

Community News

FREE!
PLEASE TAKE ONE!

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



Support your Local Butcher

by Rennus Moody, meat department manager, meats@moscowfood.coop

More customers are shopping the newly-expanded Co-op meat department for our local burger and for our own Co-op-made local sausage links. Over the past year, the meat department's sales have increased by 24 percent.

Customers nationwide want to know about their meat and they want to know their butcher. With all the food safety scares and recalls over the past few years, who can blame them? This is where our meat department shines.

First, we buy local meat.

Second, we grind whole muscle for our burger and pork sausage. This means that, unlike bigger stores, our meat doesn't come pre-ground. Those stores can't tell you where that meat came from, or even how many cows are in one batch of burger.

Third, our price for burger is more than competitive, at \$2.49/lb in family packs, for a natural product, not feedlot-fed.

I was raised part-time on my grandparents' ranch in Montana, and I've always strived to follow my grandfather's example when raising animals. I love the way Country Natural raises their cows. I love the freedom I have at the Co-op to visit and choose all my suppliers. If I don't like how they treat their animals or if I don't trust them, I won't carry their meat.

Kyle, Aubrey, and I are very proud of our work here. We strive to meet our customers, learn their preferences, and even exchange recipes and

cooking ideas with them. Feel free to stop in to talk anytime.



The Co-op meat department: Rennus Moody, manager; Aubrey Loney-Young, staff; Kyle Parkins, meat cutter.

www.moscowfood.coop

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Community News



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

General Manager Search Update

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

News from the GM Search Committee has been quiet of late, but we have been busy! Prior to our screening deadline on April 18, we developed a rigorous screening matrix to help us evaluate applicants relative to our numerous qualifications. We had a total of 17 applicants that were screened and ranked. We are happy with the final pool of candidates and feel that we had a variety of qualified applicants to consider.

We have developed a short list of candidates that is also being screened by an outside consultant from the National Cooperative Grocers Association. Once we are certain of the short list, we'll conduct reference and background checks prior to announcing our finalists and conducting interviews. We anticipate having either two or three final-

ists. With regards to the interview process, once we announce our finalists, we'll schedule interviews, one per week, and invite our finalists to interview with the Board/Search Committee, Management/Staff, and our Members. We have yet to determine the specifics, but plan to have member forums (probably at the store) to provide an opportunity for our members to meet and hear from each candidate. Members and staff will have the opportunity to provide written feedback to the Search Committee. Please look for announcements in the store, on our website and perhaps the marquee board. If we can time it right relative to the printing deadline, we'll also post those meeting times in our newsletter.

Speaking of time—do you think this is taking a long time? Our initial estimate was three to six months, perhaps longer. We started the search in January, and we will likely have an announcement sometime in July or August. The search committee was very deliberate in developing a rigorous set of qualifications that we think are important for the job, which took a little longer than simply soliciting resumes. Also, by setting our screening date for April 18, we kept the position open for over two months to make sure we

had time to get the word out and get a strong pool of candidates. Now we are trying to thoroughly check candidates before making the names public and interviewing. We hope to start interviews in June or July. From there, we'll make sure to get feedback from store management, staff and members before asking for a decision from the board.

It is worth mentioning that if, for some reason, we realize that none of the final candidates are the right fit for us, we will declare a failed search and start again. We don't anticipate that scenario, but it is important to know that we are not in a crisis and we want to fill the position with the right person.

This is an exciting and important time for our Co-op. We hope you'll make an effort to stay informed about the interviews and make sure to take time to meet the candidates, and then share your thoughts with us.

Andrika Kuhle is chair of the GM Search Committee and excited to be part of the search process.

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

The next Breakfast with the Board will be Saturday, June 18th at 11:00 am in the Co-op deli. Come join us for a complimentary pastry or cup of coffee and some good conversation!

Join Community Food Works for their Preserve the Harvest workshops this summer! Weekly hands-on gatherings will have you canning, freezing, drying, pickling, and jamming with confidence. Take home food for the pantry, too! Limited to 12 participants each Saturday; \$15 general/FREE for SNAP recipients. For dates, times, location, and registration info please email education@communityfoodworks.org. For more information about Community Food Works please visit our website at www.communityfoodworks.org.

COMMUNITY FOOD WORKS
LEARN | EAT | SHARE

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

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

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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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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-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.palouseescience.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
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.camaspriairwinery.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@cpconet.net; 208-882-4733
Free 30-minute project consultation

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.bebbella.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.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
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.

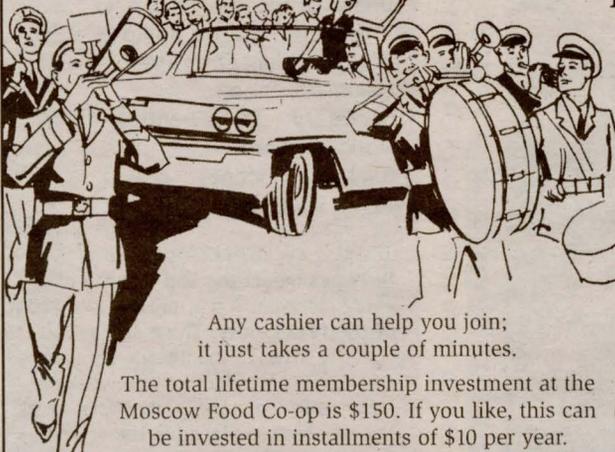
Sprout Wellbeing, LLC - Holistic Health Coaching & Wellness Support

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

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
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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 City of Moscow's ArtWalk opening night is fast approaching. Three of our very favorite artists (they got rave reviews for their show about a year ago) will be our featured artists on Friday, June 17. Alicia Cunningham, Kristin Jones, and April Lechlet will share their wonderful and quizical art with us. Quilters, free form fabric artists, and paint-

ers, these women will delight you with their style, generous natures, and, most importantly in this setting, their creativity.

Kristin Jones has been quilting for over 30 years. She lives now in Palouse, and is a member of the Palouse Arts Council. She is "inspired by the everyday acts of life, like taking a walk or reading a story to a child." She is vivacious and fun, and you

will love her work.

Alicia Cunningham has been quilting over 15 years. She manages "Quilt Something." She studied art and textiles at the University of Idaho. She reports herself inspired by disorder and repetition. She loves to knit socks. She too is fun and creative and her art is wonderfully whimsical. You will love her work, too.

Both Alicia and Kristin love to try new techniques, use recycled materials, are schooled in traditional techniques, but are quick to say they are NOT traditional

quilters.

April Lechlet (Kristin's sister from Texas) is the third woman artist in this group. She discovered a painting talent in herself a couple of years ago, and I know her paintings sold quite quickly at the last show. You will love her work also!

I am excited about this show. Make it part of your route on the opening night of Moscow's ArtWalk. Come to the Co-op on Friday June 17 from 5 -7 p.m., meet these creative women, and enjoy their art.



Co-op Kids

By Rebekka Boysen Taylor, volunteer Co-op Kids coordinator

Here comes the sun! This month come learn about sunflowers, play outside at Friendship Square (while making cards for Father's Day), create midsummer decorations, and make snacks that travel easily.

Thanks to Ms. Gillian from Oasis—the children so enjoyed having you with us to make music in May! To learn more

about Oasis or Musikgarten classes, go to www.oasiselc.com.

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 -

10 a.m. in the Co-op Cafe unless otherwise noted.

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



- June 7th Sunflower
- June 14th Father's Day cards at Friendship Square
- June 21st Midsummer's Celebration
- June 28th Summer Snacks on the Go

Music at the Co-op

by Annie Hubble, (temporary) Music at the Co-op coordinator, frontend@moscowfood.coop

We have some wonderful music coming up in June for your listening pleasure. Finally the weather is warming—and, if all goes well, these concerts will be outside, accompanying the fantastic Tuesday Growers Market. Come listen to music every Tuesday evening from 5 - 6:30 p.m. while browsing the stalls and per chance eating yummy food from the deli. It really provides a lovely

midweek evening.

Here are the musicians so far, with one still to be confirmed at press time.

Tuesday, June 7: Musaiique. Delicious melodies of the great songwriters (Irving Berlin, Cole Porter, and Gershwin among others), served in the varied texture of jazz, bossa nova, swing, and blues. Cathy Brinkerhoff (vocals), Carla

Chandler (fiddle and vocals), Brian Dyre (piano and flute), Axel Krings (guitar), Esteban Roybal (percussion), and Dan Wiedebach (bass). This will be an outstanding evening of music. Be there!

Tuesday, June 14: Sam Lyman and Friends. A pleasurable evening of acoustic folk and fun fiddle tunes. These local musicians will delight you with their versatility and love of music.

- Tuesday, June 7: Musaiique
- Tuesday, June 14: Sam Lyman and Friends
- Tuesday, June 21: Natalie Rose
- Tuesday, June 28: TBA

Tuesday, June 21: Natalie Rose. A Co-op favorite, Natalie sings stirring original and classic jazz vocals accompanying herself on piano. Don't miss this one!

Tuesday, June 28: TBA



Fun Times with Co-op Mamas and Papas

by Stacy Pettitt, Co op volunteer Mamas and Papas coordinator

Through the last few months we have seen an explosion in new parents and babies joining us. We have walkers, crawlers, and just sleepers. The annex seems to be a great space for the more active babies to explore, meet their first friends, and discover their environments. We have also had some amazing networking and discussions from natural living to breastfeeding. Here is what we

have planned for the month of June.

- June 1st: Breastfeeding, continued: Weaning
- June 8th: Co-sleeping
- June 15th: Cloth diapering
- June 22nd: Natural remedies for babies and families
- June 29th: Free time

We still welcome new faces to Mamas and Papas. We meet Wednesday mornings from 9:30

- 11 a.m. in the Co op Annex, directly across the street from the Co op. If you are interested in being on our email list, please email babies@moscowfood.coop and we'll keep you updated on current "Mamas and Papas" news in the community!

Stacy Pettitt is the mama to the best two natural boys around.

SPURLING HOUSE & GARDEN

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Who is our Co-op Community?

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

Recently on behalf of the Joint (board and staff) Engagement and Outreach Committee I posted a survey to receive customer and member-owner input about some ideas that the E&O committee has been discussing for the past year. One idea on the survey was a five percent discount for our member-owners who receive SNAP (food stamp benefits).

We had a good turnout on this survey – almost 100 people. The survey results were very helpful for us to gauge whether or not the membership and the store management felt it was a good idea. The reaction to this discount idea was mixed. In general, the majority of respondents supported it. However, the majority was a slim one, only 58 percent – not big enough for us to feel good about moving ahead and making a proposal to the management for it. Logistically, it was also extremely problematic.

More clearly supported in the survey, by a majority of 70 percent, was the idea of creating an equity fund that would assist our low-income shoppers in becoming member-owners, allowing them to realize member benefits such as sale prices, case discounts, and Member Appreciation Day sales.

The E&O committee will work on that idea, and continue to explore ways to “strengthen Co-op community” and “increase community engagement, outreach, and education.”

Our initial discussions that led to this survey began with the premises that we 1) want to help customers move beyond the perception that the Co-op is too expensive for people on a budget and 2) want to widen the Co-op community to include those who might feel marginalized or out of place due to the perception of high prices.

