Basoa Main Stage include a Maypole Dance, dancers, and an array of music to suit the fancy of all.

The Moscow Renaissance Fair is a family affair, offering many fun educational and cultural opportunities for children. This year look for face painting, a bungee and climbing wall, crafts for kids including finger knitting, raptors, stilt walkers, a tent featuring cultures from all over the world, story readings, dance, Shakespeare, and fiddle perfor-

mances and other music on the youth stage.

Expect to find many of your favorite types of food offered by the numerous vendors at the Fair. Choices range from edibles provided by local non-profit groups, to foods of other cultures as well as some more traditional fair food items. The Fair takes pride in its green efforts; all plates and utensils are made of recycled content—even your straw is made from corn, not plastic.

Artisans from all over the region will be selling crafts at the Fair. Many of your favorites are returning but there are always surprises as you wander the lanes. From tie-dye to batiks, pottery to photography, you are sure to find something uncommon to add to your collection.

### Moscow Renaissance Fair 2011 Peter Basoa Main Stage

#### Saturday, April 30

10:00 - 10:15 Opening Ceremony  
10:15- 11:00 Greg Hodapp - Moscow, ID  
11:15- 12:15 Grateful Live - Moscow, ID  
12:30- 1:30 Quincy Harper - Austin, TX  
1:30- 2:30 May Pole Dance And Music  
2:30 - 3:30 Rick And Evie Murgage - Union, OR  
3:30 - 3:45 Parade And The Moscow Peace Band  
3:45 - 4:45 David Zink - Pasadena, CA  
5:00 - 6:00 Brady Goss - Wilsonville, OR  
6:15 - 7:30 Miriam's Well - Portland, OR  
7:45 - 9:00 Jimmy Lloyd Rea And The Switchmasters - Baker City, OR

#### Sunday, May 1

10:00 - 11:00 Locals Only, Moscow/Pullman Artists  
11:15 - 12:00 Dogs That Don't Die - Moscow, ID  
12:15 - 12:45 Runaway Symphony - Moscow, ID  
1:00 - 1:30 Smokin Mojo - Moscow, ID  
1:45 - 2:45 Bare Wires - Moscow, ID  
2:45 - 3:30 May Pole (On May Day!)  
3:30 - 5:00 The Gems - National Oldies Rock Band

### Youth Stage

#### Saturday, April 30

10:30 - 11:15 Troy Shortspereans, High school Shakespeare performing group. A yearly kick-off for the youth stage.  
11:30 - 12:15 Potlatch Junior Jammers local youth fiddle group performing old-time fiddle favorites.  
12:30 - 1:30 Spectrum II Art and Dance, children's dance performance.  
1:30 - 2:30 MAYPOLE  
2:45 - 3:30 Two Caterpillars, a Pullman children's punk rock group performance.  
3:45 - 4:45 Citaly Solckorico, Moscow Junior High School Spanish dance club performs.  
5:00 - 5:30 Carol Muzik, children's author will read her book, "Raising Lucy."  
**Sunday May 1**  
11:00-12:00 To Be Announced  
12:15-12:45 Emily Alexander/Jane Walden, musical performance.  
1:00-1:45 Adrian and the Cabieri, musical performance.  
2:00-2:30 Catchy Tuna, old time American music performance.  
2:30-3:00 MAYPOLE  
3:00-3:30 Open/TBA

## Healthy Connections

Education + Specialty Clinics + Support Groups + Special Events

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

APRIL

### Teddy Bear Clinic

April 9, 9 a.m. to noon, **FREE**  
Is your child's teddy bear healthy? Bring your kids and their favorite stuffed animal to Gritman Medical Center for a fun, interactive morning aimed at giving kids a behind the scenes look at what happens in a hospital. Enjoy music by The Jenks, snacks and prizes. Call 208-883-6233 for more information.

### Breast Cancer Support Group

April 11, 7 p.m., **FREE**  
Open to all breast cancer patients and survivors. Meets in the third floor board room. For more information call 208-883-4968 or 208-883-1422.

