

Community News

FREE!
PLEASE TAKE ONE!

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



Tuesday Growers' Market Returns May 3

By Britt Heisel, Market Coordinator

Spring is here, and that means it's Market time! The Growers' Market is back in full swing starting May 3 and will be in the Co-op parking lot every Tuesday from 4:30-6:30 p.m. through the second week of October.

The market continues to support our local small farms – all growing and producing goods in a sustainable manner. This year, we are thrilled to add nutritional education, recipes, food samples and children's activities every week.

Ravencroft Farm is back at the market selling their gorgeous produce and dried herbs. Sticky Fingers Ice Cream will continue to tempt us with their delicious and original flavors ... lavender honey is one of my all-time favorites! Deep Root Farm will be bringing chicken eggs, produce and homemade gluten-free bread using their very own carrots, eggs and zucchini. Harvard-based Sexton Farms will be selling goose and duck eggs

and, later this summer, blueberries! We are also lucky to have the Wilson-Banner Ranch join us – bringing cherries and other delicious fruits and vegetables! Backyard Harvest will be at the market helping our neighbors in need and making it possible for shoppers to use USDA food stamps at the Growers' Market.

The Tuesday Growers' Market is a perfect place to get to know the face of farming on the Palouse. All of our growers are within 50 miles of Moscow. All are committed to sustainable practices. And all welcome the chance to talk with you about what they do and why they do it.

Stop by on a Tuesday afternoon – chat with your neighbors, bring your kids, buy and eat delicious food, and get to know your local farmer.

Find us on Facebook for up-to-date happenings at the Market!

<http://www.facebook.com/pages/Moscow-Food-Coop-Tuesday-Growers-Market/107124975993233?ref=sgm> or simply search for Tuesday Growers' Market.



www.moscowfood.coop

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Community News



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



Bag It! Campaign Success

By Carol Price Spurling, Outreach and Ownership Coordinator, outreach@moscow-food.coop

Every once in a while, something that we do turns out way better than we ever expected. The Bag It! Campaign is one of those things!

Midway through April, the Co-op management team unanimously voted not to bring back disposable plastic bags to the checkout stands. Ever!!

Bye bye, plastic bags!

Originally, we had planned on eliminating them only for Earth Month. But the reaction to their absence has been almost completely positive. Customers and our members are really happy that they're gone, if they notice the absence at all, and seem to appreciate the help in kicking a bad habit.

We still offer paper bags, and will continue to reward customers who use their own reusable bags with a dime refund, even though our fabulous Bag It! raffle is now over for this year. That raffle was such fun, we wished it could go on forever.

But hold on, there's more good news!

Shortly after Earth Month and the campaign officially got underway, the Moscow City Council unanimously passed a resolution in support of the Bag It! Campaign.

I was at the portion of the meeting when the council members voted on the resolution, and I was so pleased to hear them all speak in support of it, recognizing the problems caused by supposedly "disposable" plastic bags.

Co-op member Tom Lamar, who is also on the City Council, took the opportunity to show other Council members the reusable and super compact Chico bags that he carries with him at all times on his bike.



The bag monster, aka Dane Mills, at the Co-op April 16.

The message has been heard by some of the most influential ears in our community! This gives me hope that our efforts to educate the public and reward progress in the right direction will continue to be effective.

Look for the Bag It! Campaign to continue in various ways throughout the year. Next month,

we'll let you know what progress was made by our partners in the campaign. And remember, no matter where you are shopping, if you are offered a plastic bag, you can very nicely respond, "No thanks, I've bagged 'em!"

The next Board of Directors meeting will be Tuesday, May 10, at 6 p.m. in the 1912 Center's Fiske Room. The public comment forum will begin promptly at 6:05 p.m. and will end at 6:15 p.m.

The next Breakfast with the Board will be Saturday, May 21, at 11 a.m. in the Co-op Deli. Join us for good conversation and a complimentary pastry or cup of coffee!

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121 East Fifth Street
Moscow, ID 83843
(208) 882-8537

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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-op E-mail Addresses

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Board Committee E-mail Addresses

Best Workplace Committee:
bestworkplace@moscowfood.coop
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Board Members Only: bodfeedback@moscowfood.coop
Cookbook Committee: cookbook@moscowfood.coop
Dime In Time Committee: dimeintime@moscowfood.coop
Engagement & Outreach Committee:
engage@moscowfood.coop
Green Commerce Committee:
greencommerce@moscowfood.coop
Sustainability Committee: sustainability@moscowfood.coop



CO-OPERATIONS

Moscow Food Co-op Business Partners

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

Childcare and Family Services

Green Babies Diaper Service
gogreendiapers.net; 208-669-0068
15% off one month of service

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

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

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

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

Recreation and Lodging

Adventure Learning Camps
PO Box 8245; www.adventurelearningcamps.org
208-310-3010
10% off on trips

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

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

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

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

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

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

Retail

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

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

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

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

Marketime Drug Inc.
209 E Third St; joannemilot@hotmail.com 208-882-7541
10% off all gift items

Safari Pearl
221 E. 3rd; www.safaripearl.com; 208-882-9499
10% off any board game or non-collectible card game

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

The Natural Abode
517 S. Main St.; www.thenaturalabode.com
208-883-1040
10% off natural fertilizers

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

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!

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PO Box 9485
Moscow ID 83843

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



Art at the Co-op

By Annie Hubble - Art at the Co-op Coordinator

From May 6 through June 17, you will be able to see the winning entries of the 2010 Wisescape competition displayed in the Co-op. Wisescape is a promotional campaign established in 2008 by the City of Moscow in order to promote water-efficient landscaping on the Palouse, and to recognize the individuals who have created excellent examples of both aesthetics and resource conservation.

The Co-op display will feature the following competition winners:

Established Residential: Donna Hime; Mark Townsend.

New Residential: Don and Maureen Regan

Commercial: McDonalds; John Mills.

