

Community News

FREE!
PLEASE TAKE ONE!

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



And Our Finalists Are ...

By Andrika Kuhle, GM Search Committee Chair

The General Manager Search Committee is pleased to announce our two final candidates for the GM position: Seth Marcantonio and Nils Peterson. The committee conducted a round of phone interviews and came to this decision just before the newsletter submission deadline.

We will follow up to get you more biographical and visionary information from the candidates. Look for finalist flyers at the Co-op checkouts in July and on our website. We are excited to move to this next step in the search process with Nils and Seth. Here are some of their essentials:

Seth Marcantonio is currently store manager at the Berkshire Co-op Market in Great Barrington, Massachusetts. He grew up in the Northeast, attended Johnson State College in Vermont before attending the University of Utah and earning a degree in Minority Studies. He brings a variety of experiences including retail sales, substitute teaching and

radio news, with much of his experience coming from within the natural-food industry.

Nils Peterson is an 18-year Moscow resident with 15 years managerial experience at WSU. Nils built and operates Peterson Barn Guesthouse with his wife, Krista Kramer. He is a co-founder and board chair of Palouse Prairie Charter School, vice-chair of Moscow's Planning & Zoning Commission and a community organizer invested in the future of Moscow.

These two candidates bring different skill sets to the position, and we look forward to sharing the opportunity to get to know each of them better to determine the best fit for our Co-op. We will host each candidate for several days (tentatively in late July) to meet with managers and staff, the Co-op Board of Directors and members. Please look for details in the store and on our website.

Andrika is finding herself working inside a lot at her (messy) desk, and although she would like to see a little more summer weather, these cool, wet days make working inside an easier pill to swallow.

Who
Replaces
Kenna?

www.moscowfood.coop



Day-NW
OS
HD
3284
N48

Community News



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Food Co-op Movie in Production

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

Education, participation, independence and cooperation. These are four of the seven cooperative principles that keep food cooperatives rooted in their mission: to serve their communities. Food for Change, a work-in-progress documentary planned for release next spring, looks at how food co-ops manifest these principles in their day-to-day operations.

The film takes a contemporary and social-historical look at cooperatives in the United States, exploring three periods of co-op expansion: the first wave following the financial collapse of 1929 when co-ops proved to be a mitigating factor against hard times; the second wave of the 1970s driven by a counter-culture desire for whole and organic foods; and the third wave, currently underway, aimed at both of these con-

cerns. Food For Change's release is timed to coincide with the United Nations designation of 2012 as the International Year of Cooperatives. The plan is to show the film in hundreds of locations across the country on the same day and to follow-up with national discussion on the cooperative ways of doing business.

To date, 64 co-ops in 25 states, including the Moscow Food Co-op, have contributed nearly 40 percent of the budget needed to complete and distribute the movie. I can hardly wait to add the film to our line-up of great Good Food Film Series shows, and the producers have even asked us to contribute archival material from our Co-op for possible inclusion in the movie!

But the project needs support from co-op members too. Please visit www.foodforchangemovie.com to watch the trailer, view

scenes from the movie and consider making a contribution. Your investment in this documentary will help us communicate a deeper understanding cooperatives and will help the present wave of co-op expansion. If you are able to contribute, please let me know, and we'll be sure to give you a shout-out (if you don't mind) when we screen the finished film next year. Go Co-op!



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(208) 882-8537

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

For advertising rates and information: contact Jyotsna "Jo" Sreenivasan at 892-0730 or ads@moscowfood.coop

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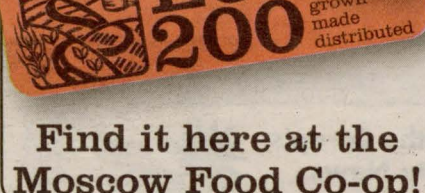
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The Moscow Food Co-op Board of Directors meets the 2nd Tuesday of every month at 6 pm, in the Fiske Room of the 1912 Center. The public is welcome to attend. The agenda for each meeting is posted about one week in advance in the store, and official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

Looking for local in all the wrong places?



Find it here at the Moscow Food Co-op!

Co-op E-mail Addresses
newsletter advertising: ads@moscowfood.coop
newsletter editor: editors@moscowfood.coop
newsletter design: design@moscowfood.coop
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Green Commerce Committee: greencommerce@moscowfood.coop
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CO-OPERATIONS

Moscow Food Co-op Business Partners

Welcome to the new Moscow Food Co-op business partner listings. We've 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, 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; 208-669-0068
15% off one month of service

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

Palouse Discovery Science Center
950 Nelson Ct., Pullman, WA
www.palouse-science.org; 509-332-6869
10% off membership to the Palouse Discovery Science Center.

Costumes by June

Merry "June" Falk; merryjalk@gmail.com
208-835-5595; Co-op members choose 10% off sewing services or free trip charge or free delivery of alterations, repairs or custom sewing.

Dance and Theatre

Spectrum II Art and Dance Studio
525 S. Main Street; www.spectrum2studio.com
208-882-1445; 10% discount to new students

Farms

Maple K Farms LLC

Tom and Cheryl Kammerzell
www.maplehighlands.com; 509-397-4589

RavenCroft Farm

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

SkyLines Farm Sheep & Wool

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

Food and Beverage

Camas Prairie Winery

110 S. Main Street; 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; 208-883-3537
<http://www.owc-moscow.com/50%offOneWorldCafe>
100% cotton totebags

Retro Espresso

1102 South Main; 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; 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; 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; 208-882-4733
Free 30-minute project consultation

Mosaic Land Design, LLC Landscape Architecture
405 S. Washington Ave; www.mosaiclanddesign.com
208-562-7324; 10% off all design services

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

Professional Services

Allegra Print and Imagine
507 S. Main; 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; 208-596-8101
10% off all photo shoots

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

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

Motherwise Midwifery
Nancy Draznin, CPM; 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; 208-882-0193
10% discount on all compatible laser printer supplies

Recreation and Lodging

Adventure Learning Camps
PO Box 8245; 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
10% off for co-op members—2 night minimum.

Appaloosa Museum and Heritage Center
2720 W. Pullman Rd; 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; 208-669-1654
15% off a week stay, valid for Co-op members and their relatives. Not valid on special event nights

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

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

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

Retail

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

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

Inland Cellular
672 W. Pullman Rd; 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 208-882-7541
10% off all gift items

Safari Pearl
221 E. 3rd; 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
208-883-1040
10% off natural fertilizers

The Yarn Underground, LLC
114 1/2 East 3rd Street; <http://www.yarnunderground.com>;
208-882-7700; Coop members receive 10% off purchase of \$50 or more.

Tye Dye Everything
527 S. Main St.; www.tyedyeeverything.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
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
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; 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; www.healingpt.com; 208-669-2287; \$10 off initial and 2nd treatments

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

Dr. Linda Kingsbury
627 N. Hayes; 208-596-4353; 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
\$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; 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; 509-595-4225
10% off all massage and spa services

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

Creighton on the Palouse
www.foryourfertility.com; 208-310-1805
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; 208-882-3100
1/2 off enrollment and 10% off monthly dues.

Sprout Wellbeing, LLC - Holistic Health Coaching & Wellness Support
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
208-413-4773

Via Family Chiropractic
755 S. Grand Ave #3; Pullman, WA 99163
viafamilychiropractic.com; 509-432-4263
\$15 initial exam and consultation including complementary discovery massage.

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:

newsletter subscriptions
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

By Annie Hubble, Art at the Co-op Coordinator

The Co-op's participation in the City of Moscow's Art Walk continues with a second opening on Friday August 5, featuring work of the Palouse Prairie School Kindergarten class. You will be able to meet many of the young artists from 5.30-7 p.m. that day, and the show will continue through Wednesday, September 7.

These young artists have combined science and art to produce a fabulous book that is on sale locally. The kindergarten teach-

er, Jeneille Branen, describes the work in these words:

"The Palouse Prairie Kindergarteners created the art that will be featured at The Moscow Food Co-op in August as a part of Art Walk. This kindergarten class embarked on a three-month learning expedition based on earthworms. The students learned about the habitat of earthworms. They built habitats in the class, made scientific observations and conducted experiments. They also visited

an expert at the University of Idaho, Dr. Jodi Johnson-Maynard, to learn more about worms. Following an in-depth study of these amazing creatures, the students set out to write and illustrate a book that would detail all the things they had learned. The book uses collage as a medium. The students were inspired by studying the work of Eric Carle, Lois Ehlert and Ashley Wolff. Each student created a page of the ABC book. Each page was created using materials such as paper, yarn, tissue paper, paper flowers, fabric, beads, dirt, pens and leaves. They also worked hard on their handwriting skills in order to produce the individual letters

of the alphabet. The words for each page were transcribed from the student to the teacher. Local graphic designer Julene Ewert helped to integrate the work into digital format. Individual pages will be on sale during Art Walk for \$15 each. The published book is available at the Co-op for \$16. The funds will support future learning adventures at Palouse Prairie School of Expeditionary Learning."

Do come and support this amazing endeavor by our local young citizens, and share with them the joy of learning and creating. The opening is from 5.30 - 7 p.m. on Friday, August 5.



Co-op Kids

By Rebekka Boysen Taylor, Volunteer Co-op Kids Coordinator

Co-op Kids offers simple, earth-friendly activities for young children and their families. Depending on the week, the kids might paint, cook, plant seeds or play, while parents and caregivers kick back and visit. Co-op Kids meets weekly on Tuesday mornings from 9 to 10 a.m. in the Co-op Cafe unless otherwise noted.

- July 5 Fruit Salad
- July 12 Leaf Rubbings- take a nature walk and bring the most amazing leaves you can find.
- July 19 Sprouting- bring a canning jar from home and learn to sprout!
- July 26 Play at Friendship Square

Rebekka Boysen-Taylor can be found in her garden or a tent from now until October.