### Motherhood Connections - New Mom's Group

NEW LOCATION - JEFF & BECKY MARTIN COMMUNITY WELLNESS CENTER!  
Wednesdays, 1:30 p.m. to 2:30 p.m., **Free**  
An ongoing weekly group designed to provide new moms with the support, tools, and resources they need as they start this new chapter in life. At the Jeff & Becky Martin Community Wellness Center, 510 West Palouse River Drive, Moscow. For more information call (208) 883-6399 or email [childbirth.education@gritman.org](mailto:childbirth.education@gritman.org)

### Lunch & Learn - Celebrate National Bike Month

April 29, noon, **FREE**  
Learn about all of the fun activities going on around Moscow for National Bike Month in May. From organized rides to Troy and Pullman, bike swaps and much more. Presenters include Karin Clifford, Phil Cooke and more. At the Gritman Conference Center. Bring a lunch or stop by the Courtyard Café.

### Gritman Cancer Resource Center

Open Monday to Friday, 10 a.m. to 4 p.m., **FREE**  
Our supportive and knowledgeable volunteers can help you find resources and guide you through the often scary and overwhelming cancer journey. We also provide prosthesis, wigs, hats, lap quilts and other items to help you. Call 208-883-6030 to learn more and to find out about our next Look Good...Feel Better and Reach to Recovery classes.

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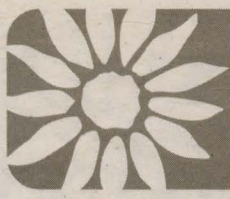
### Hours:

Sunday: 12-5  
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Saturday: 10-6

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## New at the Library

by Chris Sokol, adult services librarian, Latah County Library District

**“Two people getting together to write a book is like three people getting together to have a baby. One of them is superfluous.”**

— **George Bernard Shaw (1856-1950)**

### FICTION

**Gold Boy, Emerald Girl** by Yiyun Li. One of The New Yorker’s “Top 20 fiction writers under 40” presents a collection of stories in which history, politics, and folklore illuminate the human condition.

**Lyrics Alley** by Leila Aboulela. As British rule nears its end in Sudan, an affluent, influential Sudanese family experiences uncertainty, conflict, and reconciliation.

**The Paris Wife** by Paula McLain. A fictionalized account of Ernest Hemingway and his first wife, Hadley Richardson, during their tumultuous years in Jazz Age Paris.

**Revenge of the Radioactive Lady** by Elizabeth Stuckey-French. In this dark comedy-family drama, 77-year-old Marylou Ahearn is on a mission to kill the doctor who gave her a radioactive cocktail in 1953 as part of a secret government study.

### NONFICTION

**Birds in Your Backyard: a Bird Lover’s Guide to Creating a Garden Sanctuary** by Robert J. Dolezal. Useful tips-- from positioning a birdhouse to landscaping and photographing.

**The Clockwork Universe: Isaac Newton, the Royal Society, and the Birth of the Modern World** by Edward Dolnick. At the end of the seventeenth century, despite religious wars, plague, and the Great Fire of London, a group of scientific geniuses remade our understanding of the world.

**Endgame: Bobby Fischer’s Remarkable Rise and Fall—from America’s Brightest Prodigy to the Edge of Madness** by Frank Brady. The meteoric ascent, and confounding descent, of the enigmatic chess genius.

**How We Age: a Doctor’s Journey Into the Heart of**

**Growing Old** by Marc E. Agronin. Informed by personal experiences of his patients and their families, Agronin describes how our bodies and brains change over time.

**HypnoBirthing: the Mongan Method** by Marie F. Mongan. A natural approach to safe, easier, more comfortable childbirth.

**J. D. Salinger: a Life** by Kenneth Slawenski. A biography of one of America’s most popular and elusive literary figures, by the creator of DeadCaulfields.com.

**Modern Poetry of Pakistan** edited by Iftikhar Aris. A collection of not one but many poetic traditions indigenous to Pakistan.

**Moon: a Brief History** by Bernd Brunner. A cultural profile of earth’s natural satellite, from ancient times to the present.

**The Rise and Fall of the Bible: the Unexpected History of an Accidental Book** by Timothy Beal. Surprising insights from a noted scholar.

**Zen Architecture: the Building Process as Practice** by Paul Discoe. The author’s vision as influenced by contemporary life, traditional Japanese woodworking, commitment to the environment, and Buddhism.