Public Facilities: The University of Idaho Xeriscape Demo Garden

Multi Family Dwelling: Mark and Mike Harrison (106 W. Morton Apartments)

These are the guidelines used in the judging:

Design: 1) Aesthetically pleasing (Looks nice during various seasons) 2) Practical (Designed for efficient resource use) 3) Limit traditional turf (Limited use of turf and/or use of water-conserving varieties) 4) Plant

zoning (Plants with similar needs together, appropriately placed) 5) Efficient irrigation (Manual and/or automatic; creative capture/reuse systems as authorized)

Reduce Resource Use: 1)

Water savings (Reduced volume during peak season) 2) Less mowing (Savings in energy and fuel; reduction in biomass for disposal) 3) Labor savings (Savings in time and/or money) 4) Fertilizer savings (Diminished leaching of fertilizer into surface and storm water systems) 5) Pesticide savings (Diminished leaching of pesticides into surface and storm water systems) 6) Reduction in yard waste (On-site retention and/or composting)

Soil: Enhancements

(Compost, mulches, etc.)

Plant Selection: Site-appropriate plants (Suitably selected and placed within landscape)

As you can see, the guidelines are quite challenging and the winning artists worked hard in their designing of wise landscapes. I applaud each and every one of them and look forward very much to seeing images of the featured landscapes, gardens and yards. If you are interested in nominating anyone for 2011 (you can nominate yourself!), contact Nichole Baker at or go to the website < www.moscow.id.us/pub_works/water/conservation/wisescape.aspx > . Entries are due September 15. Nominees must be Moscow water customers, and must follow Moscow water ordinances and resolutions.

Co-op Kids

By Rebekka Boysen Taylor, volunteer Co-op Kids coordinator

This month is packed with simple pleasures. We will use bulk supplies to make bath salts and a locally grown mosaic. On May 10, come and make music with Ms. Gillian, one of our area's favorite teachers.

May 3: Bath Salts for Mama

May 10: Musikgarten with Ms. Gillian

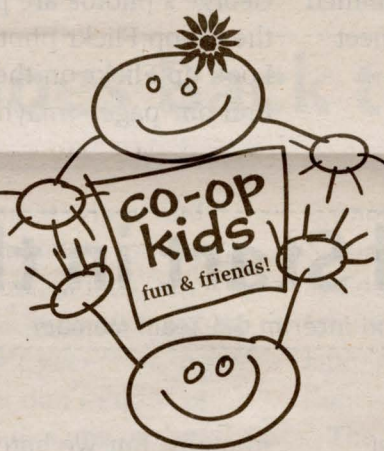
May 17: Local Bean and Grain Mosaics

May 24: Fresh Produce

May 31: Chalk Art at Friendship Square

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.



Aoife Ladd works on her wood mosaic picture frame.

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

Moscow.

Co-op Mamas and Papas

By Stacy Pettitt, Co-op Volunteer Writer

Spring is a time for birth: Birth of baby animals, birth of new tender plants and new babies entering the world. For the month of May, the Co-op Mamas and Papas will focus on birth and postpartum. Here is what we have planned:

May 4: Benefits of Placental Encapsulation with Davina Pastrama

May 11: Birth Preparation

May 18: Breastfeeding

May 25: Demo/free time

We have had such a great time with new participants and new babies. The Co-op Mamas

and Papas is a group of amazing parents/babies who are interested in natural living. We welcome any new attendees. We meet Wednesday mornings at 9:30 a.m. in the Co-op annex across the street from the Co-op. The annex is a space that allows babies to be mobile on the floor while mom/dad is talking. Come and enjoy a free drink at the Deli and walk across the street.

If you would like to be included on the email list (meeting updates, new

resources in the community etc), please email babies@moscowfood.coop.

Stacy Pettitt has birth on the brain.



Healing Point LLC

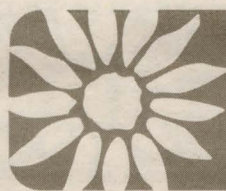
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Outreach and Ownership Report: 21 % growth in 2010!!

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

At the end of 2008, we had 4,954 active members. At the end of 2009, we had 5,442. And, at the end of 2010, we had 6,564 active members.

So, while we had about 10% overall growth in membership in 2009, in 2010 we had almost 21% overall growth, almost all of it coming in the first half of the year.

21%. Yowza!

All I can say is WELCOME to all the new members who joined us for the first time in 2010, and THANK YOU to all the renewing and lifetime members who continue to make our Co-op the wonderful thing that it is.

So what has outreach been up to lately? Giving in-store field trips to students from the Univ. of Idaho children's center and visiting Central American students, visiting a class at Palouse Prairie School on behalf

of Community Food Works, attending the City of Moscow's Wellness Fair, attending the Emergency Preparedness Fair on behalf of Community Food Works, planning and implementing the Community Food Works extensive programming for 2010, attending the UI President's Sustainability Symposium, coordinating a blood drive, working with Moscow Recycling and Gritman Medical Center to sponsor the April film "A Chemical Reaction," planning the Earth Day Co-op Clean-up event, participating in both the UI and WSU Earth Day festivities, and working with an incredible bunch of volunteers to make sure our Co-op Kids! and Mamas and Papas and everything else keeps going. We are so fortunate to have a dedicated and qualified crew of people to help us meet our outreach goals.

I am very excited to welcome long-time volunteer David Hall to a new volunteer role as Co-op historian. David will be helping us sort through piles of photographs and newspaper articles to make some sense of them all. (Don't you wish you could have someone do this for you at your house?? I do!) Watch for a new Co-op blog or web page dedicated just to Co-op history - designed for you to share your memories and stories, and for you to help fill in some of the gaps in the collective memory!

David Hall had been our newsletter photographer for a long time, and the role of Co-op photographer is now being filled by another long-time volunteer, George Bedirian. Many of George's photos are posted to the Co-op Flickr photostream. Look up Flickr on the web and find our page - maybe there will

be a picture of you there that you can share with friends.

Our March Dime in Time recipient, CommUNITY Walk, received \$568 from all those bag and coffee cup refunds you donated. It's a new donation record! Let's keep it up. Our April recipient was People First of the Palouse, and our May recipient is the Moscow Community Garden.

You were also generous with your Impulse Giving. Backyard Harvest received \$100, and Sojourners Alliance received \$30.29. Thank you.

As of press time, outreach is looking for a great volunteer to coordinate our Tuesday Night Music program. Interested? Contact Sequoia Ladd, our participating member coordinator, at participate@moscowfood.coop.