A kids eye view of our morning at Friendship Square

Music at the Co-op

By Annie Hubble, (temporary) Music at the Co-op Coordinator

Wonderful musical treats are in store for you in July. Concerts are Tuesdays, 5-6.30 p.m., accompanying the fantastic Growers' Market, and all outside, weather permitting. Come along and enjoy a fine evening with friends.

Tuesday, July 5: Yellow Dog Flats. Always fun! Moscow musicians Ben Barton and Gary Reed perform a selection of

acoustic favorites from a variety of styles, including blues and Americana.

Tuesday, July 12: The Tom Drake Trio. This will be a wonderful evening. Come and enjoy Tom Drake on guitar and vocals, Tom Carroll on harmonica, and Jerry Cork on bass, serving up a mix of originals in the Americana vein, and covers of hillbilly blues classics.

Tuesday July 19: Brian Gill. Moscow favorite Brian Gill will sing heartfelt original acoustic songs with a few classics thrown in the mix. Don't miss this one!

Tuesday July 26: Dan Maher. Host of Public Radio's 'Inland Folk', Dan will keep you entertained with his vast collection of traditional and contemporary songs. Come ready to

sing along and have a whale of a good time!

And a preview for August!

Tuesday August 2: Gefilte Trout. Greatest hits from the old world: traditional Jewish Klezmer music and Russian/Gypsy folk songs. This is not to be missed!



Mamas and Papas are Ready for Summer

By Stacy Pettitt, Co-op Volunteer

It's been so fun watching these little ones grow, change and mature. It's also been fun to watch our pregnant moms become parents; learning the ins and out of "babyhood." The annex continues to be a wonderful place for our babies to explore their surroundings, make new friends and play with toys ... all while their parents

are enjoying a little adult conversation among friends. Here is the schedule for July:

- July 6: Green Cleaning ... How to?
- July 13: Sunscreen and Babies
- July 20: Toddler-proofing Your House
- July 27: Infant Massage
- July 29: Free time

Although Mamas and Papas continues to grow, we welcome new faces. We meet Wednesday mornings from 9:30 a.m. to 11 a.m. in the Co op Annex, directly across the street from the Co op. If you are interested in being on our e-mail list, please e-mail babies@moscowfood.coop. Thanks to a trusty and faithful mama in our

group, we now have a Facebook page titled "Mamas and Papas of the Co op." Stay tuned for more fun news from the Mamas and Papas.

Stacy Pettitt is excited to do everything summer in the Palouse!



Building Our Community's Future Through Food

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

“Run away from people who claim to have a map ... look for people who have compasses.” —Jack Kloppenburg*

When we're enthusing about the tasty chickens we ordered directly from the farmer, the creamy, yet tangy, fresh cheese we made from the raw milk we found at the Co-op, the omelet we had for breakfast from our own deeply orange-yolked eggs, the super salad we had for lunch from greens we picked from the garden or picked up at the farmers' market, somebody who I suppose isn't enjoying his meals/life quite so much will always pipe up with a comment like this:

“All well and good for you, but what about feeding the world?”

As if the food security we're trying to create for ourselves is to be scorned because not everybody is yet able to eat/live the same way.

“Feeding the world” is an impossible mission. The people of the world, however, can and

should feed themselves, one community at a time.

The Moscow Food Co-op embarked on this project for ourselves when we started 35 years ago. Our founders were nervous about corporate control of the food supply and took back a measure of control over our food. Decades later, we've taken big strides in reclaiming our food sovereignty. We are, all of us, a part of what is now called the “Food Movement.”

Like any movement that is successful, the food movement is grass roots. It comes from people who don't have any power, who take small but meaningful steps towards some future that they know will be better than the present. Nobody knows what the future will look like, exactly, but there are many ways to get there, and we need all of them.

Here at the Co-op, it's not

our job to decide whether one should be vegetarian or vegan or omnivore, whether bar codes are evil or a godsend, or if the most die-hard locavores are better people than someone who buys Fair Trade chocolate. Those are decisions one makes for oneself.

When it comes to moving towards this better future, we should “run away from people who claim to have a map,” but instead “look for people who have compasses.” In other words, don't waste any time arguing over whose vision of the end goal is better and whose is worse. Just get busy.

Working with many other partners in a collaborative process to help build our community's resilience and food security is something we at the Co-op take very seriously. We are at a point at which we will be considering new strategies and partnerships, and taking a hard look again at the strategic plan that we created for ourselves three years ago, to see how we can keep leading the way forward.

Community gardens and kitchens, farms and backyard gardens, markets, food banks, shelters, group homes, youth, seniors, teachers, families, students, professors, businesses, non-profits, churches, government, the Co-op: all will play their parts. I look forward to connecting up with everyone who has those compasses, pointing towards a future in which everyone in our community can eat well, and thereby live well.

**Jack Kloppenburg of the University of Wisconsin said this recently in a roundtable discussion about food system change during the joint conference of the Agriculture, Food, and Human Values/Assn. for the Study of Food and Society/Society for Anthropology of Food and Nutrition in Missoula, Montana, in June. I'm grateful to him and many other conference leaders and attendees for the valuable ideas and inspiration I gained in Missoula!*

Idaho Repertory THEATRE

July 6 - August 7, 2011

University of Idaho Hartung Theater

www.idahorep.org | theatre@uidaho.edu

(208) 885-6465

★ Workshops For Youth! ★
Preschool thru 8th grade

THE SHOWS

Noises Off by Michael Frayn

After watching the behind-the-scenes antics during a performance, Michael Frayn was inspired to write *Noises Off*. *Noises Off* is a complex comedy where what you see on stage is only half of the story. Long rated as the best farce ever written, it provides laughs galore as the struggling troupe races to the finishing line of opening night. (Rated PG)

The Taming of the Shrew by William Shakespeare

A riotous and romantic comedy set in the city of Verona, this timeless Shakespearean story tells the tale of Petruchio, a gentleman, and Katherina, a strong-willed and stubborn “shrew.” Unknown to Katherina, Petruchio has been hired to court her by two men, Hortensio and Gremio, who are interested in her more amiable younger sister. *The Taming of the Shrew* is both comedy and romance, with interesting twists and drama throughout. (Rated PG)

Moss Gown by Micki Panttaja

Based on the book by William H. Hooks *Moss Gown* is the classic Cinderella tale told with a Shakespearean and Cajun twist. Set in the deep south, the play tells the story of Candace, the daughter of a plantation owner, who divides his land among his three daughters according to the degree of their love. Unable to express how much she cares for her father in the flowery language he desires, she is cast out. Candace then embarks on a fantastic journey where she encounters a colorful cast of characters. *Moss Gown* combines humor, mystery, magic and wonderful storytelling. (Rated G)

Tickets at: UI Kibbie Dome Box Office, tickets@uidaho.edu, (208) 885-7212 and AT THE DOOR!

IDAHO REPERTORY THEATRE 2011						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JULY 4	5	6 Noises Off 7:30 pm	7 Noises Off 7:30 pm	8 Noises Off 7:30 pm	9 Noises Off 7:30 pm	10 Noises Off 2:00 pm
11	12	13 Noises Off 7:30 pm	14 Noises Off 7:30 pm	15	16	17 Noises Off 2:00 pm
18	19	20	21 Taming of the Shrew 7:30 pm	22 Taming of the Shrew 7:30 pm	23 Taming of the Shrew 7:30 pm	24 Taming of the Shrew 2:00 pm
25	26	27 Taming of the Shrew 7:30 pm	28 Taming of the Shrew 7:30 pm	29 Taming of the Shrew 7:30 pm	30 Taming of the Shrew 7:30 pm	31
AUGUST 1	2	3 Moss Gown 7:30 pm	4 Moss Gown 7:30 pm	5 Moss Gown 7:30 pm	6 Moss Gown 7:30 pm	7 Moss Gown 2:00 pm



Katie Hathaway Wins Co-op Bag It! Contest

By Carol Price Spurling, Co-op Outreach and Ownership Coordinator

Katie Hathaway, of Moscow, won the final Bag It! Contest. Her guess of 6,784 was the closest to the final number of 9,008 reusable bags, mugs and containers brought in and used by Co-op shoppers in April.

Hathaway, a part-time bookkeeper, received a \$25 Co-op gift certificate and a bag full of fun samples of Co-op products. The Bag It! Project is an international effort to lessen the use of single-

use plastic bags by consumers. At the Co-op during April, the Bag It! campaign increased incentives to reduce and eliminate plastic bag usage and motivate people to use permanent, reusable shopping bags.

Co-op member Katie Hathaway won a \$25 Co-op gift certificate and a bag of samples for coming closest to guessing the correct number of reusable items put to use during the April Bag It campaign.



May Breakfast with the Board

By Christine Locker, Board Administrative Assistant (boardadmin@moscowfood.coop)

On Saturday, May 21, the Board of Directors posted the following question to the membership:

Where do you see the Co-op in five years? Ideas? Comments? Questions?

- ➔ Bulk dried fruit – no plastic containers! Let us bring our quart glass jars.
- ➔ How is the raw milk doing? We love it and want to continue supporting it, but are people buying it?
- ➔ Will we ever transition to 100% BYOB (bring your own bag)?

➔ Tone down the noise in the Co-op.

➔ Group meeting place – somewhere quiet and enclosed.

➔ More bulk in larger quantities (25-50 pound bags), like the Bozeman Co-op.

➔ In addition to healthy food, I love the beer, the Deli, and the artisan cheeses. Keep it up!

➔ More assorted produce and fruits!

The next Breakfast with the Board will be held at 11 a.m. in the Co-op Deli on Saturday, July 16. Join us for a complimentary pastry or cup of coffee!

Circulating to the Small Towns

By Bill London, Co-op Volunteer Newsletter Editor

Hooray for Chris Sokol of our county library. Chris has arranged for copies of the Co-op news to be distributed to the smaller libraries in Latah County (Bovill, Deary, Genesee, Juliaetta and Potlatch). Our ace distributor, Donald Stanziano, already distributes newsletters to the Troy library.