### GROWING & PREPARING FOOD

**Appetite for Reduction: 125 Fast and Filling Low-Fat Vegan Recipes** by Isa Chandra Moskowitz. Nutritionally balanced recipes for the foods you crave, at only 200-400 calories per serving.

**The Cleaner Plate Club** by Beth Bader and Ali Benjamin. More than 100 recipes for real food your kids will love.

**Feeding the Whole Family: Recipes for Babies, Young Children, and Their Parents: Cooking with Whole Foods** by Cynthia Lair. Nutritious meals the whole family can enjoy together.

**Growing Tasty Tropical Plants in Any Home, Anywhere** by Laurelynn G. and Martin and Byron E. Martin. Imagine citrus in your sunroom, bananas in your breakfast nook, and a coffee plant in your living room.

**Morning Food: Breakfasts, Brunches & More for Savoring the Best Part of the Day** by Margaret S. Fox and John B. Bear. A tasty array of innovative



wake-up recipes.

### CREATIVE SILLINESS FOR ADULTS

**Bent Objects: the Secret Life of Everyday Things** by Terry Border. A photographer/artist creates personified scenarios using paperclips, peanuts, and other everyday objects.

**Carl Warner’s Food Landscapes**. Playing with food to create imaginative, colorful masterpieces, photographed and with behind-the-scenes commentaries.

**Hatched: the Big Push from Pregnancy to Motherhood** by Sloane Tanen. An artist explores the wonders, trials, and joys of pregnancy and motherhood in a series of captioned photographs of fluffy chicken figures.

### DVD

**Exit Through the Gift Shop** (U.K., 2010) An eccentric French shopkeeper turned documentary film-maker makes a film about Banksy, a British graffiti artist with a global reputation—or is Banksy the one making the film?

**Hugh Hefner: Playboy,**

**Activist and Rebel** (Canada, 2009) Compelling interviews and rare footage provide a revealing look at the flamboyant founder of the Playboy empire.

**Only When I Dance** (Brazil, 2009) A “feel-good documentary” that follows two teenagers from the favelas of Rio de Janeiro as they pursue their dreams of becoming professional ballet dancers.

**Sweetgrass** (U.S./France, 2009) Called an “unsentimental elegy to the American West,” this documentary follows modern-day cowboys leading flocks of sheep into Montana’s Absaroka-Beartooth mountains for summer pasture.

Chris Sokol works at the Moscow Public Library. ([latahlibrary.org](http://latahlibrary.org))



## Kids' Activity Day at 1912 Center!

by Pam Peterson, Heart of the Arts board member and event coordinator

On May 6, a Moscow School District teachers' in-service day, Heart of the Arts, Inc. will host elementary age children at the 1912 Center at 412 East Third Street from 8:30 am to 3:30 pm.

The day will focus on creating a one-day theatre performance of Ul de Rico's "The Rainbow Goblins." Yes! A play in a day! Registration is \$23 in advance and \$25 at the door. Call Pam at 882-1349 for registration information. Registration will be limited.

The children's performance will be at 3 p.m. that day. This story will appeal to those of elementary age. We'll focus on theatre exercises, making sound effects, building sets, generating a program for the show, and learning the amazing science of

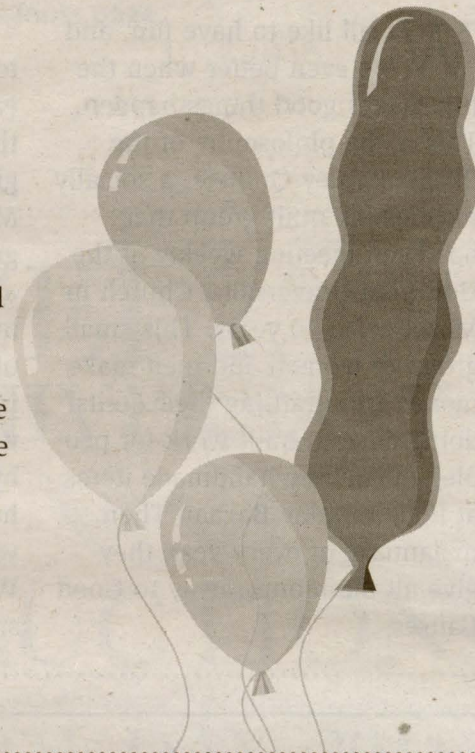
colored lights, rainbows, dry ice and pigmentations.