Off To a Good Start in the New Year

By Deborah Reynolds, Finance Manager and Interim GM Team Member

Mixed news from the Co-op financial world. The good news is, despite the sobering state of the larger economy, sales at the Co-op have continued to grow. For the first quarter of 2011, sales are 5.5% greater than for the same period in 2010. All departments are above last year's sales, and our meat and produce departments are absolutely rocking with growth of 22.4% and 17.1% respectively. These fresh products look so enticing, and all managers are ever increasing our stock of local product from local vendors.

What can explain these

numbers? Certainly we must acknowledge the dedication of department managers, buyers, and stockers who care about our shoppers by bringing in items our customers want and need that are fairly priced and are well-displayed.

Excellent customer service from our cashiers and Deli servers; tasty morsels from the Deli and the Bakery (I will take one each from the pastry case!); and the broad Co-op and community presence, hard work and terrific creativity of our outreach team must all play a part in this success. These are "hard times" for

so many, but we hate to imagine anyone going without good food and good health.

Expenses are also greater than 2010 - that is the flip side of the story. Since we now have our own, full-time, can-do-nearly-anything maintenance professional, Bill Bonner, a load of delayed repairs and maintenance and upgrading of the facility are being checked off the to-do list. I have threatened Bill with a multi-billed cap reading "plumber" on one bill, "electrician" on the second, "carpenter" on the third, and "painter" on the fourth. And that doesn't

begin to cover all the tasks he is juggling. Of course, that means those costs are up. Medical insurance rates always seem to soar from one year to the next. The costs of the election approving our Articles of Re-Statement with the State of Idaho were a change from last year. The expenses associated with serving our increased sales have risen correspondingly, as well. Still, we are on track with member loan interest and principle payments, our prudent savings plan remains sound, and we are showing a modest profit for the first quarter.

From my soapbox, what we do here at the Co-op makes sense on so many levels and it all, to me, is about caring. We care about people, place, planet and all the participating inhabitants sharing our world. Is it too far a stretch to imagine our vibrant Co-op is a sign of more and more members of our community showing how much they do care?

Let me help you preserve & share your family photos.



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Que Sera
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Free project consultation Reasonable rates



Breakfast with the Board

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

At the March Breakfast with the Board meeting, the Board of Directors posed the following question to the membership: What would motivate you to come to the annual membership meeting?

Here are the comments we received:

➤ Good food, good music, and good company (as always)... and maybe a little dancing or a movie?

➤ Hold the meetings at the pool and have a family swim day

➤ Free beer

➤ Music and a social

➤ Make the meetings child/family friendly (x2)

➤ Child/family games we can all play together

➤ Educational

➤ Make the meeting agenda available prior to the meeting

➤ Cooperative games to engage attendees like at the last annual meeting

If you would like to provide the Board with feedback about the annual membership meeting, please email them at bodfeedback@moscowfood.coop.

At the April meeting, on behalf of the Moscow Food Co-op Engagement and Outreach Committee (co-chaired by Carol Spurling, Outreach and Ownership Coordinator, and Jamie Bentley, board member), the Board of Directors administered a survey to collect data regarding a proposed 5% discount for members receiving food stamps. 25 surveys were completed and returned.

Here are the results:

1. Do you support a 5% discount on food items for Moscow Food Co-op members who receive SNAP (Supplemental Nutrition Assistance Program) benefits?

Yes - 22

No - 1

Not sure - 2

2. Would you support the creation of a membership fund to help SNAP recipients afford their Co-op membership equity investment?

Yes - 23

No - 1

Not sure - 1

3. Are you a current member of the Moscow Food Co-op?

Yes - 24

No - 1

Not sure - n/a

4. Do you have any comments/questions/ideas about this proposal or how the proposal could be strengthened or modified?

➤ I think offering a discount to food stamp shoppers is a good social and economic plan. It would allow more shoppers to afford good food, increasing store revenue, while showing the community that the Co-op cares. I would shop here even more.

➤ Each should pull his own

weight. The entitlement mentality is ruining the principles our country was founded on.

➤ This is a very good idea. SNAP recipients should have the same rights to good, healthy food!

➤ Quality health foods should be accessible to everyone.

➤ It would be good if you could limit the discount to food other than snacks, chips, cookies, and drinks (especially sugar drinks), but this may be too costly and/or difficult to administer.

The Engagement and Outreach Committee plans to formally present this proposed discount to the Board of Directors at their next meeting on May 10.

The next Breakfast with the Board will be held on May 21st from 11:00 - 12:00 in the Co-op deli. Join us for good conversation and a complimentary pastry or cup of coffee!

Board Member Goes Back to the Rochdale Basics

By Andrika Kuhle, Co-op Board Member

Elections came and went and the Board of Directors stayed the same. Four incumbents, Bill Beck, Jamie Bentley, Sheryl Hagen-Zakarison and Mark Mumford, were re-elected. Three of those four candidates had served on the board for a year or less and were just hitting their stride, so it's wonderful to have them re-elected and to have continuity with our board. I am excited for another year working with this great group of people. Thanks to our members who took the time to vote.

Nearly all of our board members recently attended a board-training workshop in Portland on March 26. The training is an annual event hosted by the Northwest Cooperative Grocers' Association and the Cooperative Board Leadership Development. It was a great opportunity to meet other board directors from around the Pacific Northwest, and more importantly, to spend a day thinking and learning about how we can be an even more effective board.

Topics covered were "How to be Strategic" and "Cooperative Board Leadership 101." I participated in the 101 Session, and despite being an "old" member, learned lots, including a deeper

understanding of where and why the Cooperative movement started, our obligations, and the range of ways boards communicate with their general manager.

In case you don't know, or have forgotten, some of the basics of what makes a cooperative special, let me tell you (based on the International Cooperative Alliance Statement of Cooperative Identity):

Definition: A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically controlled enterprise.

Values: Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity. In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.

Principles: The cooperative principles are guidelines by which cooperatives put their values into practice. There are seven cooperative principles: 1) Voluntary and Open Membership, 2) Democratic Member Control, 3) Member

Economic Participation, 4) Autonomy and Independence, 5) Education, Training, and Information, 6) Cooperation among Cooperatives, and 7) Concern for the Community.