Our Co-op is certainly a beautiful and welcoming space, and doesn't feel like a discount store. Are we too pretty to be affordable, in shoppers' minds?

Many organic products are indeed more expensive than their conventional counterparts, for good reasons.

But many, many of our products are actually less expensive than the same products sold elsewhere, as our Price Shopper discovers every month. (You can read Price Shopper in the newsletter and in our newsletter archives on the Web site.)

It is possible to eat well on a budget, and many of our shoppers and member-owners do. Our recent customer survey showed that 17 percent of our customers have a weekly food budget of less than \$50.

Having certain skills helps: knowing how to shop for and use bulk foods and how to cook and preserve food. Promoting the acquisition of these skills is why the Co-op helped create Community Food Works. The Co-op, through Community Food Works, offers a variety of workshops and classes that are free or

“We shouldn't forget that the sustainable-food movement has never really been elitist. It is industrial food, which concentrates production and profit in a few hands while churning out mountains of highly marketed junk, that is truly elitist?”
—Tom Philpot

very low cost for members and SNAP recipients. (See www.communityfoodworks.org for more info.)

Education is one thing, but perceptions are another. We could paint the interior of the Co-op white, stack cardboard boxes full of product up to the ceiling, and add a bunch of buzzing fluorescent lights in order to help our Co-op sport a more affordable-feeling lack of ambiance. (Just kidding!)

We might consider different types of sales, new outreach and marketing techniques, different product lines, and so on.

But I think that even more important to combating the barrier of price perception could be examining our own perceptions of what kind of people shop at the Co-op and who its member-owners are. Who do you think the Co-op community really is?

Survey responses on the question of the five percent discount for SNAP recipients elicited a few pretty powerfully negative comments about “them,” as if “they” have nothing to do with “us.” Some comments stick in my mind, and I paraphrase: “I don't think people on food

stamps are interested in eating organics” and “Do we really think that the single mother with four kids on food stamps who shops at Winco is going to come to the Co-op?”

There are an awful lot of assumptions in those statements, and you know what they say about assuming!

I appreciate that getting to know people who appear to be and maybe really are very different from us is hard, and I appreciate that the issue of public assistance is complex.

But as someone who needed public assistance for a time, through no failing on my part but simply because of an extremely costly medical emergency, I know that the lines between the needy and the well-off are extremely blurry and constantly shifting. And I know that receiving public assistance didn't reduce my desire to feed my family in an ethical and sustainable way one iota.

Everyone deserves good food, and as long as our country's broken food system prices good food out of reach for some, our Co-op will keep looking for ways to put it back within reach of everyone. The SNAP discount might not be the right way for us to go about it, but we'll keep looking for other ways.

If you're interested in joining the E&O committee to help, please email us at engage@moscowfood.coop.

Carol is grateful to Joe Romano of Greenstar Co-op in Ithaca, New York, for his article entitled “When Bad Food Happens to Good People.” Google it, or find it here: <http://www.greenstar.coop/all-greenleaf-articles/when-bad-food-happens-to-good-people.html>.

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mosaiclanddesign@live.com

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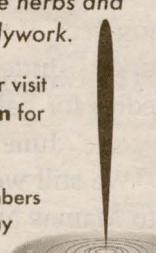
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Bag It Campaign Raffle Wrap-Up Results!

by Jessica DeHart, Co-op product promotions and education coordinator, demo@moscowfood.coop

The Bag It Campaign far exceeded any of our expectations, with not only the banning of single use plastic grocery bags in the Co-op but also an incredible feeling of collaboration and community-building beyond our four walls. In total we had 90 raffle winners.

Raffle winners included parents visiting their university students, first-time Co-op shoppers, long-time members, board members, employees, participating members, students, kids, professors, knitters, and bikers. The feeling of competitive momentum that the raffle created was exhilarating. I heard from so many customers that it was just the incentive that they needed to

be more vigilant about bringing their own bags, containers, and mugs:

The raffle also helped bring attention to our incredible mercantile department and all of the useful and non-leaching items that we have for sale. As the raffle box became more and more stuffed with tickets, the realization for each of us was, Wow, each of those tickets represents something significant, a conscious effort to say no to single use disposables. It was also a great opportunity to provide further education on how to eliminate grabbing a plastic bag or container when filling up on bulks, picking out a product, or grabbing a cup of coffee.

As I write this, the jar crammed full of tickets sits on the demo counter captivating customers to make a guess at how many reusable items were put to use during the month of April. The guesses currently span from 700 to 700,000. How many reusable items did we use during the month? How much garbage did we prevent from going into a landfill? How can we make sure to keep up this new habit and make sure that we not only maintain the momentum of our Bag It campaign but also keep finding new ways to challenge ourselves to do more?

So the number we have all been waiting for... drum roll please...is 9,008 reusable items

used instead of disposable during the month of April!

How many square feet of landfill space do you think we saved? How did our efforts make a difference? Stay tuned for next year as we dive deeper into Bag It and know that every single reusable item makes a difference.

Congrats to Katie Hathaway, whose guess of 6,784 was the closest to the final number. She will receive a \$25 Co-op gift certificate and a goodie bag full of fun samples!

Stay tuned next year for Bag It: Part 2 with more waste-reducing adventures, intrigue, and excitement!

How Are We Doing?: The Shopper/Member Customer Satisfaction Survey

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

The Co-op exists to serve the food needs of our members and the community. We can tell if we're doing well by our sales and by the feedback we get in the suggestion box and in our conversations at the cash registers, but it's also important to ask for more formal feedback in the form of a survey every now and then.

Last fall we administered a member/shopper satisfaction survey commissioned by the National Cooperative Grocers Association. They provided us with this professionally-developed survey for free (they even reimbursed us for the cookies we gave out to entice you to take the survey!) This saved us thousands of dollars in developing something on our own, and also allows us to compare our results with those of all the other co-ops around the country who used the same survey.

We had a great turnout: 250 people took the survey. (Must've been the cookies!) Eleven percent (27 people) were not member-owners and the rest were well distributed between those who became member owners over 20 years ago (14.3 percent), between 10 and 20 years ago (13.4 percent), between 5 and 10 years (18.9 percent), between 3 and 5 years (11.8 percent), between 1 and 3 years (17.6 percent), and less than 1 year (12.6

percent).

There were LOTS of questions on this survey. It's my intention to share the results with you a little at a time in this newsletter over the next year, and to invite ongoing discussion about possible solutions where survey results indicate a need for improvement.

How much does your household spend in an average week on groceries?

Under \$50	17.1%	42 people
\$50 - \$75	21.1%	52 people
\$76 - \$100	18.7%	46 people
\$101 - \$125	16.7%	41 people
\$126 - \$150	12.2%	30 people
\$151 +	12.6%	31 people
Don't know	1.6%	4 people

I was pleased to see the fairly even distribution among grocery budgets. To me this indicates that we serve shoppers and member-owners of all sorts. Our results reflect national results very closely - except that while on average just 10 percent of respondents spend under \$50 per week, we have 17.1 percent at this level.

The next question, below, shows that we have a lot of really loyal shoppers, with almost half of the survey takers reporting spending most of their grocery dollars at the Co-op! Nationally, the average is just 39 percent. It feels good to know that we are well above average on this point; hopefully it reflects

an excellent product mix as well as above average member-owner loyalty.

Now we just need to work harder and smarter to figure out how to serve those who aren't spending most of their grocery budget at the Co-op.

Where do you spend most of your grocery dollars?

Moscow Food Co-op	48.6%	120 people
Other food co-op	1.2%	3
Natural product retailer	1.2%	3
Internet/mail-order	0.4%	1
Convenience store	0.4%	1
Local grocery store	16.6%	41
Limited assortment store	0%	0
Local supermarket	4.0%	10
Regional supermarket chain	15.0%	37
National supermarket chain	4.5%	11
Supercenters	0%	0
Other (listed below)	8.1%	20
Farmers markets		
Rosauers		
Costco		
Moscow Farmers Market		
Azure Standard		
Huckleberrys		
Pilgrim's		

Fred Meyer
Wholesale farm
WSU Dining Center
Winco
Grocery Outlet, Lewiston
Garden/butchered meat
Trader Joe's
Food buying club
We'll continue looking at survey results next month. In the meantime, a big thank you goes out to volunteer Bridget McNassar for her hard work last winter entering into the computer the responses from surveys that were filled out on paper. THANK YOU!

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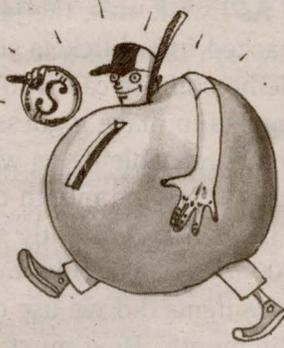
Price Shopper: BBQ Time!

by Joë Pallen and Amy Richard, Co-op newsletter volunteers

We love spring, especially those sunny days (or we would take a sunny afternoon) in between rains. Those sunny days we like sit out back, with thoughts far away from the kitchen, and light up the barbecue.

We were not ready to get into any gourmet grilling on our latest trip to the grocery for some items to put on the grill, items to please the vegetarians in our family (that the meat eater of the family likes too!) Zoe is a fan of Lightlife hotdogs, while Joe and Amy like to load up one of Amy's (brand) California burgers or a grilled portabella mushroom with all the fixings on a Rudy's wheat hamburger bun.

We put together a list that included some chips and dip, and with our list in hand we split up between Rosauers and the Co-op. When we got together to compare, it was the Co-op that beat out Rosauers hands down. With the \$9.52 we saved at the Coop, Joe and Amy added a few summer ales and a smoothie for Zoe to go along with relaxing in the backyard on a sunny afternoon.



ITEM	Co-op	Rosauers
Rudy's hamburger buns wheat 18 oz	\$4.35	\$4.99
Rudys wheat hot dog buns 12 oz	\$3.45	\$4.19
Amy's California burger 10 oz	\$5.49	\$6.99
Annie's ketchup 24 oz	\$4.15	\$4.99
BBQ original tangy BBQ sauce 18oz	\$4.99	\$5.99
Annie's BBQ original recipe 12 oz	\$3.69	\$3.99
Sierra Nevada porter spicy brown mustard	\$3.25	\$4.19
Woodstock farms yellow mustard 8 oz	\$2.99	\$3.59
Woodstock farms sweet relish 16 oz	\$5.15	\$5.99
Spectrum organic mayonnaise 32oz	\$9.69	\$11.19
Simply organic French onion dip mix 1.1 oz	\$1.39	\$1.59
Organic valley organic low fat sour cream 16 oz	\$3.25	\$3.69
Lightlife smart dogs 12 oz	\$3.95	\$3.79
Immaculate all natural crescent rolls 8 oz	\$3.99	\$4.59
Boulder canyon totally natural kettle cooked potato chips 7.5 oz	\$3.39	\$3.79
Kettle bran crinkle cut potato chips 14 oz	\$4.85	\$4.99
*Portabello mushrooms per lb	\$8.99	\$7.99
Total Spent	\$77.01	\$86.53
Savings shopping at the coop		\$9.52

Savings shopping at the coop

\$9.52

Does not include sale prices

*Rosauers not organic

A Dime in Time for May: Community Garden

by Turi Hoversten, Moscow Community Garden Advisory Board

The Moscow Community Garden Advisory Board members are thrilled to be awarded the Co-op's A Dime in Time grant for the month of May.