Pamela A. Peterson and Caroline Berman are event coordinators. Peterson said, "We are pleased to bring this event to residents of this region. It's one of the reasons we work hard to get this renovation completed!" Moscow's 1912 High School is listed on the National Register of Historic Places and owned by the City of Moscow.

In addition to Berman, the following other experienced and creative local women will be part of this event: Kathy Dawes, Educational Outreach Coordinator for the Palouse Discovery Science Center an experienced science educator with a background in community theatre and music; Miriam

Kent, Creative Arts Specialist, who has been working with area children for many years in varied settings and loves creating dramatic programs like this one; and Maureen O-Connell, recently certified to teach, who specializes in Art Education and theatre.

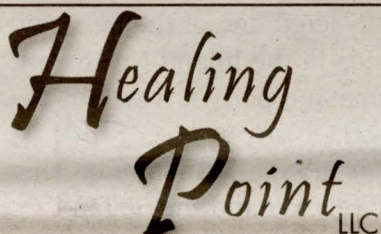
Heart of the Arts, Inc., a non-profit organization, manages the 1912 Center as well as raises the funds to complete full renovation of this treasured landmark.



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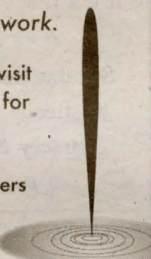
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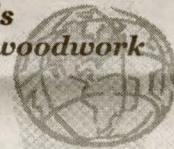
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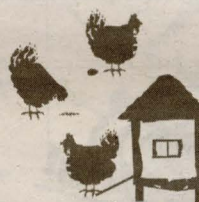


## COMMUNITY FOOD WORKS



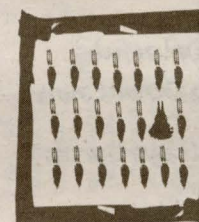
### the compleAT backyard

Classes and workshops for gardening, urban beekeeping, backyard poultry for meat and eggs, home cheesemaking, old-fashioned brined pickles and sauerkraut, sausagemaking, rabbits for meat, &c.



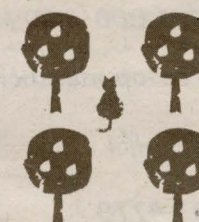
#### Backyard Poultry

(Instructors | Sequoia Ladd, Julia Garretson)  
Sat., April 9, 9:30 – 11:30 am  
Sat., April 30, 1– 4 pm  
Cost | \$12 (\$6 for SNAP recipients)



#### Affordable Backyard Greenhouses

(Instructor | Steve Worthman)  
Sat. April 16, 1–3pm  
Cost | \$12 (\$6 for SNAP recipients)



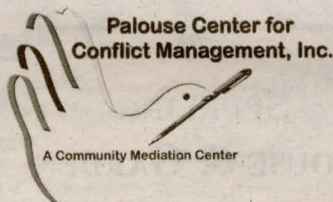
#### Backyard Sheep

(Instructor | Melissa Lines)  
Sat., May 7, 10 am – noon  
Cost | \$12 (\$6 for SNAP recipients)

To register or to receive more information, contact Carol at [outreach@moscowfood.coop](mailto:outreach@moscowfood.coop) or call 208.669.0763. For additional classes, events and tour information please visit

[WWW.COMMUNITYFOODWORKS.ORG](http://WWW.COMMUNITYFOODWORKS.ORG)

"Got Conflict?  
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Workshop offered on Monday, May 9, 2011  
7:00 PM – 8:30 PM, Fiske Community Room  
1912 Center, 412 East Third Street, Moscow

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

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

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

## MOSCOW FOOD CO-OP + BACKYARD HARVEST



# COMMUNITY

## Dance for a Good Cause

by Mary Jo Hamilton, convener of the Purple Paisley Quilters

We all like to have fun, and it's even better when the fun makes good things happen. This is the philosophy of the Purple Paisley Quilters, a socially responsible quilt group that has been meeting weekly at the Unitarian Universalist Church in Moscow for 20 years. This small group of women and men make money from raffling their quilts, doing custom quilt work for people, and selling handmade items at their Holiday Bazaar. Then, in January of every year, they give all the money away to Good Causes.