There is lots of information packed into those seven cooperative principles. I suggest you look into them further. The Fifth Principle pertaining to education, training and information states: "Cooperatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperatives. They inform the general public - particularly young people and opinion leaders - about the nature and benefits of cooperation." I find this principle particularly compelling, and chal-

lenge all of us to share with others the benefit of cooperatives. Can you imagine a world where all businesses have "concern for the community" and "social responsibility" written into their governance? It would be a different world, indeed.

Andrika Kuhle is one of the seven board members. She is appreciative of the cooperative business model and would like to see it used more broadly in other sectors of the economy.

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Music at the Co-op

By Annie Hubble, Temporary Music at the Co-op Coordinator

For the last couple of months, I have had great fun scheduling the Tuesday evening Music at the Co-op series. In June, the program will pass into other, very qualified hands, but here are the awesome performers I have found for the month of May. All performances run from 5 p.m.-6.30 p.m.

Tuesday, May 3: Thorn Creek Express

A talented young group of brothers from the Genesee area who perform traditional blue-

grass, gospel and old-timey music on fiddle, guitar, banjo and bass. These young people will impress you.

Tuesday, May 10: Trillium

Early American, Appalachian and Eastern European folk songs sung a-cappella. The group includes the Co-op's very own IT guru, Joseph Erhard Hudson. A peaceful, wondrous evening of music is in store.

Tuesday, May 17: The Saunders Sisters

Three young women from the

Moscow/Pullman area performing a mix of original folk tunes and covers. Instrumentation includes acoustic-electric guitars and occasionally an accordion.

Tuesday, May 24: Gypsy Dawg

A Moscow trio with a repertoire of jazz standards styled after Django Reinhardt and David Grisman's 'Dawg Music'. I heard them at The Kenworthy's 'Nod to Bob' ... great performers.

Tuesday, May 31: Dan Maher

Dan Maher, long-time host of radio's 'Inland Folk' and keeper

of countless songs, traditional and contemporary. Come and sing along, and be ready for a really fun time.

And a preview for Tuesday, June 7; Musaiique

Don't miss this one! Melodies of the great songwriters (Irving Berlin, Cole Porter, Gershwin) served in the varied textures of jazz (bossa novas, swing, blues). Instruments include fiddle, piano, flute, guitar, bass and percussion. A truly delightful evening.

Buy Local Moscow Award and Updates

By Jessica DeHart, Co-op Product Promotions and Education Coordinator and Buy Local Moscow Steering Committee Co-op representative

Buy Local Moscow was selected for special recognition in January as the Moscow Chamber of Commerce Business of the Quarter.

The announcement from the Chamber explains why Buy Local Moscow was chosen for this honor: "This organization of more than 100 independently owned businesses takes pride in supporting the events that make Moscow special. During the holidays, Buy Local was particularly busy with Winterfest, a community party held at the 1912 Center. They were also part of the Shop Moscow for the Holidays campaign, which gives support to the Light Up the Night Parade and the Alternative Giving Market."

On March 16, Buy Local Treasurer John Crock of Hyperspod Sports accepted the award on behalf of Buy Local, and was also given special recognition personally for his

year-round support of all of Buy Local's activities.

Also in March, Vicki Cockrell took over as Coordinator for Buy Local Moscow. She is looking forward to networking with the members, and enthusiastic about her role in furthering the mission of Buy Local which is "to showcase and to support the locally-owned independent businesses of our community."

Go to <http://www.buylocalmoscow.com> for more information about joining, about Cockrell and her business, BY DESIGN—Live by Design! and the many other businesses featured on the website.

The Steering Committee and members of Buy Local wish to express heartfelt gratitude to Bill London for his role in forming the organization and his many years of faithful service as the Coordinator. He is stepping down to pursue several book projects.

"Buy Local Moscow was selected for special recognition in January as the Moscow Chamber of Commerce Business of the Quarter."

The Buy Local Moscow page on Facebook <https://www.facebook.com/home.php#!/pages/Buy-Local-Moscow/96900203720> is another great source for upcoming events, current initiatives, and member businesses'

specials. Please check it out and click "Like" to see daily postings. And special thanks to Marisa Gibler of Yarn Underground for her contributions in keeping the page current.

GM Search Update

By Andrika Kuhle, Chair, GM Search Committee

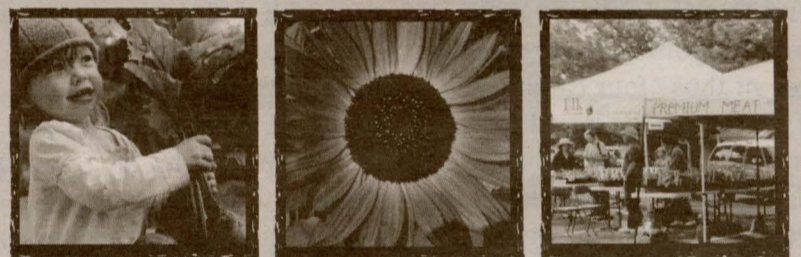
General Manager, you wonder? April 18 arrived, and the Search Committee is officially screening applicants. We received some from near and far and with a variety of backgrounds. As of the newsletter deadline, we are just beginning to sift through the applications, so it's too early to have much to share.

The next step will be to screen applicants, making sure they meet minimum qualifications. Then we'll rank our candidates and ask our NCGA consultant

to conduct a round of telephone screenings before we make a short list of candidates. We are inviting a third party to make sure we have an objective perspective to help us calibrate between those we know already and those who are unknown to the committee. Stay tuned – by next newsletter, we'll have much more information to report.

Andrika Kuhle is chair of the GM Search Committee and excited to delve into the stack of GM applications.

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So You Guys Like Prizes?

By Jessica DeHart, Co-op Product Promotions and Education Coordinator, demo@moscowfood.coop

The Co-op customer response to our Bag It! campaign and raffle incentive has not only been tremendous, but it has made a significant difference to the “footprint” our customers leave behind. The Co-op customers have made the responsible choice. We have watched so many customers break their old habit of grabbing a disposable bag, cup or container while they shop. Instead they are pushing themselves to take a greener more responsible route. There has also been the pleased look of pride from those of you who have been doing this for years. We are so proud of this commu-

nity and love that the raffle has not only been fun but a gentle push.