Our plan to get copies of each month's issue from the Co-op to all the small towns around Moscow/Pullman is off to a good start. Let's keep it going. We're hoping to find folks who can distribute newsletters to towns from Harvard to Helmer, Kendrick to Colton, and St. John to St. Maries. We're also looking for Co-op supporters who would distribute newsletters to other places besides the libraries in rural Latah County.

If you live in — or regularly visit — one or more of these towns and would be willing to commit to delivering a small stack of newsletters in the first week or two of the month, every

month for one year, please contact Bill London at london@moscow.com.

In the e-mail, please include your name, phone number, preferred e-mail address, and the name of the business and town that you will distribute the newsletters to and the number of newsletters you will distribute there. Please make sure you have discussed this with the owners of the store or business in question so they will expect the newsletters and not just put them in the trash.

Note that we already have volunteer distributors who pass out hundreds of newsletters monthly in Pullman, Moscow and the Lewiston-Clarkston valley. Our goal here is to try to cover the small towns of the Palouse.

Those who participate in this new distribution program will receive the gratitude of the Co-op for helping in our outreach effort — PLUS — these distributors will receive a totally groovy prize from the Co-op.



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<i>Moscow Recycling Centre Presents:</i>	
The Sandlot	July 13
The Conspirator	July 14-17
<i>Moscow Mardi Gras Presents:</i>	
Voyage of the Dawn Treader	July 20
Kung Fu Panda 2	July 21-24
Elephant Revival	July 26
<i>Time Warner Cable Presents:</i>	
Wizard of Oz	July 27
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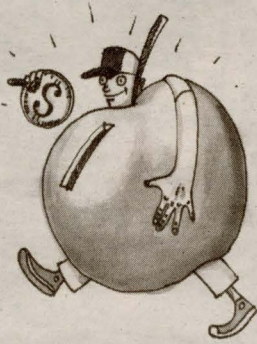
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Price Shopper: Aloha!

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

Our kids got a special treat this summer, a trip to Hawaii! Yep, Grandma took Zoe, Dylan and their cousin to the island paradise. The weekend before they left, the family all met up at our house. It was early Sunday morning when we decided to try and cook up something Hawaiian as a send-off dinner. We put together our shopping list to make grilled chicken teriyaki and rosemary-garlic potatoes. We were also planning to bake a potato or two and



to make a salad with fresh spinach from our garden. Amy took off to Huckleberries at Rosauers while Joe went to the Co-op to find our goodies. It was at the Co-op we found our savings of \$7.66, and it was at

Rosauers that we couldn't find recycled aluminum foil or organic potatoes (we didn't include these in our totals). With our savings, we added another can of pineapple and some brown sugar so we could make pineapple upside-down cake!

ITEM	Co-op	Rosauers
1/2 lb chicken	\$1.99	\$1.79
Pineapple rings canned 15 oz., native forest	\$3.89	\$4.49
Potatoes 2 lbs, russet bulk*	\$2.98	None
Soy sauce, San-j reduced sodium 10 oz	\$4.49	\$4.79
Butter, organic valley 1 lb salted butter	\$6.15	\$5.99
Brown sugar, wholesome foods 24 oz	\$4.79	\$5.59
Fresh rosemary, herb co. .75 oz	\$2.99	\$1.99
Aluminum Foil, recycled*	\$4.49	None
Mangos, canned 14 oz. Native forest	\$3.89	\$4.49
Pecans	\$12.85	\$12.89
Boxed wine, bota box 3L merlot	\$18.99	\$22.29
Cane sugar per lb unrefined	\$1.69	\$1.89
Paper towels seventh generation 82.5 sq ft	\$2.75	\$2.79
Balsamic vinegar, spectrum 16.9 oz	\$5.59	\$6.99
Maple syrup, coombs 12oz	\$12.25	\$13.99
Total	\$82.31	\$89.97
*did not include in totals		
Total saved		\$7.66



Dog Days

By Joan McDougall, Interim GM Team, Grocery Manager, grocerymgr@moscowfood.coop

It's summertime and dogs are again appearing outside the Co-op doors. It's great to give your dog some exercise while you get your groceries, but it's not always appreciated by shoppers who must pass by an unfamiliar animal that is leashed up by the door. A sweet dog may react differently to an approaching stranger when it is tethered on foreign turf.

Patio seating, bike racks and outdoor benches make it difficult to designate an animal zone outside the Co-op. The city ordi-

nance prohibits dogs being tethered unattended on public property. While the Co-op is private property, it has a public use.

If your animal is tethered outside the Co-op doors and we deem it an impediment to shoppers, we will page you and ask you to move your animal. We don't want to impound your pet, so please be considerate and either leave your dog at home or tether it elsewhere in consideration of our customers. Thanks for understanding.



Volunteer Position Opening for Co-op Kids!

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

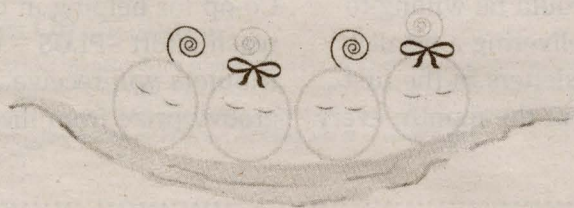
The Moscow Food Co-op has a new volunteer position opening for a Co-op Kids! assistant. The assistant will come in Tuesday and Thursday mornings from 8:45 a.m. until 10:15 a.m. to help set up activities and refreshments, assist children with the day's activity, and tidy up afterward. Reliability and a love of children is an absolute must; patience and a smile amid the swirling chaos of kids and parents is a big plus.

Interested? Enthused? Contact Sequoia at participate@moscowfood.coop.

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July at the Tuesday Growers' Market

By Britt Heisel, Market Coordinator

Market Notes ... What a great day it was at the Tuesday Growers' Market today – the sun was shining, the music was out on the patio, the Co-op was grilling up burgers and veggie burgers, people were enjoying the sunshine and sense of community while shopping the market for local produce, eggs, cheese, ice cream and bread. Come join us next week!

I'd like to welcome a new vendor to the market: Becky and Jack's Fresh Produce and Plant Starts. Becky and Jack Millstein are familiar faces at the Moscow Food Co-op and will now be selling herbs, produce and raspberries from their gardens at the Tuesday Growers' Market.

What our Growers' will have during the Month of July

Backyard Harvest – Providing \$5 Community Farm Shares to SNAP recipients.

Becky and Jack's Fresh Produce and Plant Starts – Fresh and dried herbs, raspberry plants, raspberries, lettuce and



spinach

Deep Roots Farm – Broccoli, cauliflower, salad mix, spinach, herbs, strawberries, carrots, and gluten-free bread

Ravencroft Farm – Salad mix, arugula, spinach, mache, dried herbs, and gluten-free puff pastries

Sexton Farm – Duck and chicken eggs

Stacey and Friends Produce – Cabbage, walnuts, candied walnuts, freshly made prepared horseradish, strawberries, basil, tarragon, parsley, chives and thyme

Sticky Fingers Farm –

- July 5 - Nutrition in a Snap - In Season Vegetables**
Activity: Taste one vegetable cooked different ways
Sample: Sweet and Sour Leafy Green Salad
- July 12 - Nutrition in a Snap - In Season Vegetables**
Sample: Spinach Pesto Pasta
- July 19 - Nutrition in a Snap - In Season Vegetables**
Sample: Quick Green Beans
- July 26: Nutrition in a Snap - In Season Vegetables**
Sample: 4-Ingredient Green Bean Sauté

Homemade ice creams (including dairy free/vegan flavors) and waffle cones

Wilson-Banner Ranch – Cherries, peaches, nectarines, tomatoes, sweet corn, summer squash, honey, a smattering of other fresh veggies, a few apricots and early apples

Nutrition in a Snap at the Market! – Nutritional Education and Children's Activities facilitated by Mackenzie Femreite, Nutrition Advisor for the University of Idaho Extension Nutrition Program



Who Moved My Cheese?

By Joseph Melior, Co-op Cheese, Wine, and Beer Buyer, wine@moscowfood.coop

We hear your concerns. We relate to your love of cheese. We get your messages.

Cheese ... where did it all go? The selection is lacking and disappointing. Put up some signs! When will the cheese department proper return? The selection has dwindled and what is available is in such huge portions that it's impractical for us single folks. I want the wonderful old cheese dept back. I'll help if that's what's needed.

Many have recently come to the Moscow Food Co-op looking for their particular beloved cheese only to be met with a case that has not only moved twice in two weeks, but has also been somewhat lacking in cheese availability. My ambition as the new beer, cheese, and wine buyer has been to address both of these concerns.

First, our new location across from the deli serving case and

next to the relocated bread case is the final location for cheese. The new cooler offers a brighter display, easier access, and signs regarding the various types of cheese.

Second, we will be increasing the selection, both increasing the variety of cheeses and the variety of package sizes.

This transition began as a response to the customers' choices at the Co-op. As meat department product sales increased by 24 percent last year, we had to shift product display cases, including an expansion into the old cheese case. I hope you'll join with me in this exciting transitional time at the Moscow Food Co-op and I encourage all to e-mail with questions, comments and concerns. I'm hoping to incorporate as many local and organic varieties of beers, cheeses and wines as possible, so if you have any recommenda-



tions, please don't hesitate to contact me. I appreciate everyone's patience with our current transition. E-mail me at wine@moscowfood.coop



How are we doing? Customer Survey Results Continued

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

Last fall, we conducted a big customer survey. Each of the Co-op managers has a copy of the full survey results to help them make decisions and know where they can make improvements. Since the survey was too long to be covered in one newsletter, each month for the next several months, we're sharing with you three or four survey questions and results.