This year, the PPQ has decided to leverage some of their hard-earned cash into a bigger donation by sponsoring a dance and giving all the proceeds to Sudan Medical Relief. The Sudan program is dedicated to delivering and improving treatment for infectious diseases in Sudan, one of the most remote, impoverished and war-torn regions of the world. The program was started by Dr. Jill Seaman, who grew up here in Moscow. Jill began her work in the Sudan with Doctors Without Borders in 1989, and stayed behind to continue her

work after Doctors Without Borders withdrew from the Sudan in the late 1990s. Dr. Seaman recently received a MacArthur Genius award for her work in Sudan, and was called a Hero of Medicine by Time magazine.

The dance will be held on Saturday, May 7, at the Unitarian Universalist Church of the Palouse, corner of Second Street and Van Buren in Moscow. The band will play from 8 - 11 p.m. Entry is by donation, and children are welcome.

We are fortunate indeed to have the fabulous Senders playing for us. When they officially disbanded in 1997, they were considered one of the best cover bands in the Inland Northwest. Come and party - it will be a blast!

For more information on Dr. Jill Seaman and the Sudan



Medical Relief project, go to [www.sudanmedicalrelief.org](http://www.sudanmedicalrelief.org). For more information on the PPQ, email [uuchurch@moscow.com](mailto:uuchurch@moscow.com).



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pictured-september, 2010 share

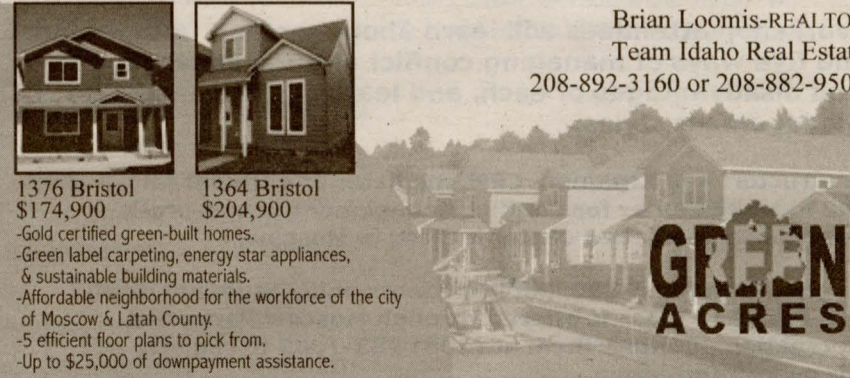
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1376 Bristol \$174,900  
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 -5 efficient floor plans to pick from.  
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Bookmark our website! [www.moscowfood.coop](http://www.moscowfood.coop)

Friend us on Facebook! Search for Moscow Food Co-op in your Facebook search box, and you'll find the official pages for our Tuesday Growers Market, our Eat Local Challenge, and our regular local business page.

Follow us on Twitter! @moscowfoodcoop

Subscribe to our blog! [www.moscowfoodcoop.blogspot.com](http://www.moscowfoodcoop.blogspot.com)

Did you know? The Moscow Food Co-op is a great place to eat with the whole family. Lots of healthy and tasty choices to please even your pickiest eater...plus child seats, and friendly, helpful staff.

Co-op owners: Do you want to receive news about upcoming Essential Cookery, Wellness, and Living classes offered by the Co-op? Sign up for our Essential mailing list by emailing outreach@moscowfood.coop!

come out and play.