May 5 will be our final Bag It! raffle drawing, but we thought we would add just one more fun contest before we conclude this Bag It! event. Have you peeked into the raffle box? Four days into this promotion the raffle box was nearly full and we had to push them down to make room for the tickets from the rest of the month. So how many raffle tickets were handed out during the entire month of April? We are counting every single one, the ones remaining in the box and also the ones that have been

pulled out to win a prize.

Can you guess the ultimate number? The contest will be posted on Facebook on May 1 and we invite you all to submit your guess there. If you aren't into Facebook then submit your guess into the provided box on the demo counter. Take a look at the raffle ticket display and make your guess.

One guess per person, and just remember, each raffle ticket represents a bag, mug or container that avoided the landfill! Oh ... and of course there is an amazing gift basket full of fun for the winner.



'Bag It' Screening Doorprize Winners Brad and Nancy Tyson each won a Chico bag door prize that evening.

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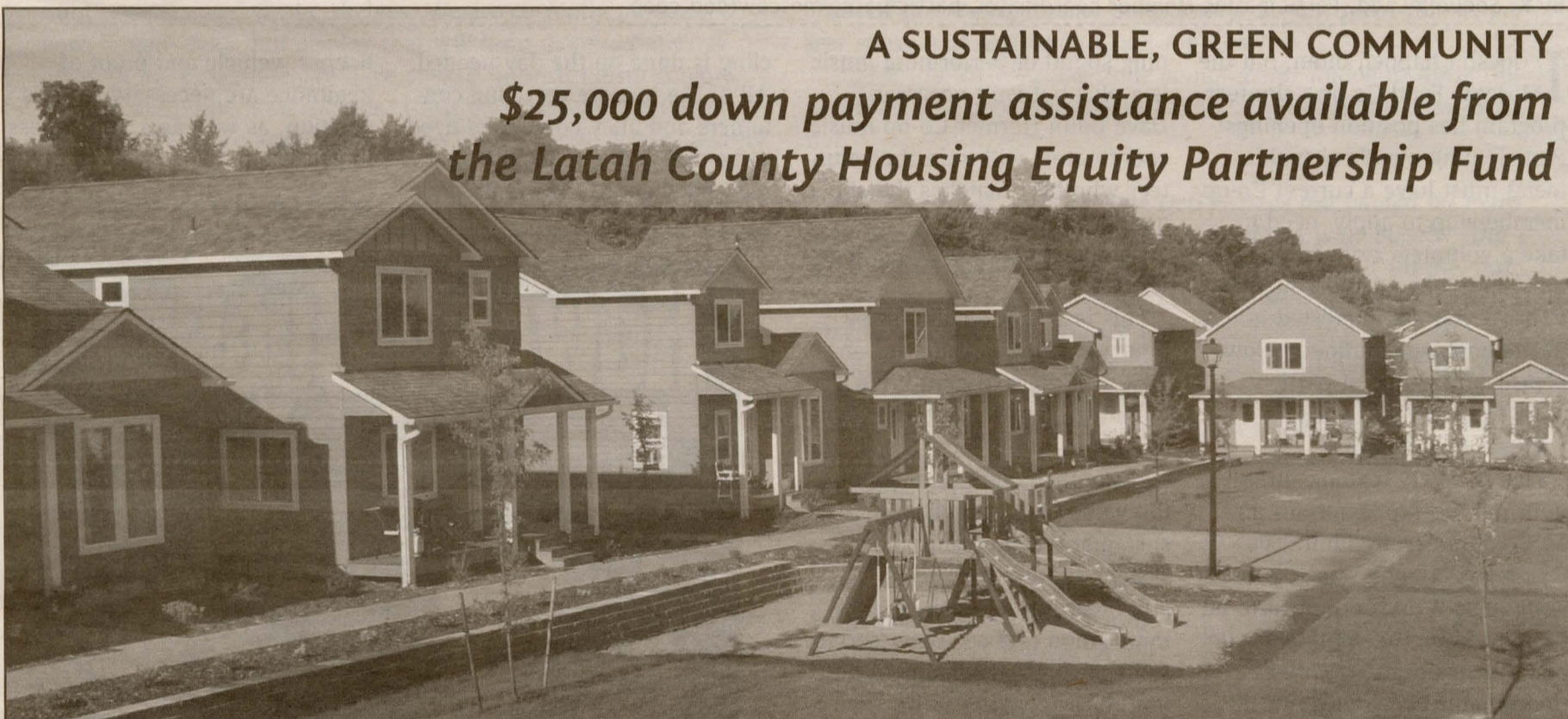
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- ◆ Concentrating on an affordable neighborhood for the workforce of the City of Moscow and Latah County.
- ◆ Building a neighborhood that is both sustainable and community driven.

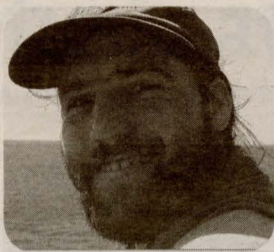
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- ◆ Nominated by Mayor Nancy Chaney for the 2008 Idaho Smart Growth Award

Contact Christin N. Beebe
509-330-0635



Produce Ponderings

By Scott Metzger, Produce Manager, Produce@moscowfood.coop

The Moscow Food Co-op as a whole experiences seasonal customer count fluctuations and is subject to the spending habits of members deeply affected by changing economic conditions. But, because of our loyal member owners and the hard work of Carol Spurling and the folks in the Outreach department, we are seeing an increase in new memberships, higher customer counts, and many new faces on the weekends.

It is well known that Moscow is a very slow town in the summer months and that it is busiest during spring graduation time. What this means for the store is that our slowest sales and least profitable time of year is the summer, and that starting in January we see continuous sales growth and continuously rising customer count each month throughout the spring until we

drop again in June. The same pattern of growth also reveals itself each fall as we lead up to the holiday season. Because of our loyal members, we are able to see profitability and growth through the slow periods of the year when many of the students, families and faculty are out of town. Thank you all.