On average, how often do you shop at Moscow Food Co-op?

More than once/week: 49.8% 121 people

Once/week: 28.8% 70 people
Twice/month: 11.9% 29 people

Once/month: 3.7% 9 people
Less than once/month: 5.8% 14 people

How much of your grocery dollars does your household spend at Moscow Food Co-op in an average week?

A little (0 - 25%): 26.3% 64

Some (26 - 50%): 20.6% 50

More than half (51 - 75%): 21.0% 51

Almost all (76 - 100%): 30.0% 73

Don't know: 2.1% 5

Well: 31.3% 76
Somewhat well: 14.0% 34
Somewhat poorly: 3.7% 9
Poorly: 0.0% 0
Very poorly: .8% 2
No opinion: .4% 1

How well does the store meet your needs overall?

Very well: 49.8% 121

How would you rate your overall satisfaction with Moscow Food Co-op?

Extremely satisfied: 49.8% 119

Satisfied: 41.8% 100

Slightly satisfied: 2.9% 7

Slightly dissatisfied: 2.9% 7

Dissatisfied: 1.3% 3

Extremely dissatisfied: 1.3% 3

I highlighted the most popular answers for these questions.

They're encouraging, but not surprising - it is to be expected that people who are in the Co-op frequently are the ones who ended up taking the survey, and that if they're in frequently they spend a lot of their grocery money at the Co-op, and feel very well served by it.

But it is also evident that we have a ways to go to get the overall level of satisfaction higher for a bigger majority of our shoppers.

In questions that we'll look at in the next few months, we'll get more insight into why shoppers are or are not satisfied with the Co-op.

A Dime in Time: READ for LIFE

By Sam Dale, READ for LIFE tutor

READ for LIFE is a reading and study skills tutoring program for children in grades K-6. We thank the Moscow Food Co-op for awarding us the A Dime in Time grant for the month of July.

READ for LIFE tutors are Washington State University students who are trained in basic literacy skills and tutees are local children needing extra help to improve their reading. Each child is matched with a tutor to receive one-on-one tutoring through skill and strategy development, reading for pleasure and recreational game time. The children also receive a light meal each night, all free of charge!

The program meets two hours a day, twice a week, for about 10 weeks during the fall and spring semesters of WSU. At the end of each semester, a poetry party is held, during which the tutors and tutees read poems for their friends and family. This party is meant to show families the progress their children have made, and gives families the opportunity to talk to the WSU students who have been tutoring their children.

In this manner, READ for LIFE is dedicated to providing a positive environment that encourages reading education for everyone. The goal of our organization is to tutor young students to

improve their literacy. In order to accomplish this, we require the use of flashcards, worksheets, folders, pens, pencils and other materials for literacy practice and exercises. We also provide a dinner for all of our tutors and tutees on the two days we meet each week, which can prove to be difficult at times due to funding. Since much of our tutoring is through reading, our organization also requires a large supply of books for children and young adults. Due to our growing number of tutees and their wide range of grade levels, we are constantly trying to expand our library through fundraising and donations. Therefore, READ for LIFE will use the funds received from this grant for the purchasing of books, supplies, rent and dinners for all of our tutors and

children. Everyone at READ for LIFE wants to thank the Moscow Food

Co-op and its members for their support and for awarding us the A Dime in Time grant for the month of July!



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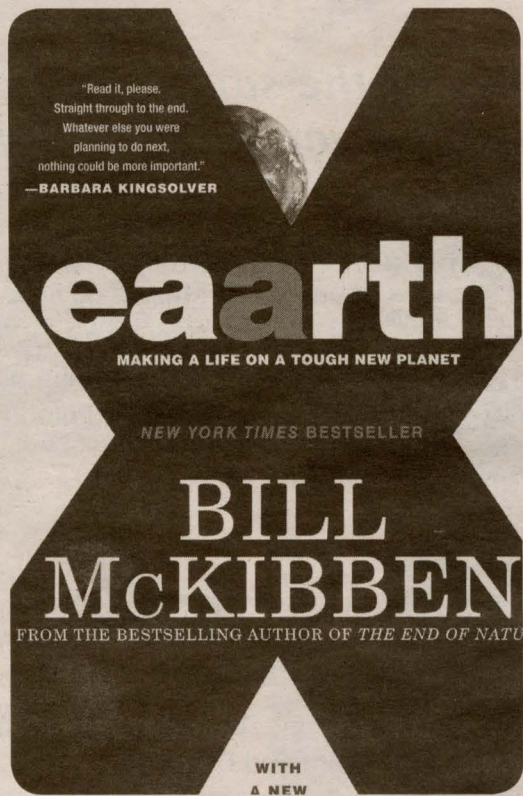
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A Tough New Planet

By Colette DePhelps, Good Food Book Club Volunteer Coordinator

In his most recent book, *Eaarth: Making Life on a Tough New Planet*, author and activist Bill McKibben begins by saying global warming is our reality and that we have changed planet Earth in such fundamental ways it deserves a new name – hence Eaarth.



al warming is a reality. We have increased global temperatures by about a degree Celsius. The results are multi-fold...we all know about the ice caps melting and the plight of the polar bear ... but how many of us now that global rainfall is

The Good Food Book Club will meet Sunday, July 24, from 7-8:30 p.m. at a member's private residence to discuss Eaarth and share a tasty dessert. E-mail bookclub@moscowfood.coop for more information and directions.

Debated for so long, and in some sectors, even denied, glob-

increasing 1.5 percent a decade or that entire glaciers are now gone and the tropics are expanding ... pushing the dry subtropics ahead of them? How many of us are thinking about the dramatic impacts this is having upon millions of people across the planet, many of whom did

the least in contributing to global climate change? It is this new reality that McKibben describes in his book. And his call is one of engagement. Local engagement, global connectivity and actions that will "build the kind of communities and economies that can withstand what's coming."

To find out more about McKibben and his work with 350.org (the global grassroots organization he founded to "force dramatic action" around climate change), visit www.billmckibben.com and www.350.org.

Eaarth is available through your local library. If you are interested in buying the book, check out the area's local used bookstores or visit Book People of Moscow, where Book Club members receive a discount.

Please join us for dessert and discussion of *Eaarth*, Sunday, July 24, from 7-8:30 p.m.

Remember to e-mail bookclub@moscowfood.coop for the meeting location and directions and/

or to receive e-mail reminders about the Good Food Book Club.

At the time of writing this article, Colette is enjoying summer and time off with her two kids.

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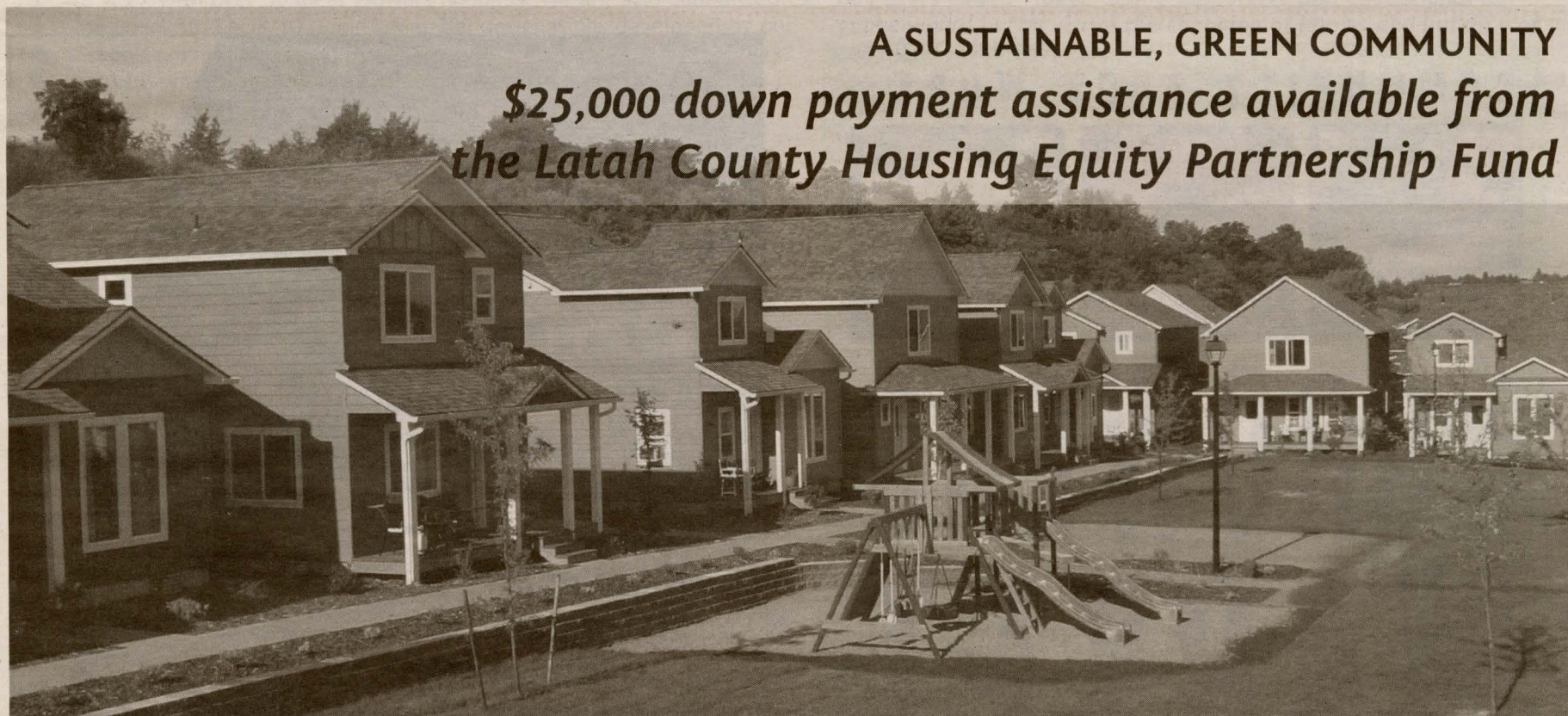
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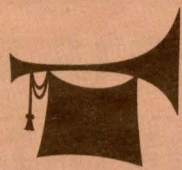
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CO-OPERATIONS



Co-op Shoppers Speak Out:

asked by Ashley Fiedler on June 9, 2011

Co-op Shoppers Speak Out: What do you think of the samples at the Information Desk? Have you purchased something you have sampled?