We will use the grant to further our mission: to provide community members with a beautiful, affordable, and accessible gathering space to grow produce and flowers; to demonstrate organic, sustainable gardening practices; and to encourage the formation of a healthy community.



The collaborative strengths of Emmanuel Lutheran Church and the Palouse Clearwater Environmental Institute (PCEI) created the Moscow Community Garden at 1050 West C Street in 2000. On November 1, after 10 successful years, PCEI turned over

management of the garden to the landowner, Emmanuel Lutheran Church. At that time, an advisory board formed to oversee the management and caretaking of the garden, as well as to deter-

mine an updated vision and mission for the space.

The Moscow Community Garden Advisory Board now consists of Moscow Community Garden gardeners, members of Emmanuel, and members-at-large from the University of Idaho, the town, and the Community Garden neighborhood.

The Moscow Community Garden provides gardening accessibility to all, regardless of physical or economic circumstances, through inclusion of several wheelchair accessible beds and a sliding scale option that helps those who cannot pay the full rental price of a plot.

Social Cirkus, a local sustainable t-shirt company, has generously committed funds to make this possible.

Most of the Co-op A Dime in Time funds will provide money for the bike racks designed by a local artist. Any remaining funds will be used as seed money for such necessary amenities as benches and new signage. We are grateful for the grant and will use it well for the benefit of the community as a whole.

To volunteer or to rent a garden plot in the future, contact the Community Garden coordinator at MoscowCommunityGarden@gmail.com

A Dime in Time for June: The Spay Neuter Clinic

by Chelsie Roberge, Spay Neuter Clinic

The Spay Neuter Clinic is a non-profit clinic that offers low cost spays, neuters, and basic health care for pets. We are located behind the Eastside Market Place and are open Mondays, Thursdays, and Fridays from 8 a.m. - 5 p.m.

Our mission is simple: "to provide high-quality, low-cost spay/neuter services as a non-lethal solution to the companion pet overpopulation dilemma." We rely on our community and our wonderful volunteers to keep our doors open and our cost low.

Recently we were awarded funds by the Moscow Food

Co-op through the A Dime in Time program. One hundred percent of the funds are going to be used as a special grant for those in financial need to be able to spay/neuter their cats.

Cats are greatly underserved in our area. Did you know that one cat can have two to three litters of kittens per year? That amounts to 12-18 more kittens per year per ONE unfixed mama cat. Our shelters are overpopulated with cats waiting for good homes. The only solution is responsible spaying and neutering.

Great thanks to the Moscow

Food Co-op and all your wonderful staff for helping us work on our mission. Your generosity and additional resources are greatly appreciated and our community is a better place because of the Co-op! And special thanks to Dr. Faulkner, who has put in countless hours to raise the additional grants that we currently have in place to assist dog and cat owners.

I urge you: if you or someone you know has an unaltered pet, please stop littering—get them fixed.

We are fortunate enough to live in one of the best cities in

Idaho! And remember, when you support the Co-op, the Co-op gives support to the community! Thank you Moscow!

The Spay Neuter Clinic is open on Mondays, Thursdays, and Fridays from 8 a.m. - 5 p.m., BEHIND the Eastside Market Place in Moscow. Contact us by phone at (208) 301-2790 or 882-2584; on the Web at www.stoplittering.org; or friend us on Facebook!



Local Produce Ponderings

by Scott Metzger, Co-op produce manager, produce@moscowfood.coop

The Moscow Food Co-op is and always has been fully committed to supporting the local food community on the Palouse. We have seen a growth in local food purchases and sales nearly every year for the past six years. We expect 2011 to be the best year ever for local food purchases and sales for the store.

We have implemented annual purchasing agreements for farmers who are willing to grow larger volumes of produce and who meet certain delivery, packaging, and pricing requirements. Farmers who excel at their profession are rewarded with contracts the following year. It is my hope that this will encourage farmers to continually improve their operations. For the 2011 growing season we have 15 purchasing agreements in the works for around 150 different crops.

I believe the annual growers meeting has become obsolete. After years of hosting them, I have noticed that they are no longer a productive forum for communication. Our membership and outreach department's

annual "farmer mixer" is an excellent evolution of the growers meeting into a less formal event. That being said, I believe it is much more important that a manager or buyer develop a genuine relationship with their farmers on a personal level than host any sort of meeting.

We currently purchase fresh produce from farmers all summer long and through much of the winter, if they are capable of growing and storing enough of it on their own. The best example is Ronniger's Potato Farm in Moyie Springs, Idaho. They have their own cold storage facility, which enables them to store and ship produce all winter. Because they have invested the time, energy, and money into their operation, they get the bulk of our winter business. We also buy carrots until January and onions all winter from our local farmers. Plus, all of the apples and pears we carry all winter long are "Local200" which means they are grown from within 200 miles of Moscow.

I believe that in order for the

local food movement to continue to thrive and prosper, growers need to start their own "small farmers' cooperative." This structure could be used for bulk ordering of farming supplies, cold storage facilities, price negotiations, seed sharing, and equipment sharing.

When seasonally appropriate, the Co-op always looks for local produce first, regionally grown produce second, and organically grown produce third. To be competitive as a grocery store, we must respond to the buying habits of our customers, not force the buying habits of our customers.

We are proud to support local agriculture as well as organic agriculture in places like Mexico where those farmers are just as deserving of a higher quality of life, more money for their crops, better soils, and less chemical exposure as are their northern farming neighbors. To that end, we will always carry a wide variety of local food, organic food, locally manufactured food, and imported organic food. I believe

our customers are educated, intelligent, and deserve to have a choice when they visit the Co-op for their nutritional needs.

Supporting the local food movement on the Palouse is a vital part of the mission of the Moscow Food Co-op. The Green Commerce Committee has crafted long-term goals towards increasing the amount of local food we sell and the number of farmers we buy from. This is policy that we take very seriously, and the produce department will continue to do everything we can in support of this goal.

In addition to buying and selling local produce, the Moscow Food Co-op hosts the Tuesday Growers market in our parking lot, supports the Moscow Farmers Market, has a working relationship with Community Food Works and Back Yard Harvest, has a Farmers Advocacy Coop Team (FACT) that provides local food demos, supports dozens of small businesses in Moscow that manufacture food products locally, and is a proud member of Buy Local Moscow.

Be a Hometown Hero (and Claim a Prize)

by Bill London, Co-op volunteer newsletter editor

Can you help us distribute the Co-op newsletter? We would like to get copies of each month's issue from the Co-op to all the small towns around Moscow/Pullman. 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.

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 email, please include your name, phone number, preferred email address, and the name of the business and town that you will distribute the newsletters to and the number of newsletters you will distrib-

ute 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- every month one of these distributors will receive a totally groovy prize from the Co-op.

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June Board Member Report: Coming Home to Our Co-op

by Mark Mumford, Co-op board member

Cassie and I have gotten into the habit, wherever we travel, to find the local food co-op. We like to walk up and down the aisles and see what is available. If the co-op has a deli, we usually sample the food.

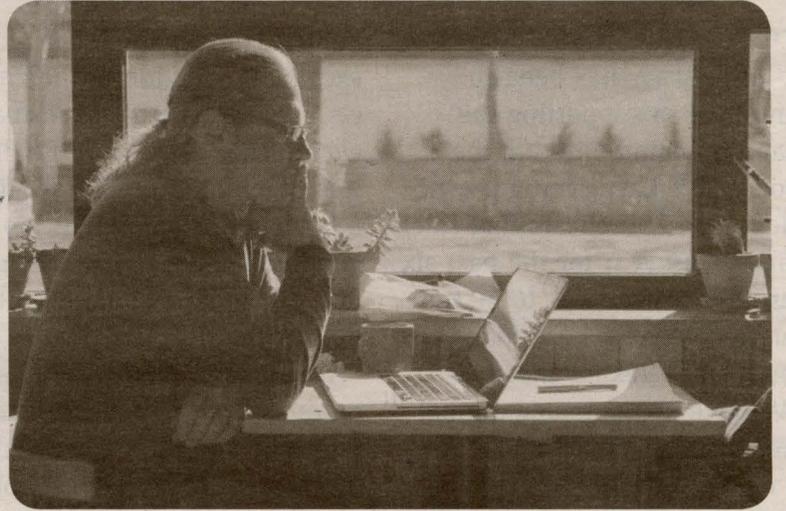
We were in Bellingham several weeks ago and, as is our habit, we sought out the Community Food Co-op. Located on the edge of downtown, and in relative close proximity to Western Washington University, the co-op is bustling with activity. The Bellingham co-op is housed in an old industrial building done in a Spanish style with stucco walls and a red-tile roof over the entrance. The interior is a large vertical space with open trusses across the ceiling.

Although voluminous and open, the Bellingham co-op seemed somewhat crowded and confining. The shelves and displays are tall with additional stock stacked on top, creating somewhat cavernous, tight aisles. There is relatively little natural light and the interior seemed rather dark as a result. We walked up and down the aisles, looking for new stuff to sample and buy. Lunch was great.

One of the best parts of travel-

ing is coming home. When we came back from Bellingham, the comparisons continued. I liked the Bellingham co-op but I like our Moscow Co-op more. Because I spend so much time at the Co-op, the place has become so familiar, so commonplace an experience, that I have taken it for granted.

After returning from Bellingham, I saw our Co-op with a new eye. The architect who designed the Co-op, Dan Mullin, did a spectacular job! The store is open and expansive. In part, this is due to the abundance of natural light that fills the space. Dan's design of the interior enhances openness. The shelves are low, allowing a view across the store. Unlike the Bellingham store, the displays are spaciouly positioned, avoiding the tight confinement that taller, more closely spaced displays would have created. The lighting is small in scale, low and focused on the displays (no large fluorescent lights buzzing overhead, as is the norm for large retail spaces). Irregularly spaced and variously positioned, the many, many small lights create a kind of overhead plenum or air-filled space, carrying the eye up and above the displays



Co-op board member Mark Mumford works on his laptop in the morning sun at the Co-op deli, April 19, 2011. Photo by George Bedirian.

and adding further to the sense of expansiveness. The Co-op deli and eating areas are likewise open and light-filled. The green and yellow palette complement the wood shelving and displays, creating a calm ambiance.

Although the Co-op was carefully designed by an architect with a sensitive sensibility for human scale, the architecture is, in fact, not extraordinary. The track lighting, displays and fixtures, open duct work, and paint and plastic laminate surfaces, are all stock retail components. Thankfully, Dan did not attempt the expressive bravado that is the disaster of much modern architecture.

His architecture functions as a background, allowing the human inhabitants to enliven the place. The true character of our Co-op is embodied in the people that come here. In a wonderful way, the place and the people complement one another. Like a house that fits its owner like a well-worn architectural set of clothes, our Co-op houses our community perfectly. Whenever I come to the Co-op I see familiar faces, hear familiar voices, and I feel at home. It is difficult to imagine this place without these people. It is difficult to imagine this community without the Co-op.