In terms of the produce department, we **always** have our strongest sales from January to May. This is an ongoing trend, which improves from year to year. This year we have already seen sales of \$80,000 for January, \$75,000 for February, and \$88,000 for March. At the time of this writing we are well on our way to having our first ever \$90,000 sales month in the produce department. Our department goal is to have a \$100,000 month of May, which would be totally awesome! Our success could not

be possible without our fabulous member owners, especially the regulars that we see in the store every day. Thank you!

The strength of the winter and spring produce sales can be attributed to many factors. An excellent variety and quality of tropical fruits which are in their prime in winter, a wide selection of citrus from California and Florida, and the excellent quality and selection of Certified Organic produce coming out of Mexico during these long winter months. In addition, the wide variety of Organic Washington apples from controlled climate storage facilities, New Year's resolutions to eat better, parents visiting for Moms Weekends and graduation ceremonies, the Taste of the Palouse, Hemp Fest, and the Renaissance Fair all contribute to the success of the Co-op each spring.

The top selling produce items this winter and spring include Organic Mexican Bananas, Organic Washington Fuji Apples, Organic California Navel Oranges, Organic California Carrots, Organic Washington Braeburn Apples, Organic Mexican Strawberries, Organic Mexican Avocadoes, Organic Mexican Roma Tomatoes, Organic Mexican Red Bell Peppers, and Organic Mexican Broccoli.

Thank you for choosing to shop at your Moscow Food Co-op. It is with great pride that we support Organic agriculture year round and throughout North America and Mexico. By choosing Organic, we are providing a better quality of life for Mexican farmers and supporting more environmentally sound farming practices in regions where it is needed the most.

Position Openings in the MFC Volunteer Program

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

It doesn't happen often, but the Moscow Food Co-op volunteer program has position openings! Participating members (volunteers) must have a current Co-op membership to apply, need to take a volunteer orientation, and must meet the position qualifications. If you are interested in one of the positions outlined below, please contact me at participate@moscowfood.coop.

Music Coordinator

This is a very regular, three hour per week position for an 18% volunteer discount. The Co-op has bought a basic sound system, so it does not need to be brought in by the volunteer who fills this position. The Music Coordinator books local music performers in advance, writes a very brief description of the monthly music schedule for the MFC newsletter and website, and takes care of the set up, running, and tear down of the sound system every Tuesday night for the 5-6:30 p.m. music program. This volunteer needs to be very reliable, communicate well with both performers and MFC staff, have a good "ear" for both volume and balance, and have a love of music. Experience run-

ning sound or performing music is a plus but isn't necessary, Dave Billin (former Co-op music coordinator) will train the volunteer who best matches the above qualifications.

Farmer Advocacy Co-op Team (FACT)

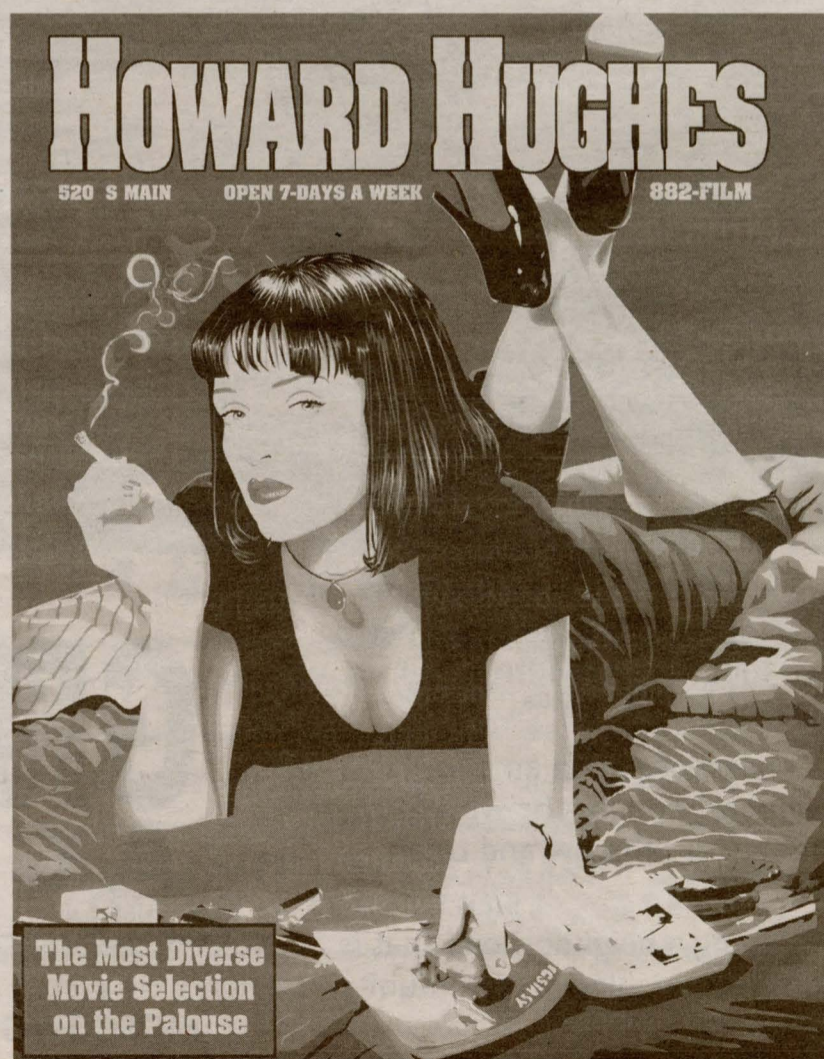
This is a very regular, three hour per week position for an 18% volunteer discount. FACT volunteers sample out affordable recipes featuring local foods, and educate the community about the value of good nutrition, a sustainable bioregional food system and our producers. This volunteer needs excellent communication and customer service skills, a solid knowledge of nutrition, basic cooking skills, seasonal eating and local foods. The position opening is from 10:30 a.m.-1:30 p.m. every Friday, and includes setting up for the day.