"I sampled and purchased the Field Roast sausage and Sierra Nevada mustard when I was down from Coeur D'Alene a few weeks ago."

—Emily Duvall, Coeur, D'Alene, UI Professor of Language and Literacy



"I think it's great. I would never have bought the Theo chocolate unless I tasted it. I am buying two of each flavor."

—Cheryl Clancy, Pullman, Owner of Pullman Heating and Electric



"I like the board. I can see if things are going on. I like where the info desk is because it doesn't feel like its crowded so that makes it easier than when there are samples in the aisles."

—Darcy Summers, Moscow, Starbucks Barista



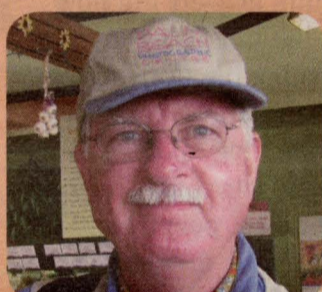
"I love it because it introduces people to new foods that they never would have considered."

—Birgit Sun, Albion, Homeschooling Mom and Dog Trainer



"I haven't seen it yet. I just came back into town and came in the other door. I'm working my way in that direction."

—Brendan Morgan, Vancouver, B.C., back in town to visit friends



"It lures and seduces people to buy products."

—John Brainard, Moscow, Retired Army Officer

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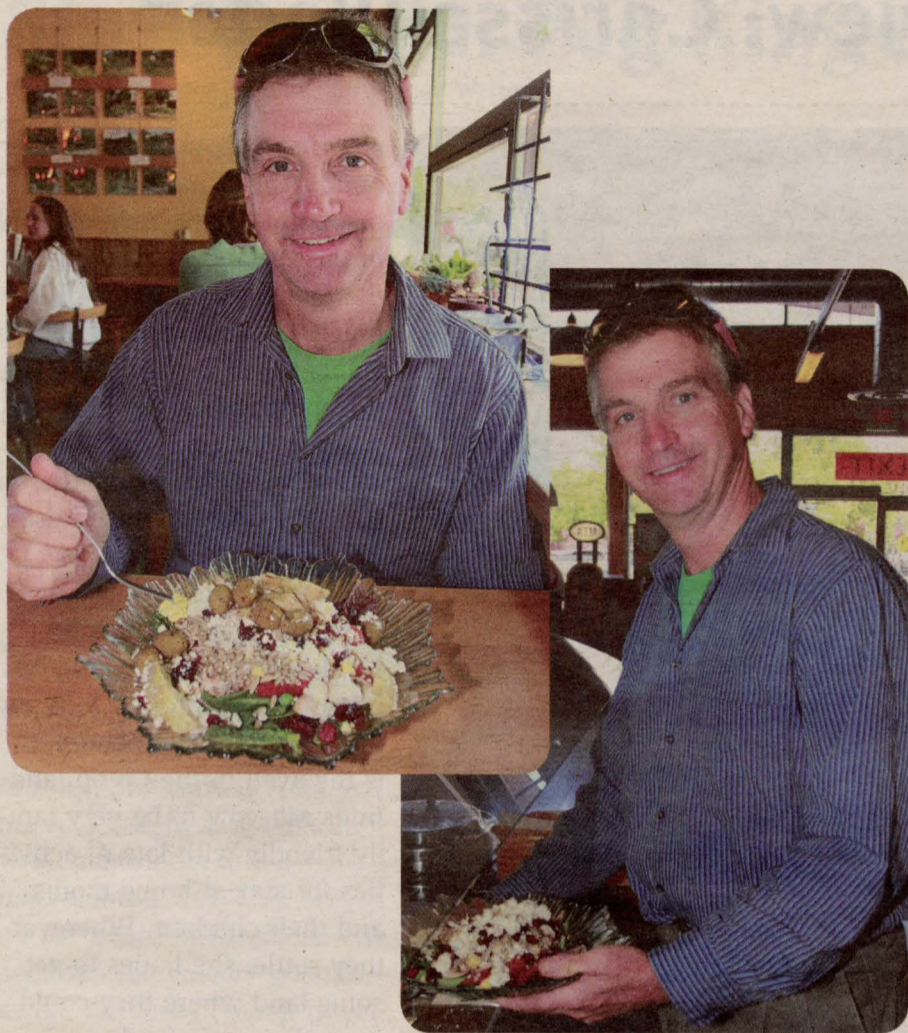
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My Choice

Tom Lamar has a favorite salad from the Co-op Salad Bar

His choice:
 mixed greens (organic)
 tomatoes (organic)
 sunflower seeds (organic)
 dried cranberries (organic)
 mushrooms
 peas (organic)
 candied pecans (organic)
 green olives
 artichoke hearts
 feta
 chopped hard boiled eggs (cage-free)

roll (made by the Co-op from primarily organic ingredients)

olive oil and balsamic vinegarett dressing (organic)

WHAT IS YOUR CHOICE?

July 2011 Suggestion Box

Keep Produce Local or regional. Local is better than organic.

—Anonymous

Thank you for your support of local and regional produce. The Co-op is committed to supporting the local farming community and is proud to work with over 30 local growers annually. We are also committed to the Local 50, Local 100, and Local 200 designations developed by our Green Commerce Committee. We are always looking for new regional growers within the inland northwest. —Scott, Produce Manager

Could you please stock collard greens again? They have almost as many nutrients as kale and have a milder and sweeter taste.

Thanks!! —Sonja

Thank you for your request. I love collard greens too, especially with bacon in the morning! We will carry them as long as they continue to sell for us, but typically people stop buying them in the summer.

—Scott

Can we get diced tomatoes in glass - I've heard that is healthier than in tin. Thanks! —Mary Ellen

Eden Foods is putting tomato products in glass. We should see them in August. —Joan, Grocery Manager

Please, please, please...stock more low or NO sodium Anything!

—Connie

We carry many low sodium products in the grocery aisles. We attempt to have low sodium offerings, especially with prepared products such as soups and broths. Alex, Grocery Buyer

Get flavored liquid stevia. —Marlo

We don't stock flavored stevias, but we would be glad to order the flavor you are seeking. Give grocery a call and we will gladly assist you. —Alex

Love the new arrangement. It flows! Wonderful. —Suzanne

Thank you. We appreciate your comments. —Joan

Please get Tazo OM tea back I'm addicted to it. Can't drink any other tea got to have my OMMMMMM! Thanks —Lonnie

Unfortunately that tea variety did not earn its place on the shelf. We would be glad to order you a case of 6 boxes for you. If you are a member you would save 10%. Call grocery and we will be glad to assist. —Alex

Thanks for having a no plastic bag month. I would vote for it to be permanent. —Maryann

Maryann, we are so glad you appreciated our Bag It campaign in April.

Our managers agreed with you, and they decided to eliminate plastic grocery bags at the registers in perpetuity! Yay Co-op!! —Carol

As a re-usable bag user, I was disappointed to read paper/plastic bag users called "lazy." Using supportive and educational language would better serve the changing of habits and building of community. —anonymous

You are so right. You'd think we'd have learned this lesson by now but it seems like every so often we slip up. Thanks for the reminder about playing nice! —Carol

In your "Bag It" campaign, please recommend how people should dispose of household waste? Surely not buying plastic trash bags. —anonymous

Nope! The Co-op currently stocks green "Bio bags" which are a great alternative to traditional plastic garbage bags. We featured them during April. They come in both the small wastecan and tall kitchen can sizes. Our buyers are also always searching for other biodegradable alternatives. Also, I end up with just enough paper bags that I frequently use those in my garbage bins, along with empty pet food bags, so that's another option. We'll be doing some checking with local governments about their trash regulations to determine if our Bag It campaign, which will continue next year, can help make these rules easier for citizens to avoid using plastic for waste disposal.

It would be SOOOO awesome if there could be more pool parties this summer. I still think that's the single best thing that has resulted from me becoming a member! —Jake

I am SOOOO glad you enjoyed the pool parties last summer Jake! They were a blast. I wasn't able to include them in the outreach and membership budget this year - I'm sorry. At this point I'm beginning to wonder if the weather will ever make swimming a possibility. But I will certainly try to do it again on some level next summer, and if we're lucky, maybe I'll get to plan one for sometime this August. I'll keep you posted. —Carol

I learned about bicyclebenefits.org. I think it would be a good thing for the Co-op and would love to help set it up. —Mark

Thanks Mark. I have considered trying Bicycle Benefits at the Co-op but realized that since we already have our "Leave Your Car @ Home" card that gives you a cash incentive to not drive, it would be confusing for staff and customers to add another kind of program on top of that one. Let's talk about it more the next time we see each other because I'm always willing to reconsider. Thanks! —Carol



Co-op Volunteer Interview: Carissa Blades

By Terri Schmidt, Co-op Volunteer Writer

When I met up with Carissa, she mentioned she had recently been featured in the *Daily News* and wondered if I'd still want to interview her. Of course, I did — she is a delightful young woman.

Carissa's volunteer job at the Co-op is working with the FACT (Farmer's Advocacy Cooperative Team). Friday afternoons, she offers samples of prepared recipes and helps inform people about seasonal local food. Recipe cards are available so you can recreate what you liked at home.