Co-op Board Officers

by Andrika Kuhle, Co-op board president

Bill Beck recently resigned as president of the Co-op Board of Directors in order to be considered as a candidate for the general manager position. We really appreciate the many hours that Bill has committed to the Co-op as a board member over the years. We applaud his term as president, and will miss him.

At our last meeting we voted on new officers, as listed below. We intend to nominate a

replacement for Bill at our next Board meeting, and will update the membership in the next newsletter.

- The new officers are:
- President - Andrika Kuhle
 - Vice President/Treasurer - Sheryl Hagen-Zakarison
 - Secretary - Jamie Bentley
- Other members are:
- Mark Mumford
 - Kimberly Vincent
 - Donal Wilkinson

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June at the Tuesday Growers Market

by Britt Heisel, Co-op volunteer Growers Market coordinator

Market Notes...

Spring is in the air and the market is humming right along. Dallas Sexton of Sexton Farms has gorgeous chicken (\$3/dozen) and duck eggs (\$2/half-dozen) for sale. My family has become partial to the duck eggs. The boys love the BIG eggs.

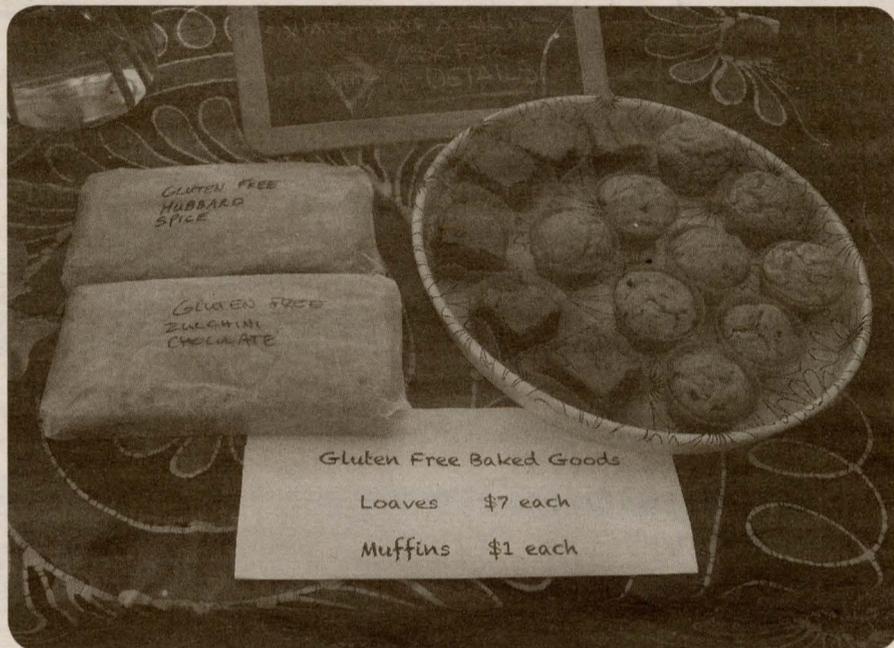
Gluten-Free has also become a market favorite... Gluten-free bread (chocolate zucchini!), muffins, and puff pastries from Deep Roots Farm and Ravencroft Farm are QUITE popular.

Mackenzie Femreite and Jessie Hunter from the University of Idaho Extension have created Nutrition in a SNAP for the Tuesday Market. They will have fun nutritional education activi-

ties planned for both adults and children. They'll also have tasty samples every week.

Oh, but there's more! The first Tuesday of every month--this month it's June 7th - Backyard Harvest will offer an extra \$5 token to customers who use their SNAP benefits at the market. Idaho Organic Week is June 18-24. Help support organic farming in Idaho by shopping the Tuesday Growers Market.

Find the Growers Market on Facebook at <http://www.facebook.com/pages/Moscow-Food-Coop-Tuesday-GrowersMarket/107124975993233?ref=sgm> or simply search for Tuesday Growers Market.



Deep Roots Farm bakes up a mean loaf of gluten free bread!

Nutrition in a SNAP Activities for June

June 7th - Nutrition in a SNAP - Come get familiar with MyPyramid Activity: Giant MyPyramid, kids can place food in right food groups and get a MyPyramid magnet for participating. Take home a MyPyramid coloring sheet! Sample: Build your own MyPyramid snacks (yogurt, a fruit, nuts, granola)

June 14th - Nutrition in a SNAP - Leave with a better grasp of portion sizes.

Activity: Guess the right portions
Sample: Granola bars

June 21st - Nutrition in a SNAP - Benefits of Whole Grains
Activity: Whole grain day! We'll have the sensory table filled with 6 different whole grains.
Sample: Bulgur tabouli

June 28th - Nutrition in a SNAP - Whole grains in Breads
Activity: Identify whole grains on food labels and learn how to make Bread in a Bag
Sample: Popcorn

We will also have a Nutrition Abacus on display all month for kids to play with.

What our Growers Will Have During the Month of June

Backyard Harvest - Providing USDA Food Stamps to Shop the Market and Farm Share pick-up for Community Food Works.

Deep Roots Farm - Gluten Free bread and muffins, cut flowers, veggie starts, radishes, turnips, salad mix, kale, spinach, peas, bok choy, maybe some broccoli and cauliflower

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 - Homemade Ice cream and Cones

Wilson-Banner Ranch - Cherries should be ripe mid-June! Yum!

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

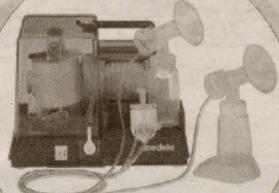
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Programs take place at Gritman Medical Center unless otherwise noted. For a complete list of all our services and programs, visit us at www.gritman.org

Fifth Anniversary Open House - CRC

Gritman Cancer Resource Center - June 8, 4 to 7 p.m., **FREE**
Join us in celebrating the fifth anniversary of the Gritman Cancer Resource Center. Activities include tours and a dedication of the Wagner "Whole New You Room" at 6 p.m. Call 208-883-6030 to learn more.

Breast Cancer Support Group

June 13, 7 p.m., **FREE**
Open to all breast cancer patients and survivors. Meets in the Palouse Boardroom, third floor. For more information call 208-883-4968 or 208-883-1422.

Artwalk - Gritman Conference Center

June 17, 5 to 7 p.m., **FREE**
Gritman is privileged to showcase the art of Becker Gutsch and Zeldia Carrico as part of Moscow Artwalk. Join us in the Gritman Conference Center to meet the artists, enjoy complimentary appetizers and inspiring art. A short program will take place at 6 p.m.

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

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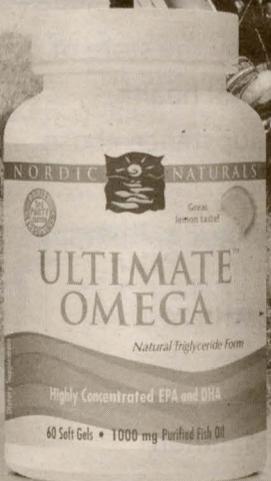
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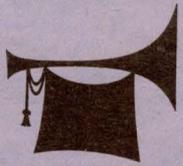
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CO-OPERATIONS



Co-op Shoppers Speak Out:

Asked by Ashley Fiedler on May 17, 2011

Co-op Shoppers Speak Out: Why do you come to the Tuesday Growers Market?"



"I happened to be in town and got some greens."

—Andrea Masom, Kendrick, counselor



"I like to support local growers and see what interesting things people have."

—Ronne Wegman, Moscow, retired teacher



"I was driving by and I needed broccoli starts like no other."

—Shelley Stone, Moscow, co-owner of The Yarn Underground



"Just came down to visit and maybe get some ice cream."

—Josh Aiman, Moscow, "mover on campus"



"I came for the ice cream."

—Sarah Fitzgerald, Pullman, Washington State University food science major



"I like buying local and fresh. I eat Paleolithic: If you can't kill it or find it in the woods, don't eat it."

—Josh (last name withheld), Moscow, stay-at-home dad

Finding and Focusing on Abundance

by Colette DePhelps, volunteer Good Food Book Club coordinator

"The first rule of holes: when you're in one, stop digging."

—Molly Ivins

The sub-title of *Depletion and Abundance: Life on the New Home Front* by Sharon Astyk is probably the best descriptor of the Good Food Book Club's read for June. It describes the book as "One woman's solutions to finding abundance for your family while coming to terms with peak oil, climate change and hard times." The Book Club will meet Sunday, June 26 from 7 - 8:30 p.m. at a member's private residence to discuss *Depletion and Abundance* and share a tasty dessert. Email bookclub@moscowfood.coop for more information and directions.

It seems intuitive that when one (either an individual or society) realizes things aren't going the way they would like them to, that its time to do something different, to stop digging and to begin thinking about and taking steps to get out of our current situation into one that is

better. In terms of peak oil (the time when the global production of oil will reach its maximum rate, after which production will gradually decline) and climate change, the majority of our society and its leaders continue to both dig and simultaneously stick their heads in the sand. But change is hard, perhaps because it is often precipitated by facing a truth, or number of truths, that are difficult to swallow.

In *Depletion and Abundance*, Astyk is frank about the truths we currently face, one of those being that our government is not going to lead us out of our current crises, and that we are going to have to lead our government. We are also going to have to make real changes in our lives, and learn to live more simply, using much less energy. Astyk lays out her vision for how we can do this: how, in making changes, we might not feel deprived or overcome by loss, but might instead feel the abundance that comes from living more sustainably, in closer

connection to the natural world, our neighbors and, indeed, our global human community.

Astyk, a former academic and farmer, raises livestock and vegetables with her husband and four children in upstate New York. She writes about food, climate change and peak oil. Her blog can be found at www.sharonastyk.com.

Depletion and Abundance is available through your local library. If you are interested in buying the book, check out the area's local used book stores or visit BookPeople of Moscow where Good Food Book Club members receive a discount.

Please join us for dessert and discussion of *Depletion and Abundance*, Sunday, June 26 from 7 - 8:30 p.m. Remember to email bookclub@moscowfood.coop for the meeting location and directions and/or to receive email reminders about the Good Food Book Club.

The Good Food Book Club is a project of Community Food



Depletion and Abundance

LIFE ON THE NEW HOME FRONT

OR,
One Woman's Solutions to Finding Abundance for Your Family while Coming to Terms with Peak Oil, Climate Change and Hard Times.

Sharon Astyk

Works (CFW). For more information about CFW, check out their Web site at www.communityfoodworks.org.

At the time of writing this article, Colette is loving the blue sky, sunshine, and spring flowers, and is wondering how plants can grow inches in a day... Now that is abundance!



My Choice

Betsy Dickow has a favorite salad from the Co-op Salad Bar

Her choice:
 new spring mix (organic)
 spinach (organic)
 sesame seeds (organic)
 dried cranberries (organic)
 candied pecans (organic)
 olives
 artichoke hearts
 feta
 chopped hard boiled eggs (cage-free)

tuna salad (made by the Co-op Deli from primarily organic ingredients)

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

WHAT IS YOUR CHOICE?