Eastside Marketplace  
Event Center, Moscow, ID

6 - 10 pm



## PCEI 25<sup>TH</sup> ANNIVERSARY DINNER & AUCTION

EARTH DAY 2011  
FRIDAY, APRIL 22

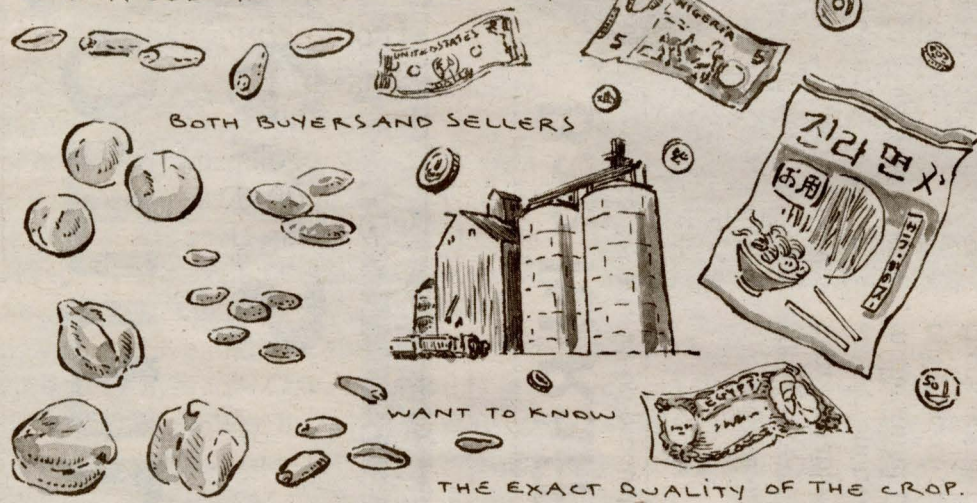
PCEI is celebrating 25 Years of environmental stewardship.  
Come celebrate the incredible changes you've made happen!

**25 YEARS** Palouse-Clearwater  
Environmental Institute

Tickets available online at [www.pcei.org](http://www.pcei.org)  
or call 208.882.1444

## PALOUSE REPORT: Good Grain/Bad Grain?

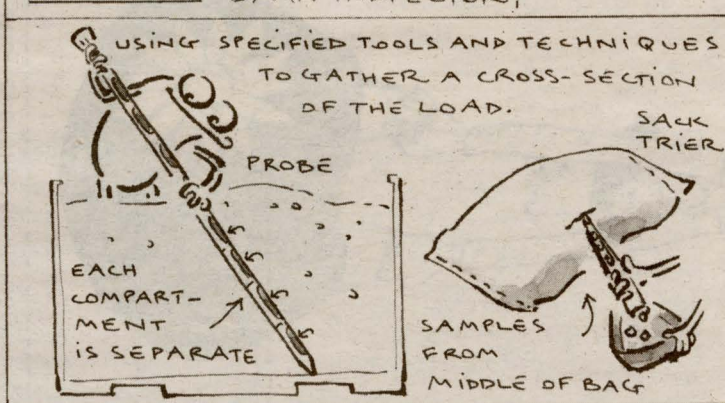
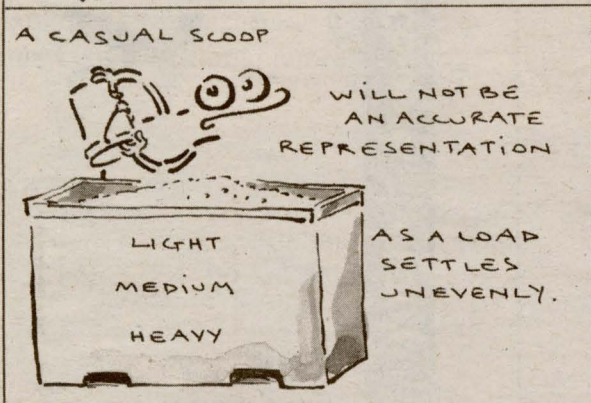
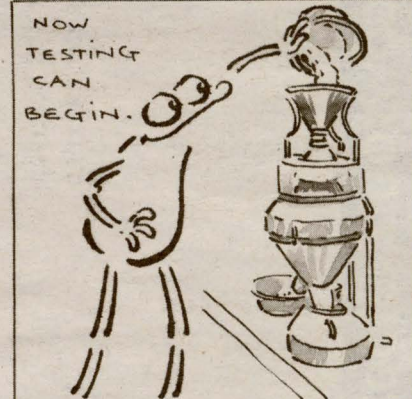
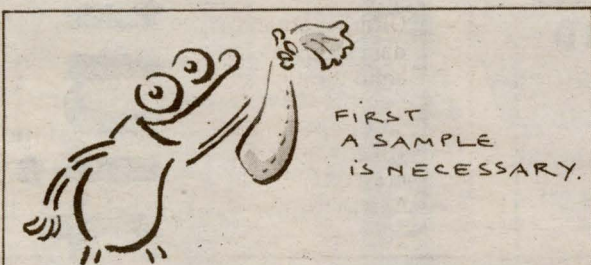
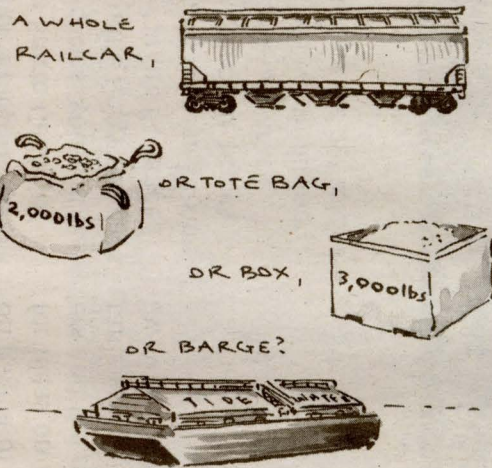
WHEN PALOUSE GRAIN IS PURCHASED,