Carissa's work at the Co-op ties in nicely with her volunteer work for the WSU Organic Farm. She works on the harvest end of things — picking, cleaning and packing produce for the CSA boxes people in the community have signed up for. For her labors, she gets her CSA box free. The week I talked to Carissa, she'd found bok choy in her box — something she had never tasted before. So she whipped up a stir-fry and fed it to her family.

Carissa and her husband, Jarod, returned to Boise after she graduated from the University of Idaho with a Bachelor's degree in Psychology. While in Boise, she earned her Masters in Social Work. After her son Decker was born, their family moved to Alaska for two years so Jarod could work on an advanced



“Being more aware led Carissa to make changes in how she feeds her family. While much of this is new to her, she wants to get to the place where the changes become easy and natural.”

degree in Natural Resources. They returned to Boise, where their second son, Marshall, was born. Jarod's pursuit of his PhD drew them to Moscow about a year ago.

Previously, Carissa didn't have an awareness of the sustainable/organic food movement. But after shopping at the Co-op and reading a very influen-

tial book, *Food Revolution*, by John Robbins, her awareness grew. She found “the more you inform yourself about food and its impact on the world, the more overwhelming it is.” Being more aware led Carissa to make

changes in how she feeds her family, including serving less meat and “being very mindful of the various phases of how the animal was raised.” While much of this is new to her, she wants to get to the place where the changes become easy and natural. She finds living in Moscow helps because there is so much fresh produce raised nearby.

If a job comes up for her husband when he finishes his degree, Carissa would be happy to stay around Moscow. She's found a good church, is involved in the Co-op, and finds Moscow to be very family friendly with lots of activities for stay-at-home moms and their children. Wherever they settle, she hopes to get some land where they could grow their own food.

Carissa shared an inspiring quote from *Food Revolution*: “It takes effort to question whether our conventional ways of thinking and acting truly serve us. It takes effort to ask whether our lives are in alignment with the prayers and deeper purposes of our hearts. It takes effort to consciously make choices that deviate from the cultural norms, yet bring us closer to our wholeness and true health.”

Terri is looking forward to a sunny summer stay-cation on the beautiful Palouse.

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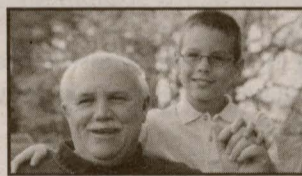
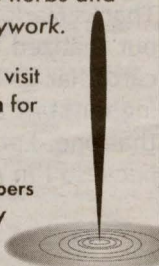
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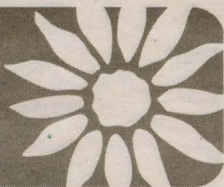
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Staff Profile: Peg Kingery

By Amy Newsome, Co-op Volunteer Writer

Peg Kingery has a long history with the Moscow Food Co-op. When someone says they first started volunteering at the Co-op “when it was at the old Kentucky Fried Chicken location,” I realize that they’ve been around Moscow much longer than I, not only because I’ve never known the Co-op to be anywhere else than the previous 3rd Street location, but also I have no idea where the previous Kentucky Fried Chicken was. As you’d expect of someone who’s been at the Co-op for 13 years, Peg has served a number of roles. She started volunteering as a freight assistant, then wrote newsletter articles on macrobiotics, and later served on the Board of Directors. She acquired her current position as the Chill and Frozen Buyer six years ago and purchases all frozen and refrigerated foods except for beverages. She particularly enjoys dealing with the local egg and dairy producers. She has Sundays and Mondays off, saying Sundays are reserved for time with her husband and Mondays are for fishing.

Peg started fly-fishing four years ago and was introduced to the sport through the Kelly Creek Flycaster’s annual Women’s Clinic. Peg now serves on their Board of Directors and has the pleasure of helping to run the clinic that introduced her to the sport. She and a few friends are also starting a local chapter of



“As you’d expect of someone who’s been at the Co-op for 13 years, Peg has served a number of roles. She acquired her current position as the Chill and Frozen Buyer six years ago.”

Casting for Recovery, an organization that offers fly-fishing retreats for women who are in any stage of treatment or recovery from breast cancer. They are planning on providing their first retreat July of 2012. They are currently fund-raising for the event.

Peg was born in Montclair, New Jersey. As a youngster, she raised five German Shepherds as seeing-eye dogs. I wondered how

difficult it was to let the dogs go after raising them for a year. She said the fact that they gave her a puppy as soon as she gave them her trained dog definitely helped with the transition.

She moved to New Hampshire at the age of 25 and earned a degree in Animal Science. Then Peg moved to Moscow and received her graduate degree from the University of Idaho in Animal Science with a focus on

cattle nutrition in 1990. She first got a job working at Washington State University Extension in the agriculture division. Then she acquired a position with the University of Idaho Plant, Soil and Entomological Sciences Department as an Agronomy Research Support Scientist. There the focus was on pasture management for dairy cattle.

Peg’s husband, Jim Kingery, is retired from the University of Idaho but still teaches a couple of courses on wildlands and rangelands, and is a consultant with Northwest Management, Inc.

Peg and Jim purchased a small farm in Deary and have been restoring it as wildland for the past 20 years. They’ve planted thousands of trees and put in three ponds. They also have a solar-powered RV and use a natural spring for water for their frequent stays on the property.

Amy Newsome wrote this article from her childhood home in Anderson, California.

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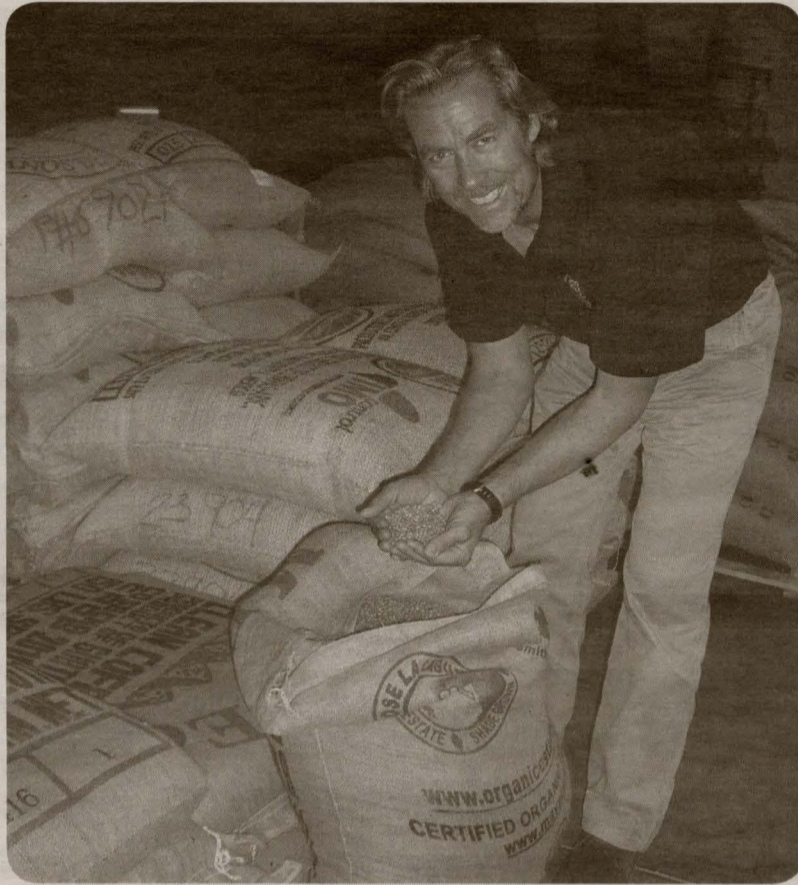
Local Producer: Cravens Coffee Company

By Johna Boulafentis, Co-op Volunteer Writer

“Right product, right time, right couple,” says Simon Thompson when describing the origins of Cravens Coffee Company, which he started in 1993 with his wife, Becky Templin. They have provided the Co-op with a variety of coffees for about 10 years. You can find this caffeinated goodness in the Grocery Department.

When deciding to delve into wholesale coffee roasting, Simon and Becky were both at transition points in their jobs and wanted a change; Simon worked for Seattle’s Best Coffee and Becky as a marketer for restaurants. This change allowed Simon to continue his love of coffee and Becky to explore and implement her creative ideas. Looking across the country for a place to settle, they chose Spokane. Although today, there are over 17 roasters in the Inland Northwest and scads of espresso coffee stands, at that time, there were only two other roasters and a few coffee stands.

Considering this competition and our country’s economy, I wondered how Cravens retains customers. Simon described his niche in the “second wave of roasters.” Second wave companies travel to the coffee’s country of origin and create long-term relationships with farmers through regular visits. Roasting coffee that comes from eight countries, Simon credits the farmers in Latin America, Africa and Indonesia, not his 1940s vintage Probat roaster, as the magic behind the coffee. “We are just the stewards. All the hard work and flavor profiling comes from the soil and the plants. How they were tended and how the beans were picked and dried. Everything the farmer teased into the plants you can taste.” Stretching from Ellensburg, WA, to Billings, MT, into mountain



“When deciding to delve into wholesale coffee roasting, Simon and Becky were both at transition points in their jobs and wanted a change. This change allowed Simon to continue his love of coffee and Becky to explore and implement her creative ideas.”

towns of western Colorado, Cravens’ customers want quality coffee and customer service and to know a coffee’s story.

Simon’s passion and joys for working with coffee comes from the people. Although not all Cravens’ coffees are labeled organic or fair trade, with a mantra of “trust and verify,” Simon enjoys his twice-yearly visits to the coffee communities, which allow him to work with and witness cooperatives that

take care of their people through schools and clinics. Also, as a wholesaler, he loves that he can watch “people get into coffee and run with it.” Through providing coffee, he’s helped people actualize dreams of owning their own businesses.

Twenty-two employees roast, pack and deliver Cravens Coffee. Working with a broad client base that includes grocery stores, restaurants, bakeries, coffee stands and churches, hand-packing per-

mits them to customize orders and self-distributing creates customer relationships and enables them to protect the quality of their coffee.