Outreach Update

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

What a thrill it was to be able to tell the members of People First of the Palouse about the \$748.50 they earned as our A Dime in Time recipients for the month of April! We knew that the number would be higher than in the past as a result of our Bag It! Campaign but we had no idea how much higher. We hope that lots of customers developed the habit of remembering their reusable bags and that we'll be able to keep our Dime in Time donations growing every month. Can we reach \$1,000? Stay tuned!

The May recipient for our Dime in Time grant was the Moscow Community Garden, and our June recipient is the Spay Neuter Clinic. Thanks for donating your dimes to these great organizations who serve our community!

In June the A Dime in Time committee is meeting to award DIT grants for August, September, and October. If you want to apply for an award for November, December, or January, please submit your application by September 1.

I spent a few days in early May at the National Cooperative Grocers Association's annual "Marketing Matters" conference

in Minneapolis. You can imagine how fun and inspirational it was to be hanging out and learning with (and from) about 100 other people with positions like mine at co-ops all over the country.

While I've mainly focused on building community and increasing engagement within our Co-op in my job so far, I am excited about working with Jessica (our demo and product education coordinator) and our department managers to use some marketing techniques to help more people in our community discover the Moscow Food Co-op and overcome any reluctance they have to give us a try.

Co-ops are model businesses and we want everybody to support MFC, not just those wonderful and loyal few who are already in the know. So we need to shout it from the rooftops!

Field trips continued in May, with several visits from students at Palouse Prairie School, checking out how to make bread, and thinking about how to grow food in places you've never thought of before.

I'm happy to announce that volunteer Erika Szymanski will be our field trip coordinator next fall. She loves interacting with

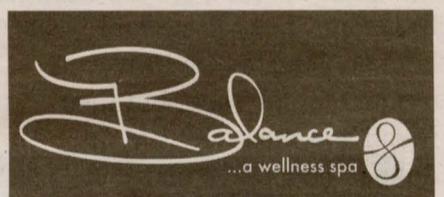
children of all ages and will be happy to tailor the field trip to each teacher's expectations, if possible. Other volunteers will help with field trips as needed.

We also do group tours for folks of any age--and can custom design them to meet your needs: gluten-free, shopping on a budget, shopping in bulk, lunch packing, etc. We appreciate field trips being scheduled well in advance; email me at outreach@moscowfood.coop and we'll save your date!

I need some ideas about reaching out to people who aren't so obviously served by the Co-op right now. We've got great programs for new and expecting parents and preschoolers, and, through Community Food Works, we're reaching out to low-income families and anyone who is interested in being more self-sufficient and eating well on a budget.

We're offering wellness classes whenever instructors step up and offer to teach a class, and I'm in the process of coordinating regular Co-op cooking classes with Tessa Graham of Sprout Wellbeing, for starters. I hope to invite more of our wellness-related business partners to offer classes in the future, too.

Some food co-ops also have programs for seniors, for youth, and for teenagers. Some food co-ops have Monday classes on all sorts of topics taught by all kinds of folks from the community. What do YOU think we need to offer in order to better fulfill our mission, vision, and the seven co-op principles? Email outreach@moscowfood.coop with ideas!



...finding your balance



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Staff Profile: Katy Drake

by Amy Newsome, Co-op volunteer writer

Katy Drake caught my eye as she was helping a customer with a special order. The woman had ordered a huge bag of flour. She offered her cart, but Katy declined and just hoisted it onto her shoulder. At that moment, I realized that this petite employee must be used to hard work.

Katie started at the Co-op as a co-pilot in a baby backpack when her mom was a cashier. But in 2007, Katy started working at the Co-op in her own right: first in the bakery, then in produce, next as a grocery stocker and now as a cashier.

She has taken some time off from working at the Co-op. A couple of years ago, she took the summer off and worked for the Northwest Youth Corps building trails on Bureau of Land Management and National Forest land north of Boise. Last fall, she took two months off to travel to New Zealand. Initially she was going with a friend, but when that fell through she went on her own. She went without having any firm plans but found a couple of opportunities for affordable living accommodations. She worked at an organic farm in exchange for room and board using the World Wide Opportunities on Organic Farms (WWOOF) network. She also worked in a hostel for three weeks in exchange for a place to stay. She soon made a friend from Canada and they traveled the South Island together.

Katy was born in Bonners Ferry, Idaho. Her parents, Tom Drake and Kelly Kingsland, were both students at the University of Idaho at the time, but their friend and midwife lived in Bonners Ferry, and so Katy was born there. Her parents have since divorced and both have remarried. Tom is a University of Idaho English professor, and Kelly is co-owner of Affinity



“Katie started at the Co-op as a co-pilot in a baby backpack when her mom was a cashier. But in 2007, Katy started working at the Co-op in her own right: first in the bakery, then in produce, next as a grocery stocker and now as a cashier.”

Farm.

Katy was one of the original students of what is now known as Moscow Charter School. She has fond memories of elementary school but didn't care much for junior and senior high school. She dropped out at age 16 and went to work on an organic farm north of Coeur

d'Alene. When she returned to Moscow she went to work for Wild at Art and ThoroGold Stables. It was working at those places that led Katy to realize that she wanted a career working with children.

Katy has just completed her sophomore year at the University of Idaho in Elementary Education. She is also taking a summer class. Between school and work, Katy doesn't have a lot of free time. When she's not at school or work, she and her boyfriend, David, study together at the library; the Moscow firehouse, where David is a resident volunteer firefighter; or at Affinity Farm's guesthouse, where Katy is now living.

Amy Newsome and her Arbor Day Photo-award-winning daughter, Jamie, have just recently learned that taking the bus to Boise is an excellent way to really appreciate how beautiful the state of Idaho is.

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Co-op Volunteer Interview: Jessie Hunter

by Terri Schmidt, Co-op volunteer writer

I first saw Jessie at a contra dance, smiling as we slipped by in a ladies chain. It was nice to have the opportunity to get to know her better through this interview. Jessie not only attends contra dances, she is on the Palouse Folklore Society board and arranges callers and bands to come and play. Jessie loves to dance and is skilled in Irish step dancing. She likes “bouncing around a lot and the high action” of Irish and Highland dancing. She started dancing in Spokane when she was college-age and later danced in Eugene where she would accompany a bagpipe band in a converted ski bus to dance festivals.

The bagpipes are responsible for romance in Jessie's life. She heard Ben playing bagpipes and liked him a lot, so she took bagpipe lessons to get to meet him. It was mutual attraction—they are now married and have a three-year-old son, Seamus.

Jessie grew up in Alaska. She became interested in nutrition while in high school, and began eating a vegetarian diet then. She came to the University of Idaho when she was accepted into the Western Undergraduate Exchange Program. She enrolled in the Coordinated Program in Dietetics and, after earning her degree, is now a registered dietitian. One of Jessie's current goals is to



“Jessie came to the University of Idaho when she was accepted into the WUE Program. She enrolled in the Coordinated Program in Dietetics and, after earning her degree, is now a registered dietitian.”

create her own nutritional business online based around medical nutrition therapy. Her focus would be on disease prevention, but she would also work on healing through nutrition in a confidential format.

Jessie first volunteered at the Co-op ten years ago while in college, working in the bakery. She and Ben left the area after

college and lived in Seattle, North Carolina, and Eugene. They moved back to Moscow about five years ago when Ben got a job as an academic librarian at the U. of I. After returning, Jessie volunteered by making cookies for the Co-op. Now she is helping Carol Spurling with Outreach and the Tuesday Growers Market, including

related nutritional education. The day we talked, she had just taken a group of children from Palouse Prairie School on a tour at the Co-op.

Community Food Works is another organization with which Jessie has recently become involved. This group is a partnership between the Co-op and Backyard Harvest. Jessie will do field trips with children where they will experience plants and planting in Amy Grey's gardens, which yield food for Backyard Harvest. Jessie is hoping to add a nutritional component to the mix.

On top of all her other activities, Jessie also hosts two radio shows for KRFP radio – a morning mix show and a show for children that highlights different and fun kids' music.

Until now, Jessie has always been goal-oriented, looking to the future. Now she is more in tune with enjoying the goals she has already obtained and exploring activities and philosophies that focus on staying in the present. She has discovered, as John Lennon said, “Life is what happens to you when you are busy making other plans.”

Terri encourages you to attend one of the Contra Dances Jessie helps organize—it's the most fun you'll have all month.



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Local Producer: BumbleBar

by Johna Boulafentis, Co-op volunteer writer

Food co-ops are great places to hang out and meet people. I did just that when interviewing Liz and Glenn Ward, owners of BumbleBar, at the Main Market Co-op in downtown Spokane. The Moscow Food Co-op has carried their organic, vegan, gluten-free energy bars for over twelve years. You can find these nutritious, delicious fruit and nut bars in the grocery department.

In 1995, Liz started the business in Seattle with the motivation to share healthy food with others. At a young age she learned the essentials of cooking and passion for feeding people from her mom who made meals from scratch. Liz's first childhood dish—grated carrots with orange juice and sugar—came from a recipe in a children's cookbook. Years later, she found herself hand-making hundreds of energy bars in a tiny kitchen and then carrying them in a basket to her first account, the Central Co-op in Seattle.

Glenn later joined the company after he and Liz met through mutual friends and fell in love. He proudly proclaimed, "Liz rescued me from corporate America." He started his first business at age five selling hand-painted rocks. With her knack for whipping up tasty food and his background in business, the company has gradually expanded over the last 16 years.

In 2003, they moved the business from western Washington to Spokane so they could increase their operation size and continue to self-manufacture, reduce their commuting times,



“Glenn later joined the company after he and Liz met and fell in love. With her knack for whipping up tasty food and his background in business, the company has expanded over 16 years.”

and offer employees a living wage. Practicing lean management principles, they have a paperless office and receive and file all orders electronically; saving natural resources and money. Last year, their six employees—who receive medical and dental benefits, paid time off, and a retirement plan—produced two million hand-made bars.

The couple excitedly shared their vision for the company, including their values related to food, people, and the environment. Liz and Glenn care about “ethical sourcing”: knowing the

locations and the people producing their ingredients and product packaging. The sesame seeds in the bars come from a farmers cooperative in Ethiopia. For every pound BumbleBar purchases, 20 cents goes to schools in the country. BumbleBar packaging is made in Spokane with recycled paper and printed with soy-based ink. They work with a labeling company in California that is employee owned. In the near future, with the intention to cut their carbon footprint, all twelve varieties of BumbleBars will be made shorter and thicker

and will go from a three-ply to a two-ply wrapper.

Liz and Glenn appreciate co-op shoppers, as they tend to share BumbleBar's mission and “get what we're doing more than any other group.” Liz finds customer stories rewarding and moving; especially “emails from parents whose children with dietary restrictions can eat the bars.” One challenge they say they face as a small business is competing with larger energy bar companies whom, they say, may falsely advertise messages of “being green” or “the first organic bar.” They say that most of their competitors' packaging comes from off-shore, and that BumbleBar received their organic certificate in 1996, which they say was four or five years before their competitors did.

Johna, like Liz, appreciates alliteration. Therefore, she eats BumbleBars when she's feeling bumblng.