SO GRAIN IS TESTED.



BUT HOW DOES ONE TEST



THANKS TO GARY, KYLE, CRAIG AND DAVE AT THE COLFAX GRAIN INSPECTION LAB. [WWW.ANNABREWER.COM](http://WWW.ANNABREWER.COM). © ANNA BREWER APRIL 2011



# Bulletin Board

MOSCOW FOOD CO-OP

## Co-op Events

### Board of Directors Meeting

**Tuesday, April 12th at 6:00 pm**

Fiske Room at the 1912 Center. For public comments, the Member Forum will begin at exactly 6:05 pm and will end at exactly 6:15pm.

### Breakfast with the Board

**Saturday April 16, 11am** in the Co-op deli.

### 2011 Tuesday Growers Market

We are inviting applications to sell locally produced goods. The market runs from May 3 (weather permitting) through the second week of October. Contact Britt Heisel, for info: [growersmarket@moscowfood.coop](mailto:growersmarket@moscowfood.coop)

### "A Chemical Reaction" Documentary

**Wednesday, April 20, 7pm**

Free showing at the Kenworthy

### Art at the Co-op

**Saturday April 9, 2—4 pm**

Meet the artist of the 2011 Moscow Renaissance Fair poster and see all the vintage posters!

### Co-op Kids! Meet Tuesdays at 9am

April 5 Wind Toys

April 12 Chalk Art at Friendship Square

April 19 Art

April 26 Decorate Plastic Free Lunch Bags

Contact Rebekka Boysen-Taylor at

[amamaswork@yahoo.com](mailto:amamaswork@yahoo.com)

### Good Food Book Club

**Sunday April 17, 7—8:30pm**

"The Hundred-Year Lie: How to Protect Yourself from the Chemicals that are Destroying Your Health" by Randall Fitzgerald At a private residence in Moscow. Email [bookclub@moscowfood.coop](mailto:bookclub@moscowfood.coop) to RSVP and for address. Free. Dessert provided

### Co-op Mamas and Papas Group

Wednesdays 9:30—11am

Meet in the Co-op Deli

April 6: Making your own baby food

April 13: Camping with kids

April 20: Starting a running/exercise group

April 27: Demo from Co op/free time

[babies@moscowfood.coop](mailto:babies@moscowfood.coop).

### Empty Bowls

**Saturday, April 9, 11am—1pm**

This annual hunger-relief fundraising event will be held at the 1912 Center. Delicious soup in a handmade bowl for \$15, then take the empty bowl home. All proceeds donated to organizations fighting hunger.

[www.emptybowls.net](http://www.emptybowls.net).