Community is important to Simon and Becky. Through a line of “community coffees,” they donate a portion of their proceeds to groups like the Vanessa Behan Crisis Nursery and the Susan G. Komen Foundation. Outside of work when not busy with their two teenage boys, Simon volunteers as a youth soccer coach and Becky volunteers with an organization working with women of domestic violence.

Johna appreciated Simon’s description of his coffee passion: “If the coffee isn’t exciting, there’s no reason to be in business.”



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The Sustainability Review- Radiant Barriers

By Mike Forbes, Co-op Volunteer Writer

I've been remodeling/finishing my shop lately. One side is insulated and stays cool during the warm days of summer. The other side (the one I spend most of my time in) is not insulated and its walls are metal. Consequently, this side gets really warm from radiant heating, making it uncomfortable to work in. I don't really want to insulate this side of the shop, as it's pretty big with a high ceiling, but want to cut down on this undesired radiant heating. How do you do this? Install a radiant barrier.

First, we need to define radiant heat. Radiant heat is infrared radiation given off by an object and absorbed by another. For example, the sun radiates energy that is absorbed by the earth and a fireplace radiates energy that is absorbed by the furniture and people in a room.

The basic principle of a barrier is that it reflects approximately 95% of this radiant energy back toward the source. This keeps the energy from being absorbed by the contents of the house, thereby keeping you cooler.



Our house wrapped in a radiant barrier.

Radiant barriers are typically an aluminum layer laminated to another material for durability. Materials such as craft paper or mesh are common. Radiant barriers can be either single or double sided.

A typical and very effective retrofit installation is to install a barrier on the underside of your rafters in the attic, keeping your attic cooler and reducing the heat transfer through from the attic into the house. Couple this installation with an attic

fan powered by a small solar panel and you are on your way to a much cooler house in hot weather.

During new construction or a major remodel, adding a radiant barrier on the west and south facing walls can be very effective as well. We wrapped out entire house with a non-traditional radiant barrier (aluminized milk-carton paper). Prior to the siding installation standing near the house on a sunny day could lead to blindness and serious over-

heating. All that heat normally being absorbed by the house was being re-radiated back at us. It looked like a giant spaceship as well...

Radiant barriers need an air-space of at least 1/8" on the reflective side to the nearest object for them to work properly. Check with the supplier of the barrier for their recommended installation procedure.

For my shop, I installed that same milk-carton paper on the west wall and will install it on the underside of the rafters soon. Just covering that one wall has made the space much more comfortable on a sunny day.

Where can you get a barrier? Locally, The Natural Abode carries a variety of rolls/panels/reflective insulation for any type of installation. Barrier typically comes in rolls or panels to fit between studs.

Mike is enjoying seeing his shop finally come together. He can be reached at mike@technicalrescue.net.

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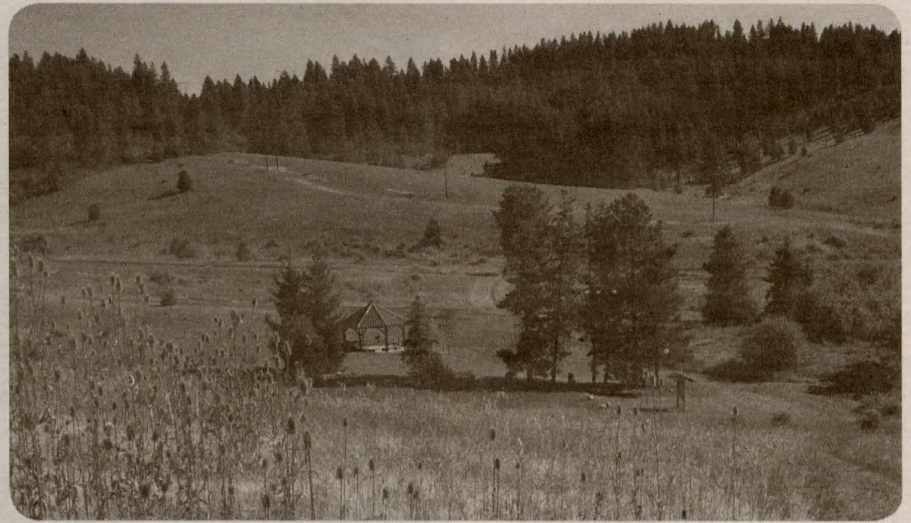
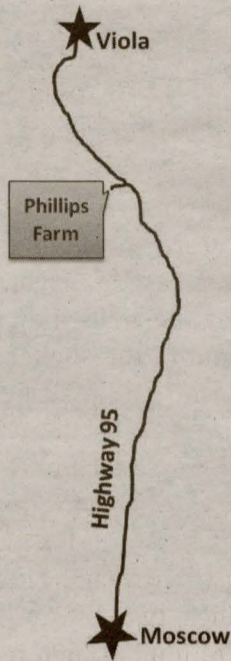
Become a Friend of Phillips Farm County Park

by Eva Strand, Friends of Phillips Farm Board of Directors

The Phillips Farm County Park is a nearby jewel for outdoor recreation. Located only five miles north of Moscow on Highway 95, the 160-acre park offers outdoor activities year-around. Primitive hiking trails lead through forested lands, open fields and wetlands. Several intermittent streams run through the park, and the area includes two ponds and two picnic shelters. It is home to native Palouse species such as moose, elk, deer, black bear, and many birds and amphibians. The park is owned by the City of Moscow and managed by Latah County Parks and Recreation.

The parcel of land was given to the City of Moscow by Virgil Phillips in 1972. Virgil Phillips was born in Moscow in 1912 and lived and farmed the property from 1944 to 1972. He donated his land "for the benefit and use of the children of Moscow for recreation purposes." Today, Moscow students use the farm's facilities and contribute to improvements. Moscow High

School Environmental Club students have planted trees, removed invasive plants, maintained trails, cleared brush, repaired fences, pruned trees, created brochures, and pressed cider. Moscow High School biology students study pond organisms and ecosystems in the park, and the cross country team trains on the paths and helps keep them clear of brush.



Friends of Phillips Farm is a non-profit organization of local citizens who want to enhance opportunities for recreation and education at Phillips Farm. Our mission is to provide children and adults with opportunities to learn about natural and managed eco-systems and to offer activities where students of all ages can explore and learn from nature. Within the park we strive to maintain, restore, and enhance habitat that is characteristic of the Palouse Bioregion. As a non-profit, all monetary contributions to the Friends, including membership, are tax deductible.

This summer the park will host pre-school and youth summer camps, repair and replace old signs and steps, mark nature trails, create a native plant demonstration garden, plant apple trees in the orchard, control invasive plants, and enhance the park's wetlands.

Visitors are welcome at Phillips Farm every day of the year from dawn to dusk. Mark your calendar with September 24, 2011; our Annual Open House with environmental activities, music, hayrides, hikes, food and cider-pressing.

If you would like to learn more about summer camps, restoration activities, volunteer opportunities, or register with our email list, feel free to contact us at friendsofphillipsfarm@gmail.com, or request more information online at <http://friendsofphillipsfarm.weebly.com/contact-us.html>. See you at Phillips Farm!

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Homeless in Moscow

By Tara Roberts, Sojourners Alliance Volunteer

Rebecca Rucker and her 11-year-old son came to Moscow in December after fleeing southern California due to financial and personal issues. In the middle of winter, going on her second year of waiting to receive Social Security benefits, Rucker found herself unable to afford housing or find work.

"I didn't want to lay around and try to live off \$500 a month," she said. "But I needed a little bit of help."

Rucker and her son moved into a family unit at the Sojourners' Alliance transitional homeless shelter in Moscow three months ago.

Staying at Sojourners' "allows you to save up your money to do what you need to do and know that when you get home you can take a warm shower," she said. "That's a blessing from God."

Rucker said her son loves living in a safe, friendly community. Rucker appreciates the comforts many people take for granted: a warm meal, a warm bed, a roof over her head. Sojourners' has given her the chance to start fresh — she's soon meeting with a vocational rehabilitation counselor.

"All I want is an ounce of stability," she said. "That's all I want, is a safe place for my

son."

The Sojourners' Alliance shelter is home to 20 other people with stories like Rucker's. Sojourners' residents stay at the shelter for a few months to a few years, meeting regularly with a case manager and developing the skills they need to move out of the shelter and never return to a life of homelessness.

Demand for homes in the shelter is high — Sojourners' units have been full for most of the past two years. Three to five families, two to four men, and two to four women request shelter every week, hoping for a

place to open up.

The Sojourners' staff and board of directors invite the people, businesses and faith groups of the Palouse to learn more about these members of their community in 2011. Sojourners' Alliance offers opportunities to volunteer, donate and become better educated about the realities of homelessness, hunger and poverty on the Palouse.

To connect with Sojourners' and learn how to get involved, visit www.sojournersalliance.org, follow us on Facebook or call (208) 883-3438.