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Green Transportation: The Thermodynamics of Bicycle Commuting

by Jeanne McHale, Co-op volunteer writer

Bicycling is an extremely efficient form of transportation. A typical cyclist burns about 400 calories per hour, less than is required for swimming, jogging, or cross-country skiing. Those calories must be replenished, or cyclists would literally vanish into the sunset. In this column, I consider the energy cost of bicycle transportation as opposed to driving a personal vehicle. You may find some of this data rather shocking, but please read on before you make out your shopping list.

Food calories as units of energy are actually kilocalories (kcal). When converted to units of kilojoules (kJ, a metric unit of energy), they must be multiplied by 4.184. So the apple I just munched, nominally 80 calories, provided me with 335 kJ of energy. But the apple didn't grow in my yard, it had to be transported. Agriculture accounts for a considerable portion of our fossil fuel consumption. According to Barbara Kingsolver, author of

"Animal, Vegetable, Miracle," a typical food item travels 1,500 miles to reach your dinner plate, and the average American's food consumption accounts for about 400 gallons of oil per year. My husband and I rack up about 3,000 miles per year on our Toyota, which translates to about 100 gallons of gas per year. Yikes, could we be burning more oil by eating than by driving?

Let's look at this more closely. As often as I can, I commute to work on my bicycle, a 32 mile round trip. This takes me about two and half hours, consuming about 1,000 food calories or about 4,200 kJ. The same trip in my car would burn a gallon of gas, which provides about 125,000 kJ, based on the heat of combustion of isooctane. This is 30 times as much energy as that required to fuel the engine of my bike, which burns "fat" instead of "oil." Sounds better to bike, right? But according to Kingsolver, each food calorie consumed requires dozens or



The author enjoying a pleasant commute to work along Foothill Road in Moscow.

even hundreds of calories from fossil fuel to raise, market, and transport it. So unless I make local food choices, replenishing those food calories spent cycling could actually increase rather than decrease my fossil fuel consumption!

The solution to the problem is to cycle and eat locally. The Co-op, the Growers Market, and the Moscow Farmers Market provide many tasty alternatives to

petroleum-intensive food products. Food tastes so much better when it's been raised locally, and even better after an appetite-stimulating bike ride. See you on the trail.

Jeanne McHale notes that her own efforts to grow food this spring have required petroleum input in the form of polyethylene sheets to protect seedlings from frost.

Idaho Repertory THEATRE

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)

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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



COMMUNITY

Idaho Repertory Theatre for Youth Announces New Summer Camp Line-up!

by Suzie DuVal, IRTY Education Director

Are your kids (preschool-8th grade) interested in theatre? Are you looking for great summer camps for your kids this summer? It's time to sign your kids up for Idaho Repertory Theatre for Youth (IRTY) Summer Camps!

The Preschool Parent and Me class begins Saturday, June 11th from 10 - 11 a.m. For grades K-8 we are offering nine different week-long camp sessions beginning June 20th, Jun 27th, and July 18th. Camps include Acting the Story: Myths from

Around the World; Making a Scene: Design Workshop; Young Shakespeareans; Playbuilders Workshop; and Acting Techniques. All classes will be taught by the IRTY Education Staff and members of the IRT Company.

As the new IRTY Education Director, I am excited about using my 10 years of experience in the education department at the Oregon Shakespeare Festival to bring some fresh ideas to IRTY. My goal is to provide young people with high quality,

innovative, participatory theatre arts education and training taught by theatre professionals and teaching artists. Students in the IRTY camps will learn to work collaboratively, think creatively, increase self-confidence and build language arts and performance skills.

Thank you, Moscow, for helping to make our first two events a great success! Our Family Fun Night held on March 10th brought together about 100 community members of all ages at the 1912 Center for an evening of

fun, performance, theatre games, stage combat and mask making. Our first Drama Day Camp held on Friday, May 6th, was attended by 43 kids in grades K-6 who participated in a fun day of play-making, stage combat, theatre games, workshops and a theatre tour.

For more information about IRTY Summer Camps, please visit our Web site at www.idahorep.org or contact Suzie DuVal at sduval@uidaho.edu or Stacy Rauch at 885-5182.

Learn to Row with WSU Crew

by Arthur Ericsson, WSU head crew coach

Here's a chance to try something new and exciting this summer...LEARN TO ROW. Washington State University Men's Crew is hosting its 6th season of Palouse Rowing starting with a FREE LEARN TO ROW DAY on June 7th, followed

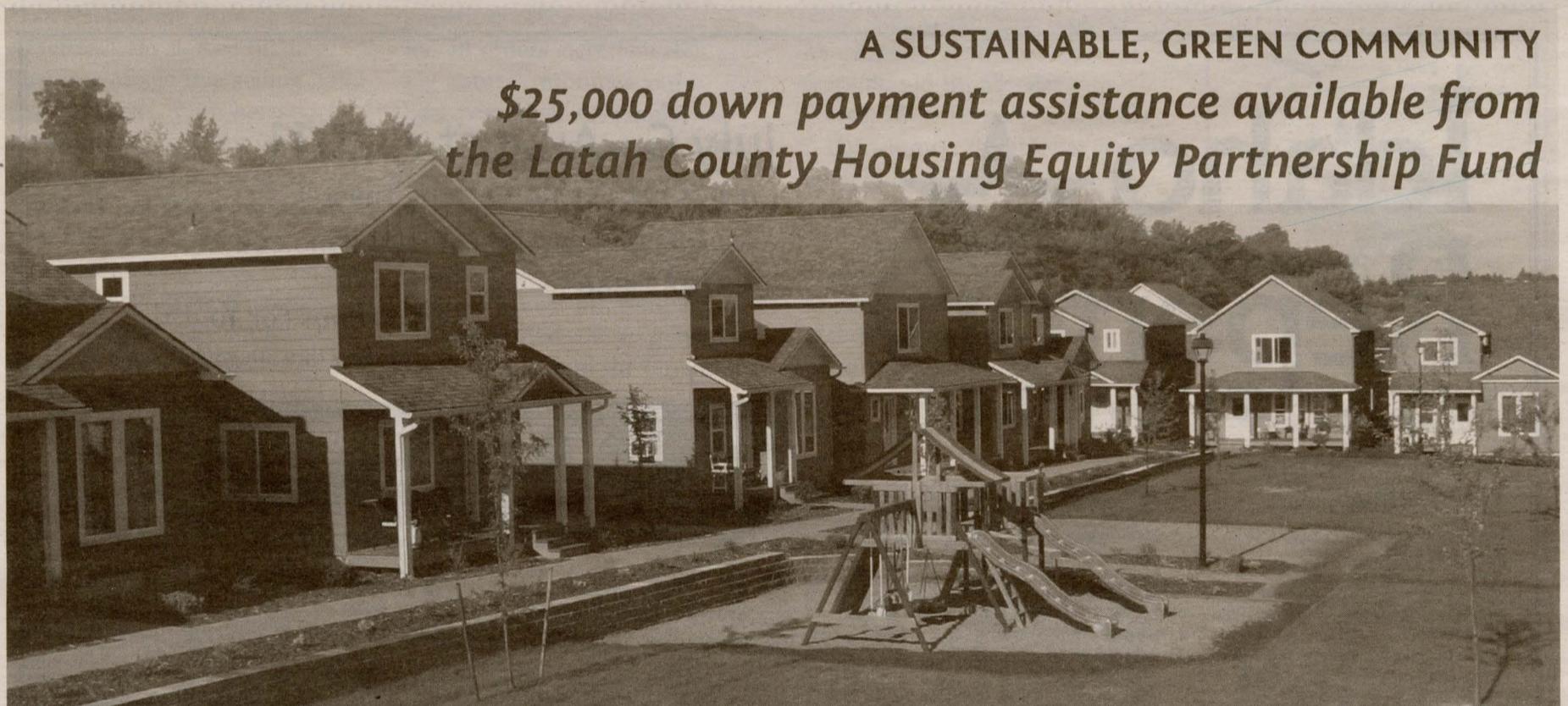
by a three-week LEARN TO ROW class beginning June 11th.

This is for adults of all ages, or for youth 12 and older. There is no experience required. Our boathouse is on the Snake River at Wawawai Landing. Practices are held Tuesday and Thursday

evenings from 5:45-7:45 p.m., and Saturday mornings from 9:15 -11:15 a.m.

After trying it for three weeks, you can row for the remainder of the summer with our Team Camp. You'll see how much your timing, balance, technique, and

teamwork improves as you get into more serious workouts. We even have a fun race vs. Coeur d'Alene and Spokane at the end of the summer! Visit ROW.WSU.EDU for more information and to register.



A SUSTAINABLE, GREEN COMMUNITY

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

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

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



COMMUNITY HOME DEVELOPMENT

MOSCOWGREENACRES.NET

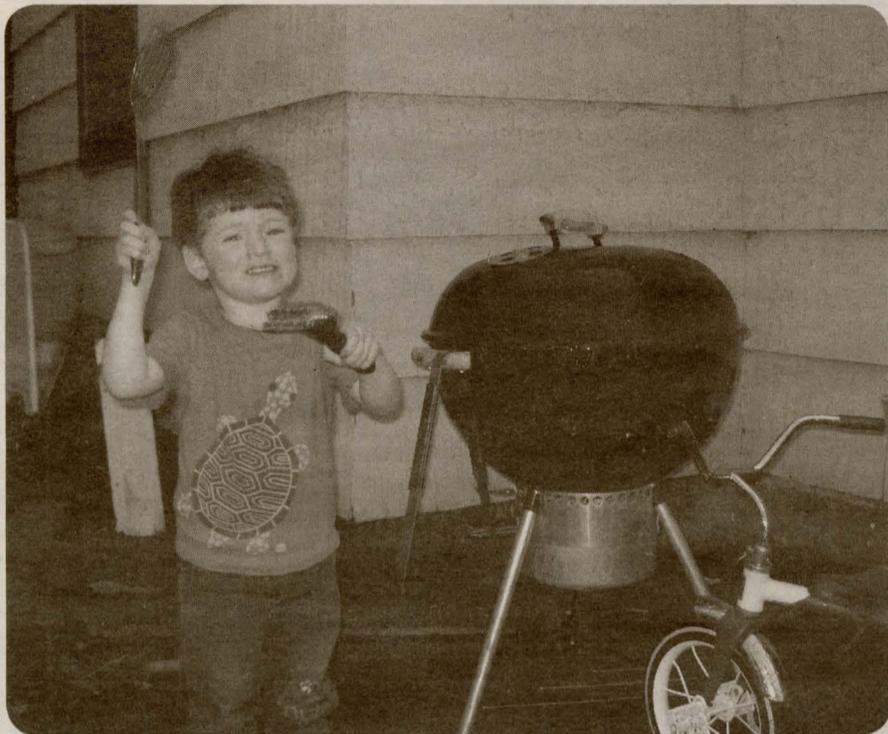
- ◆ Certified by the city of Moscow to the Gold level of the NAHB
- ◆ Nominated by Mayor Nancy Chaney for the 2008 Idaho Smart Growth Award

Contact Christin N. Beebe
509-330-0635



Omnivoria: Bar-b-que on a Budget

by Ivy Dickinson, Co-op volunteer writer



I doubt I have even gone a day this whole spring without having a conversation with someone about how atrocious the weather has been. Lately I have been feeling as though I might look down one of these days to find that my shoes have sprouted moss from slogging through the rain and puddles for so many days on end. As a result, when last Friday rolled around and it was sunny, I immediately jumped into action and began planning to invite some friends over for a little backyard bar-b-que. I already knew I had a bunch of supplies to make a

great salad at home, but I needed some grillables. I stopped by the Co-op on my way home from work and found that Brennus, the meat department manager, had a Friday special running on a family pack of Oregon Country Natural Beef chuck mock tenders that he thought I should sample for this month's column. For a \$6 investment, I ended up feeding five adults and a three-year-old.