Recycling Substitute

This is an irregular, "as needed" position; the volunteer discount will vary depending on hours spent participating. This volunteer will be on call to substitute when one of our regularly scheduled recycling volunteers is sick or on vacation. The hours are flexible as long as the recy-

cling is done on the day needed. All of the in-store recycling containers and alley containers need to be emptied and taken to the recycling center. A valid driver's

license, vehicle and proof of insurance are necessary for this position, as well as a willingness to get dirty.





Price Shopper: Zoe's Shopping List

By Joe Pallen and Amy Richard, Newsletter Volunteers

It is a busy time of year with graduations coming; Amy will be graduating with her radiology technology degree, Dylan will be graduating from high school, and Joe will be busy taking photographs at UI graduation. So it is no wonder that when we finished our weekend grocery shopping last Sunday, we came home, and while resting after dinner, Zoe asked if we got the groceries she wanted. Amy and Joe looked at each other like "I didn't, did you?" Neither of us did, so Zoe put together a list of items she wanted and we were off. Amy and Zoe went to the Co-op and Joe went to Rosauers. Zoe had quite a variety of items, all her favorites! We ended up



saving \$3.06. That got Zoe an extra chocolate bar that she plans to share with Amy and Dylan for their graduation – congratulations Amy and Dylan!

ITEM	Co-op	Rosauers
Organic Bananas per lb.	\$0.99	\$1.09
Organic Valley whole milk 1/2 Gallon	\$4.15	\$3.99
Gala Apples per lb	\$0.99	\$1.99
White eggs dozen *	\$3.39	\$3.69
Organic Valley Raw Sharp Cheddar	\$4.99	\$4.99
Organic Unbleached white flour per lb.*	\$0.95	\$0.89
RW Knudsen Morning Blend Juice	\$3.65	\$3.79
Dubliner Cheese Kerrygold 7 oz.	\$4.99	\$5.99
Endangered species all natural smooth milk chocolate bar	\$2.99	\$2.85
Organic unrefined sugar per lb.*	\$1.69	\$1.69
Garden Time Fettuccini Noodles	\$2.89	\$3.39
Long Grain Brown Rice per lb	\$1.79	\$1.99
Woodstock Farms Firm Tofu	\$2.39	\$2.49
Leapin Lemurs Envirokids Cereal	\$3.99	\$3.99
Brown Cow cream top 6 oz. yogurt	\$0.99	\$0.99
Annies Cheddar Bunnies 7.5 oz	\$3.25	\$3.39
Celery per lb.	\$2.69	\$1.99
Pacific Natural Foods creamy natural tomato soup	\$3.45	\$3.69
Choconut Natures Path Granola Bars	\$3.79	\$3.99
Natural Sea Fish Sticks	\$6.39	\$6.59
Total	\$60.40	\$63.46

Amount saved on this trip by shopping at the Co-op \$3.06

Note: All are regular prices - No sale prices or discounts included

*Comparable brands

May Comment Card Responses

By Annie Pollard, Kitchen Manager

Please think about making the oatmeal raisin cookies again. Don't understand why majority of available cookies are with chocolate.

The oatmeal raisin cookies are absolutely one of my favorites! We frequently struggle with fulfilling all of our customers' cookie desires due to the limited space for cookies in the bins at the front registers and on the shelves. We are currently pursuing a new, larger cookie bin display that will hold more varieties at once. In the meantime, we have added Oatmeal Raisin cookies back to the production rotation. Have you tried the Sunflower Crinkles? They are another of my personal chocolate-free favorite.

I wanted to try some of the different cookies, but most were only available in 6-pack and I don't know that I want 6. Single and 2-pack would be great for some others (gluten-free, etc.).

Thank you so much for bringing to our attention such a practical idea! We now carry smaller bags of all of our cookie varieties.

You need saucers for the soup. I have burnt my hands many a time.

Thank you for bringing this to our attention! Saucers are now found on the salad bar near the soup.

Please carry hard goat cheese- like cheddar, gouda, pepper cheese.

Thank you for supporting our cheese department. Here is a list of some goat cheese varieties that we usually have on hand that you may like: Cablanca Goat Gouda, Rumiano Raw Milk Goat Cheddar, Meyenberg Aged Goat Cheddar; Greenbank Farms Goat Monterey Jack, Mt. Vikos Traditional Feta and Fetiri Herbed Feta- both made with sheep and goat milk, Redwood Hill Farm Goat Feta, and Woolwich Goat Mozzarella. Feel free to call ahead to check availability or to place a special order.

I hate the clamshell containers used for to-go food. They are hard to open and they can't be set on the table to serve- the lid is in the way.

I am sorry to hear that you are experiencing trouble with our new Deli containers. We changed to this style for a variety of reasons. Firstly, they are made from 100% recycled plastic, whereas the former ones were virgin plastic. There is an 85% reduction

in energy use from using recycled plastic vs. making new plastic. The entire package is recyclable and the lids of the last style were not accepted at our recycling center. Also, we experienced much more waste from the last style since we would undoubtedly lose lids and end up with a mismatched quantity of tops and bottoms.

Loved the Mulligatawny Soup today! Vegan, great flavor, perfect spice, and delicious! Good Job Chef!!

Thank you for your awesome compliment! Kudos to April, the multi-talented cook and pastry baker, for creating this new favorite!

Watch the salt! Lots of your Deli entrees are loaded w/ extra salt. Also for some reasons, you put salt on your bagels! And I don't mean just a little—I have to control my salt intake, but in general, most processed food has too much- but not necessary in the food you prepare too.

I appreciate your feedback, Bill. I wish that I had nutritional facts to offer you, but that component of our recipe software is not yet working. Our cooks strive to create dishes that are flavorful and that appeal to a range of people, while maintaining a level of healthfulness. Reaching a balance with spices and salt can be challenging at times, especially since we all have different taste preferences. We will keep your input on the salt content in our entrees in mind. In regards to the bagels, it sounds like you got one of the Salted Bagels, a variety that is intentionally sprinkled heavily with salt. We make a large variety of other flavors that contain only a minimum of salt in the dough.

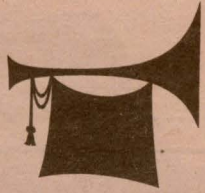
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CO-OPERATIONS



Co-op Shoppers Speak Out:

Asked by Ashley Fiedler on April 16, 2011

Co-op Shoppers Speak Out: How has the Bag-It! Campaign changed your reusable bag habits?