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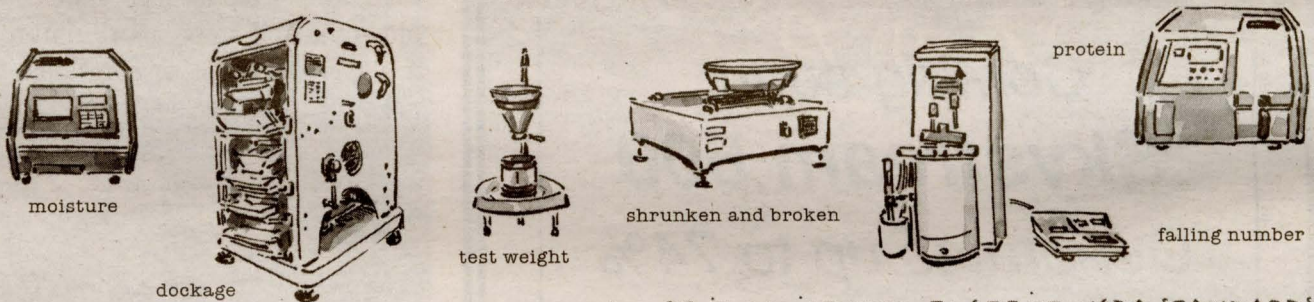
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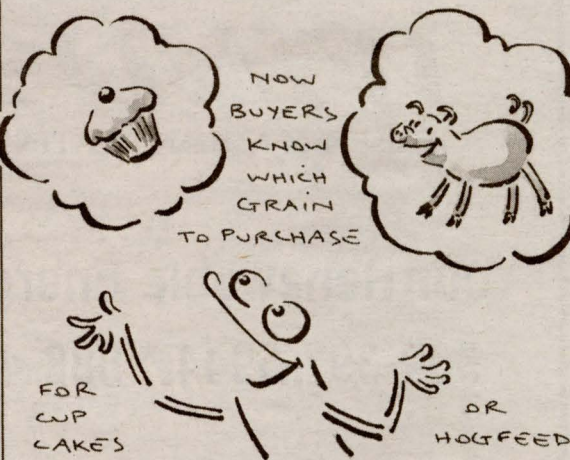
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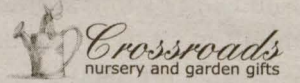
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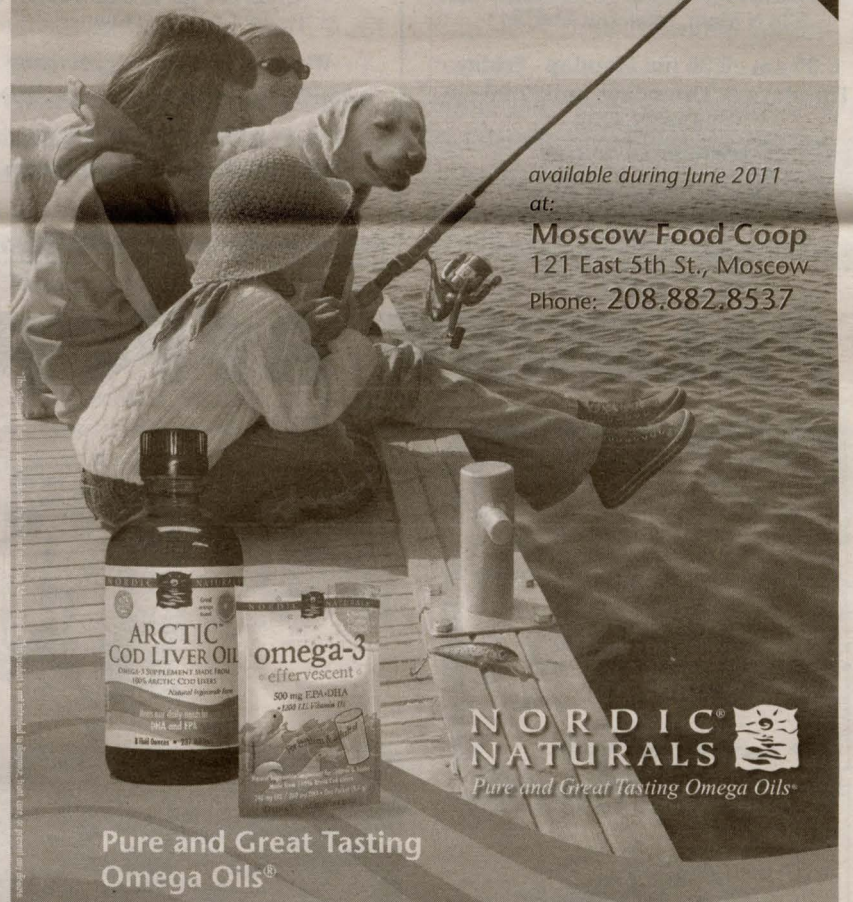
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Palouse Prairie School Board Opening

Palouse Prairie School seeks a community member to serve on its governing board. The Board feels that diversify-

ing its membership will help the school to achieve its mission "to engage the children and the community of the Palouse

in a rigorous and collaborative education." More info at <http://tinyurl.com/4p4ebga> or contact

Nils Peterson nilspete@gmail.com, 882-4620

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Bulletin Board

MOSCOW FOOD CO-OP

Co-op Events

Board of Directors Meeting

Tuesday July 12, 6pm

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

Breakfast with the Board

Saturday July 16, 11am

In the Co-op deli. Come join us for a complimentary pastry or cup of coffee and some good conversation!

Tuesday Growers Market

Tuesdays, 4:30—6:30pm

Go to facebook.com and search for Tuesday Growers Market.

Art at the Co-op

Friday August 5, 5:30—7pm

Second opening reception for the Co-op's participation in the City of Moscow's Art Walk, featuring work of the Palouse Prairie School Kindergarden class. You will be able to meet many of the young artists that day, and the show will continue through Wednesday September 7.

Co-op Kids! Meet Tuesdays at 9am

July 5: Make fruit salad.

July 12: Create leaf rubbings.

July 19: Bring a canning jar and learn how to sprout.

July 26: Meet at Friendship Square to play. Contact Rebekka Boysen-Taylor at:

amamaswork@yahoo.com.

Good Food Book Club

July 24, 7—8:30 pm

Eaarth, by Bill McKibben

Come join us for dessert & discussion.

Location: Private residence. Email

bookclub@moscowfood.coop for directions.

Free.

Music at the Co-op

Tuesdays 5—6:30pm

July 5: Yellow Dog Flats. Acoustic blues and Americana.

July 12: The Tom Drake Trio. Americana, blues classics.

July 19: Brian Gill. Acoustic guitar.

July 26: Dan Maher. Folk.

Aug 2: Gefilte Trout. Greatest hits from the old world.

Co-op Events at a Glance

Tue July 5—Co-op Kids—meet in the Co-op
Tue July 5—Music—Yellow Dog Flats
Wed July 6—Co-op Mamas and Papas Group
Tue July 12—Board of Directors' Meeting
Tue July 12—Music—Tom Drake Trio
Wed July 13—Co-op Mamas and Papas Group
Sat July 16—Breakfast with the Board
Tue July 19—Co-op Kids—meet in the Co-op
Tue July 19—Music—Brian Gill
Wed July 20—Co-op Mamas and Papas Group
Sun July 24—Good Food Book Club
Tue July 26—Co-op Kids—Friendship Square
Tue July 26—Music—Dan Maher
Wed July 27—Co-op Mamas and Papas Group
Fri July 29—Co-op Mamas and Papas Group
Tue Aug 2—Music—Gefilte Trout
Fri Aug 5—Art at the Co-op—opening reception

Co-op Mamas and Papas Group

Wednesdays 9:30—11am

Meet in the Co-op Deli

July 6: Green Cleaning ... How to?

July 13: Sunscreen and Babies

July 20: Toddler-proofing Your House

July 27: Infant Massage

July 29 (Friday): Free time

babies@moscowfood.coop

Community Events

Bring a Partner Art Labs

July 10, 17, 24, 31, Noon

Local artists and art educators teach a variety of visual art skills. Prichard Gallery. \$10-\$15 per person, children under 12 must be accompanied by an adult. For more information: donab@vandals.uidaho.edu, ☎ 882-5820

Rendezvous in the Park

July 14-17, Starts 5 pm each day

Featuring musicians Milonga, Dilana, Ivan Neville's Dumpstaphunk, and Rendezvous Chamber Orchestra.

Tickets available at:

www.rendezvousinthepark.com or at the gate on the evening of the intended performance.

Senders in Performance

Friday July 29, 8 - 2pm

Moscow's own Senders are back for an engagement at the 1912 Center. A cash bar will be available at the dance that evening. Tickets \$6 at the door.

www.1912center.org or ☎ 208-669-2249

Community Potluck and Open Mic

Wednesday July 20, 5:30pm

Hosted by Dan Maher at the Moscow

Community Garden (1050 W. C Street)

Potluck 5:30-6:30

Open Mic: 6:30-7:30ish.

Bring a potluck dish to share, own place setting, blanket or chair. Sign-up for open mic at 6pm. (Acoustic instruments, poetry, performance, song). All ages welcome! Contact:

MoscowCommunityGarden@gmail.com

Idaho Repertory Theater

July 6-9, 13, 14, 7:30pm; July 10, 17, 2pm

Noises Off by Michael Frayn

July 21-23, 27-30, 7:30pm; July 24, 2pm

The Taming of the Shrew by William Shakespeare

Aug. 3-6, 7:30pm; Aug. 7, 2pm

Moss Gown by Micki Panttaja

All in the UI Hartung Theater. \$20 for adults, \$16 for seniors, \$14 for students and \$10 for youth. More information: www.idahorep.org

Conradance

Saturday July 23, 7:30pm

With Skippin' a Groove, calling by Morna Leonard. At the Old Blaine Schoolhouse. Join for a potluck at 6:30pm. Admission is \$5 for members, \$7 for non-members & \$4 for first time beginners. Info: www.palousefolk.org

Dahmen Barn events

Saturday July 9, 7:30pm: The ColdRail Blues. Band plays a high energy mix of groovin' rhythm and blues with soul. \$7 at the door, with children under 12 free.

Sunday, July 10, 6:30pm: Creole performs French Cajun fiddle music at an outdoor concert. If the weather is bad, the performance will be moved inside where there is a maximum capacity of 135, so plan to come early. \$15 adults at the door; \$12 teens; children under 12 free; \$35 for a single household family. Come early and bring a picnic dinner; cold beverages will be for sale.

For all events information and reservation:

www.artisanbarn.org or ☎ 509-229-3414

Vigil for Peace

Moscow: Fridays 5.30—6.30pm

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

fffrod@msn.com or ☎ 208 596-4291

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