I'll admit to being originally drawn to the chuck mock tender deal mainly because of the price and not because I had an actual plan, but after getting home and

Ivy's Backyard BBQ Sauce

Ingredients

- 1 cup chopped onion
- 1 cup ketchup
- 1/3 cup packed brown sugar
- 1/2 cup red wine vinegar
- 1 tablespoon Worcestershire
- 1 large clove garlic, minced
- 1 teaspoon blackstrap molasses
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon crushed red pepper flakes
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder.
- 2 pounds individual sized cuts of chuck mock tenders (there is enough sauce to do more)

Preparation

Combine first 11 ingredients in a medium-sized bowl (feel free to adjust the seasoning to suit your own taste). Marinate the steaks in a covered bowl or a large gallon ziplock bag for a minimum of two hours and up to twenty-four hours. Prepare your grill, and cook steaks for three-six minutes per side. Cook the steaks for longer if you prefer your steak to be on the well-done side. Serve with a big green salad and a nice cold beer.

doing some research on that particular cut of meat, I realized I would need to marinate it in order to ensure I didn't provide my guests with perfectly seasoned hockey pucks since the chuck mock tender is typically a tougher cut of meat often used in slow cooking.

As you may know, the cooking process itself turns muscle and connective tissues into gelatin to varying degrees. However, depending on the cut and type

of meat, it may need a little assistance to bring it to a palatable range of tenderness. Certain plant and fungi enzymes and acids can break down muscle and connective proteins in meat simply by being brought into direct contact with it for a period of time.

For marinating these steaks I decided to simply go with a homemade bar-b-cue sauce because it is always a universal favorite, which also happens to be quite acidic due to the addition of vinegar. Since I ultimately wanted to tenderize my steaks, I figured the acidity would work in my favor. After a few hours spent tenderizing in their bar-b-que sauce while I enjoyed the company of friends, the steaks ended up being relatively simple, well-seasoned, tender, and the perfect complement to a green salad.

Ivy would like you all to join her in a letter writing campaign asking Mother Nature to please bring on the good weather-full time. If you have any questions or comments about bbq please send them to ivyrose7@hotmail.com, where Ivy promises to pass them on to her husband, the real master griller of the house.

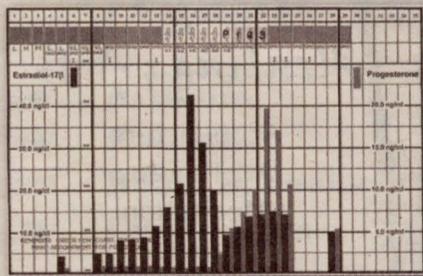
Editor's Note: The reader may discern a variety of spellings in this month's newsletter for barbecue/bar-b-que/bbq... All are correct, and there are more! In the spirit of summer fun, we'll welcome them all. Let's eat!



Essential Wellness Classes

A Natural Approach to Family Planning and Women's Health: The Creighton Model!

Are you seeking answers to your questions on how your menstrual cycle works? Have you been looking for a reliable birth control method that cooperates with your body? Do you deal with women's health issues, such as cramps, PCOD, PMS, or even infertility, and want to find answers and real solutions?



Come to one of our free presentations, and find out how charting your cycle with the Creighton Model opens up a new door in women's health and family planning.

Come with questions...leave with answers!

4 Presentation Dates:

- Wednesday June 8 • Friday June 10
- Tuesday June 14 • Thursday June 16, 2011

All presentations are at 7:00 pm in the Co-op Annex (Kimberling Farmers Insurance building across 5th Street from the Co-op, 114 E 5th St.)

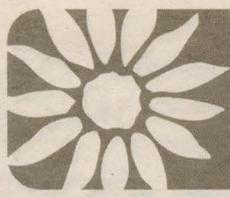
Free for Co-op members, please email outreach@moscowfood.coop at least the day before to reserve your space at one of the presentations.



Kara Gotshall is an RN in Idaho. She is currently completing an internship to be certified as a FertilityCare Practitioner, training women in using the Creighton Model Fertility System to chart their cycles for family planning purposes or gynecological health management. She will be assisted at the presentation by her husband, Stan Gotshall.

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New at the Library

by Chris Sokol, Adult Services Librarian, Latah County Library District

"Wicked people never have time for reading. It's one of the reasons for their wickedness."

—Lemony Snicket, *The Penultimate Peril*

FICTION

Deathless by Catherynne M. Valente. A modern take on the legend of Koschei the Deathless, the Russian folkloric equivalent of devils or witches in the West.

The Free World by David Bezmozgis. In 1978, three generations of a Soviet Jewish family leave for Italy to being a new life in exile in the confusing West.

The Love of My Youth by Mary Gordon. High school sweethearts now in their fifties meet again by chance in Rome, the city where they once spent a summer deeply in love.

Minding Ben by Victoria Brown. Sixteen-year-old Grace leaves her small village in Trinidad for a surprising au pair job in Brooklyn.

The Picture of Dorian Gray: an Annotated, Uncensored Edition edited by Nicholas Frankel. Informative side notes and period photographs and illustrations accompany the uncensored original version to shed light on Oscar Wilde and the political and sexual milieu in which he lived.

Please Look After Mom by Kyung-Sook Shin. The story of a family's search for their mother who goes missing one afternoon in the crowds of the Seoul subway.

NONFICTION

Build Your Own Plug-In Hybrid Electric Vehicle by Seth Leitman. Chock-full of illustrations and easy-to-follow instructions for building a PHEV of your own.

The Dead Yard: a Story of Modern Jamaica by Ian Thomson. A travel book that explores a country known simultaneously as luxury resort and drug-trade hell.

The Fear: Robert Mugabe and the Martyrdom of Zimbabwe by Peter Godwin. In 2008 journalist Godwin secretly returned to his native country to chronicle how its people have been relentlessly

ground down by a despot who refuses to give up power.

It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living edited by Dan Savage and Terry Miller. Affirmative essays and testimonials written to encourage LGBT (lesbian, gay, bisexual, and transgender) teens who face daily tormenting and bullying.

Pedaling Revolution: How Cyclists Are Changing American Cities by Jeff Mapes. The grassroots movement that is carving a niche for urban bicycles.

The Philosophy Book by Will Buckingham et al. Big ideas simply explained and engagingly illustrated.

Plastiki: Across the Pacific on Plastic: an Adventure to Save Our Oceans by David de Rothschild. How a crew of adventurers sailed 8,000 miles of open sea in a boat made from 125,000 plastic bottles to investigate the effects of civilization on our greatest natural resource.

Quantum Man: Richard Feynman's Life in Science by Lawrence M. Krauss. A new biography of the charismatic man who went from running a radio repair business as a child to unraveling the nature of quantum physics.

River of Darkness: Francisco Orellana's Legendary Voyage of Death and Discovery Down the Amazon by Buddy Levy. Moscow's Levy, author of the acclaimed *Conquistador*, delivers the detailed story of a legendary sixteenth-century explorer.

Spud and Chloë at the Farm by Susan B. Anderson. Thirteen barnyard knitting projects accompanied by a read-aloud story.

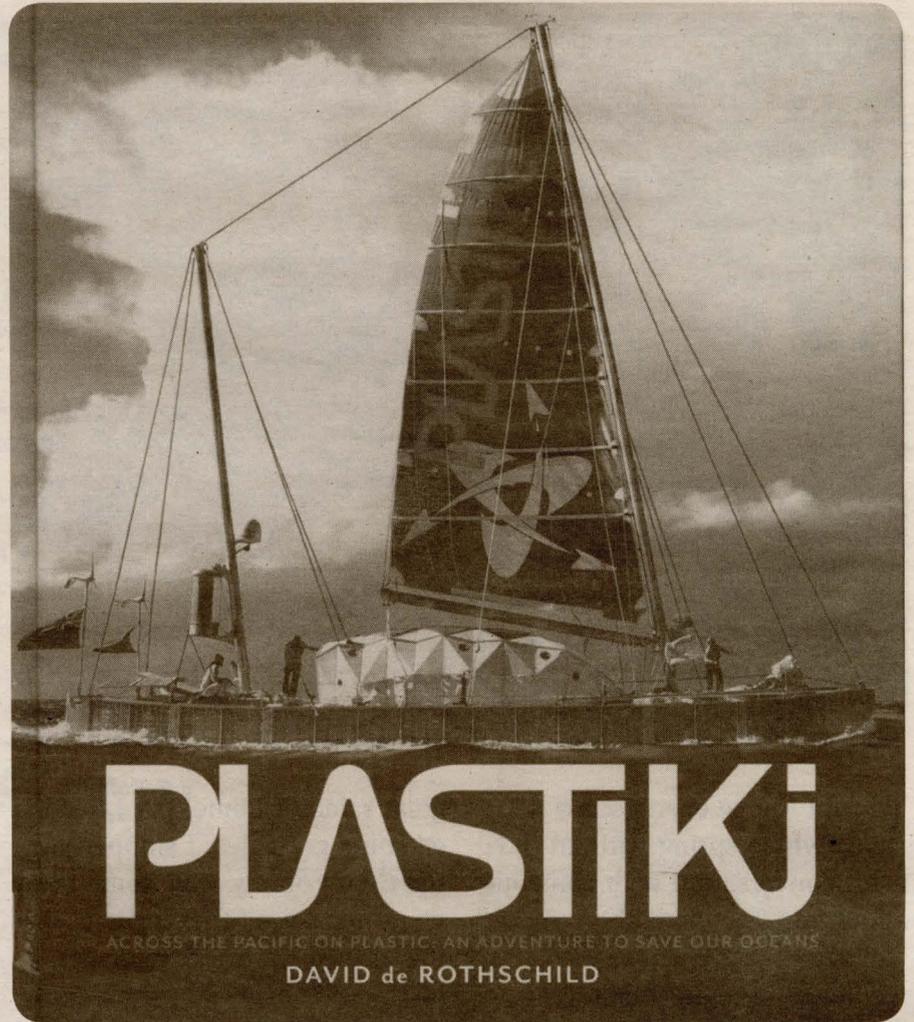
The Time-Crunched Triathlete: Race-Winning Fitness in 8 Hours a Week by Chris Carmichael and Jim Rutberg. No more excuses!

When I Am Playing With My Cat, How Do I Know That She Is Not Playing With Me?: Montaigne and Being in Touch With Life by Saul Frampton.