## Co-op Events at a Glance

Tue April 5—Music—TBC

Tue April 5—Co-op Kids—meet in the Co-op

Wed April 6—Co-op Mamas and Papas Group

Sat April 9—Empty Bowls

Sat April 9—Co-op Art Opening

Tue April 12—Board of Directors' Meeting

Tue April 12—Music—TBC

Wed April 13—Co-op Mamas and Papas Group

Sat April 16—Breakfast with the Board

Sun April 17—Good Food Book Club

Tue April 19—Co-op Kids—meet in the Co-op

Tue April 19—Music—TBC

Wed April 20—Co-op Mamas and Papas Group

Wed April 20—A Chemical Reaction movie

Tue April 26—Co-op Kids—meet in the Co-op

Tue April 26—Music—TBC

Wed April 27—Co-op Mamas and Papas Group

## Community Events

### Agricultural Scenes of the Palouse

Artwork by Co-op Cartoonist Anna Brewer  
Cafe Silos, Moscow, ☎ 882-2394

Thurs-Sat 8-6, Sun 8-4, until April 10

### Finding the Center Human Rights Conference

**Saturday April 9th, 8am—5pm.**

This conference promotes the protection of human rights. University of Idaho, Moscow, Student Union Building. \$25

[www.webs.uidaho.edu/ffc](http://www.webs.uidaho.edu/ffc)

### Earth Month with the Palouse Clearwater Environmental Institute

**Saturday, April 9, 10am—2pm:** 7th Annual Pullman Stream Clean-Up. Meet at Spring Street Park. Afterwards enjoy refreshments courtesy of local businesses.

**Thursday, April 14, 10am—2pm:** Rose Creek Volunteer Work Day at the Rose Creek Nature Preserve. Trail maintenance, aspen restoration, and weed control.

**Friday April 22, 6—10pm:** PCEI Silver Anniversary Celebration Dinner and Auction \$65/person or \$500/table. RSVP is required.

**Saturday April 23, 9am—1pm:** 21st Annual Paradise Creek Stream Clean-up Meet at PCEI Nature Center

All info: ☎ 882-1444 or [www.pcei.org](http://www.pcei.org).

### Gr8 Night

**Tuesday April 12, 5:15—8pm**

Palouse Prairie School presents original short plays, art, music, and a silent auction at the Kenworthy. Free! Contact [aeball@att.net](mailto:aeball@att.net).

### 15th Annual Moscow Hemp Fest

**Saturday April 16th, 10am until dusk.**

Come to East City Park for an action-packed day!

## Dahmen Barn Events

**Friday April 8, 7:30pm:** Gefilte Trout band playing Eastern European folk music. \$7 at the door with children under 12 free.

**Saturday, April 16, 9am—3:30pm:** Beginners' wood bowl turning class. Cost is \$95, which includes materials and use of a lathe.  
**Saturday April 16, 11am—4pm:** Demos on the many ways paper can be transformed into art.

[www.artisanbarn.org](http://www.artisanbarn.org)

## Bike for Life Events

**Thursday April 21, 11am—3pm:** Bike Clinic. Outside at UI Commons

**Sunday May 1, 10am—5pm:** May Day. Get your bike on the road with free air, oil and lube at Paradise Creek Bicycles.

**Tuesdays May 3, 10, 17, & 21, 11am:** Tow Your Tots. Meet at Mountain View Park for a group ride to Patty's Mexican Kitchen.

**Wednesday May 4:** Moscow students are encouraged to bike to school. Contact Brooke Lowry at [blowry@uidaho.edu](mailto:blowry@uidaho.edu).

**Saturday May 7, 8am—2pm:** BikeFest. Bike swap/ sales, tune-ups etc! Friendship Square.

**Saturday May 7:** Palouse Prize Ride. Bicycle ride on Paradise Path from Friendship Square. Call 833-7085 to register. \$5-\$10 to enter.

[www.bikeforlifemoscow.com](http://www.bikeforlifemoscow.com)

## A play in a day activity day for kids

**Friday May 6, 8:30am—3:30pm**

One-day theatre performance of UI de Rico's "The Rainbow Goblins", with science and creative dramatics. Pam ☎ 882-1349. \$23/ 25.

## Moscow Renaissance Fair

**Sat/Sun April 30-May 1**

East City Park, with activities, food, crafts and spruced up music entertainment. 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](mailto:sperrine@potlatch.com)

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