In 1570 after the deaths of several of his loved ones Michel de Montaigne gave up his magistrate job to write, which transformed his outlook on life.

GARDENS AND INSECTS

The Founding Gardeners: the Revolutionary Generation,



Nature, and the Shaping of the American Nation by Andrea Wulf. How gardens and botanical interest influenced George Washington and others of his time.

Grow the Good Life: Why a Vegetable Garden Will Make You Happy, Healthy, Wealthy, and Wise by Michele Owens. An entertaining and persuasive argument for the backyard veggie garden, drawing on science, history, and personal stories.

Wicked Bugs: the Louse That Conquered Napoleon's Army & Other Diabolical Insects by Amy Stewart. The author that brought us *Wicked Plants* turns her attention to yet another sinister side of the natural world.

The Wisdom of the Radish and Other Lessons Learned on a Small Farm by Lynda Hopkins. How an aspiring farmer's suburban girlfriend was enlightened by real farm life.

CHILDREN'S BOOKS

Catch the Wind and Harness the Sun by Michael J. Caduto. Have fun exploring useful ways to put nature's forces to work: build a windmill or solar cooker, capture marsh gas to burn, and more.

My Princess Boy by Cheryl Kilodavis; illustrated by Suzanne DeSimone. A mother writes about her young son who loves to dress up in frilly clothes while

wanting to be accepted for the way he is.

Olivia Goes to Venice written and illustrated by Ian Falconer. On a family vacation in the City of Canals, Olivia the pig enjoys gelato, rides in a gondola, and discovers the perfect souvenir.

Chris Sokol buys things with weird titles for the Latah County Library District (latahlibrary.org).



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QUIZ! Test Your Literary Prowess

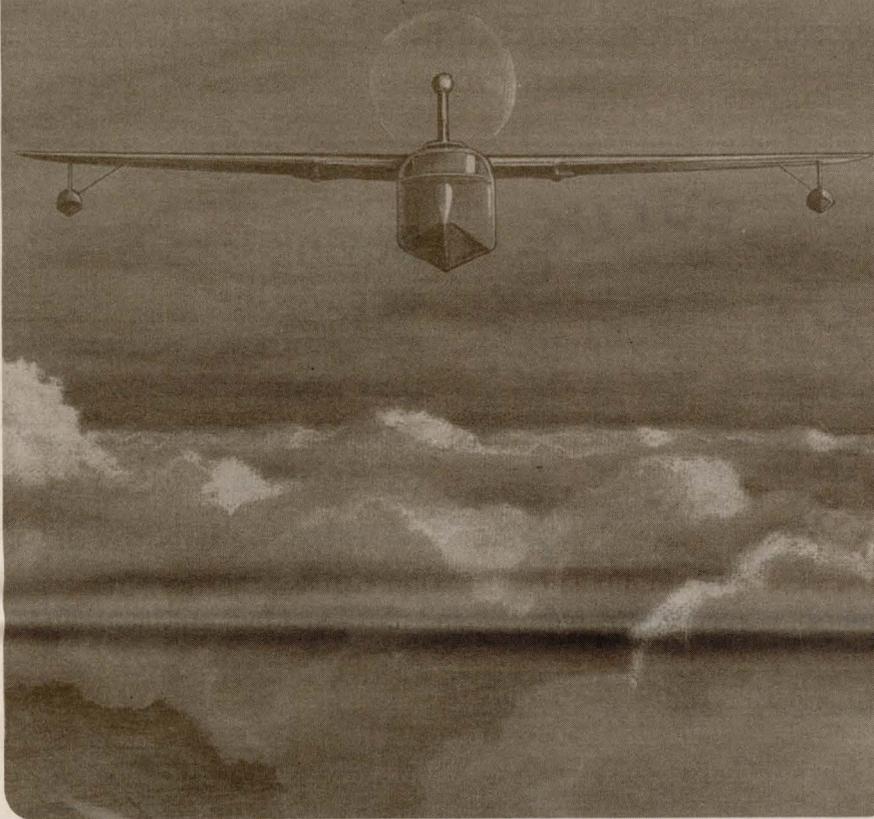
by Chris Sokol, Adult Services Librarian, Latah County Library District

United States Poet Laureate, 2001-2003

BILLY COLLINS

horoscopes for
the dead

poems



Which one of the following titles is NOT a real book? (Find answer upside down below.)

- a. Leadership Secrets of Attila the Hun
- b. The Pickwick Papers
- c. Shop Class as Soul Craft
- d. A Connecticut Yankee In King Edward's Court
- e. Sense and Sensibility and Sea Monsters
- f. Here's Looking at Euclid

- g. The Poisonwood Bible
- h. Cloudy With a Chance of Marriage
- i. Madame Bovary's Ovaries
- j. Android Karenina

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Answer: (d) The correct title is A Connecticut Yankee in King Arthur's Court. All the other choices are real books (and not self-published).



COMMUNITY



COMMUNITY FOOD WORKS

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Preserve the Harvest!

Join Community Food Works for their Preserve the Harvest workshops this summer! Weekly hands-on gatherings will have you canning, freezing, drying, pickling, and jamming with confidence. Take home food for the pantry, too!

Limited to 12 participants each Saturday; \$15 general/FREE for SNAP recipients. For dates, times, location, and registration info please email education@communityfoodworks.org.

For more information about Community Food Works please visit our website at www.communityfoodworks.org.

The Co-op Deli will be open from 7:30 am to 8:00 pm starting June 1st



The Deli was previously open until 9:00 pm.

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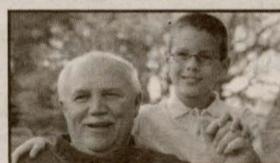
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Sunday: 12-5
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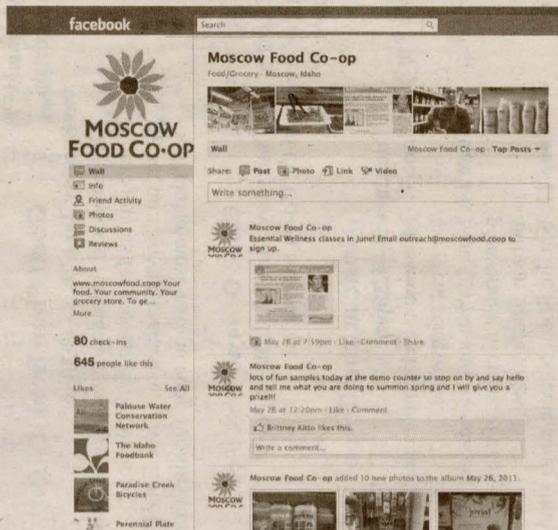
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Bulletin Board

MOSCOW FOOD CO-OP

Co-op Events

Board of Directors Meeting

Tuesday June 14, 6:00 pm

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 June 18, 11am

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

Tuesday Co-op Growers Market

Tuesdays 4:30—6:30pm

June 7: Backyard Harvest \$5 token for customers using SNAP benefits at the market.

June 7: Come get familiar with MyPyramid
June 14: Leave with a better grasp on portion sizes.

June 21: Benefits of Whole Grains

June 28: Whole grains in Breads

Art at the Co-op

Friday June 17, 5—7pm

Opening reception for three of our very favorite artists, Alicia Cunningham, Kristin Jones and April Lechlet - make it part of your route on the opening night of Moscow's ArtWalk.

Co-op Kids! Meet Tuesdays 9am

June 7: Sunflower

June 14: Father's Day cards at Friendship Square

June 21: Midsummer's Celebration

June 28: Summer Snacks on the Go...

Contact Rebekka Boysen-Taylor at amamaswork@yahoo.com.

We want to hear from you!

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

Co-op Events at a Glance

Tue June 7—Co-op Kids—meet in the Co-op
Tue June 7—Growers Mkt—Backyard Harvest
Tue June 7—Music—Musaiique
Wed June 8—Co-op Mamas and Papas Group
Tue June 14—Board of Directors' Meeting
Tue June 14—Co-op Kids—Friendship Square
Tue June 14—Growers Mkt—MyPyramid
Tue June 14—Music—Sam Lyman and Friends
Wed June 15—Co-op Mamas and Papas Group
Fri June 17—Art—opening reception
Sat June 18—Breakfast with the Board
Tue June 21—Co-op Kids—meet in the Co-op
Tue June 21—Growers Mkt—Whole Grains
Tue June 21—Music—Natalie Rose
Wed June 22—Co-op Mamas and Papas Group
Sun June 26—Good Food Book Club
Tue June 28—Co-op Kids—meet in the Co-op
Tue June 28—Growers Mkt—Breads
Tue June 28—Music—TBA
Wed June 29—Co-op Mamas and Papas Group
Thu June 30—Blood Drive—Co-op parking lot

Good Food Book Club

Sunday June 26, 7—8:30pm

Depletion and Abundance, by Sharon Astyk
Come join us for dessert & discussion.

Location: Private residence. Free. Email: bookclub@moscowfood.coop for directions.

Blood Drive at the Co-op

Thursday June 30, 1:30—6pm

In the Co-op parking lot.

Music at the Co-op

Tuesdays 5—6:30pm

June 7: Musaiique. Delicious melodies of the great songwriters

June 14: Sam Lyman and friends. A pleasurable evening of acoustic folk and fun fiddle tunes.

June 21: Natalie Rose. Natalie sings stirring original and classic jazz vocals accompanying herself on piano.

June 28: TBA

Co-op Mamas and Papas Group

Wednesdays 9:30—11am

Meet in the Co-op Deli

June 1: Breastfeeding continued: weaning

June 8: Co-sleeping

June 15: Cloth diapering

June 22: Natural Remedies for babies and families

June 29: Free time

babies@moscowfood.coop

Community Events

Glassblowing Demonstration Day

Saturday June 4, 10am—6pm

Glassphemy will host the demonstration at their store at 135 SE Kamiaken Street, Pullman.

Idaho Repertory Theatre Camps

From June 10

More info: www.idahorep.org or Suzie DuVal at sduval@uidaho.edu or Stacy Rauch at 885-5182.

Wild at Art Summer Camps

From June 13

More info: moscowwildatart.com/summercamp.html

3rd Annual Intolerista Wingding

Tuesday June 21, 6pm

1912 Center, Moscow with Jeanne McHale and Roy Zimmerman Free Admission - Food and drinks for sale from the Red Door

Dahmen Barn Events

Saturday June 11, 7:30pm: Folk and early

American music, gospel music, polyphonic music, and world music from different traditions will be sung by Trillium and Jellybeans. \$7 at the door.

Sat/ Sun Jun 18/19: Len Zeoli will teach intermediate bowl turning. \$200 - all materials and tools provided.

Saturday June 18, 7:30 pm: Soulstice will perform soft rock, pop and blues. \$8 at the door.

www.artisanbarn.org or ☎ 509-229-3414

Preserve the Harvest workshops

Weekly hands-on gatherings with Community Food Works this summer! They will have you canning, freezing, drying, pickling, and jamming with confidence. Limited to 12 participants each week; \$15 general/ FREE for SNAP recipients. For dates, times, location, and registration info please email:

educate@communityfoodworks.org

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 ☎ 208 596-4291