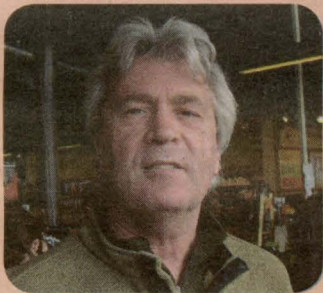
"It has made me much more aware of bringing my bags because I tend to be forgetful."

—Betsy Dickow, Moscow, Bookpeople



"Yeah, it has. I have a lot of bags. It's just a matter of discipline to remember to bring them."

—Mary Givler, Moscow, Asst. Office Mgr at Moscow Family Dentistry



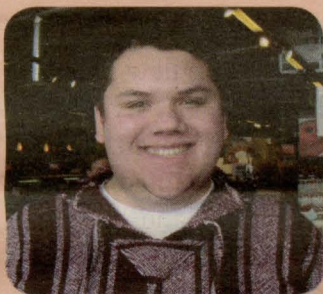
"We are non-plastic people anyway."

—Alan Thompson, Albion, WA, Whitman County Planner



"I am remembering to bring my bags more often, but we use a lot of reusable bags."

—Lahde Forbes, Moscow, Stay-at-home Mom



"The best way has been to incentivize it like getting money back and having the raffle."

—Sasa Sevaaetasi, Pullman, WSU Political Science Student



"We always bring reusable bags."

—Ian Leslie, Moscow, UI Soil Science Graduate Student

May at the Tuesday Growers' Market

By Britt Heisel, Market Coordinator

What our Growers will have during the Month of May!

- ▶ **Backyard Harvest** – Providing USDA Food Stamps to Shop the Market and Community Farm Shares.
- ▶ **Deep Roots Farm** - Chicken Eggs, Salad Greens, Kale, Radishes, Turnips, Baby Beets, Strawberries
- ▶ **Ravencroft Farm**- Dried Herbs, Strawberries, Greens
- ▶ **Sexton Farm** – Duck and Goose eggs
- ▶ **Sticky Fingers Farm** – Homemade Ice cream and Cones
- ▶ **Wilson-Banner Ranch** will be joining the market in June when the cherries ripen!

Learn Food Safety at the Market through the Month of May!

Nutritional Education and Children's Activities facilitated by Mackenzie Femreite, Nutrition Advisor for the University of Idaho Extension

Nutrition Program

May 10: Food Safety display. Spin the food safety wheel and win a food thermometer! Build a hamburger patty out of play dough and practice using a food thermometer correctly.

May 17: Germ City! Go in the big germ tent and practice washing your hands.

May 24: Palouse Prairie Elementary School seed demonstrations

May 31: Come get a Henry the Hand coloring books and munch on germ bugs!

June 1: MyPyramid Day. Come see the giant MyPyramid, put food in the right food groups and make MyPyramid yogurt parfaits.

<http://www.facebook.com/pages/Moscow-Food-Coop-Tuesday-Growers-Market/107124975993233?ref=sgm> or simply search for Tuesday Growers' Market.



Customer favorites, Ravencroft Farms and Sticky Fingers Ice Cream will be back at the Tuesday Growers Market starting May 3rd 4:30-6:30!



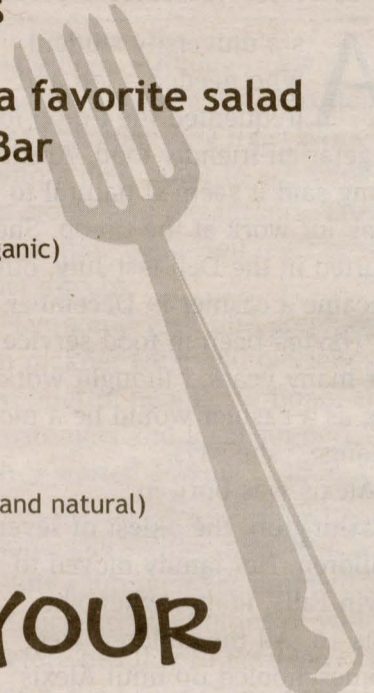
My Choice

MaryJane Butters has a favorite salad from the Co-op Salad Bar

Her choice:

- new spring mix (organic) spinach (organic)
- bell peppers (organic)
- red onions (organic)
- garbanzo beans (organic)
- sliced cucumbers (organic)
- Corn (organic)
- olives
- sunflower seeds (organic)
- chopped hard boiled eggs (cage-free and natural)
- cottage cheese (organic)

WHAT IS YOUR CHOICE?



Pushing the Edge of Hope

By Colette DePhelps, Good Food Book Club volunteer coordinator

“**H**ope cannot be said to exist, nor can it be said not to exist. It is just like the roads across the earth. For actually there were not roads to begin with, but when many people pass one way a road is made.” Lu Shun, 1921.

This opening quote, from *Hope's Edge: The Next Diet for a Small Planet* by Frances Moore Lappé and Anne Lappé, touches what is at the heart of community and social change...our collective power create vibrant, just and abundant lives for ourselves and our world neighbors; our ability to push the edge of hope. *Hope's Edge* is the Good Food Book Club's read for May. The Book Club will meet Sunday, May 22, from 7:00-8:30 p.m. at a member's private residence for dessert and discussion. Email bookclub@moscowfood.coop for more information and directions.

In her late 20's, Frances Moore Lappé dropped out of graduate school to research the question “Why hunger in a world of plenty?” From this work, she wrote *Diet for a Small Planet*, which debunked the myth that scarcity is the cause of world hunger and increased production is necessary to feed the world's growing population. Thirty years later, Frances and her daughter,

Anne Lappé, embark on a global journey to answer another, even more puzzling question, “Why have we, as societies, created that which as individuals we abhor?” *Hope's Edge* documents their search for answers. What they discovered are “worlds beneath the radar of the global media” where people are choosing to reject corporate globalization and, instead, are exercising their personal and collective power growing and distributing food on a local level...creating real food security. The Lappés present a framework for freeing ourselves some of the most prevailing myths of our time and for using our own creativity to overcome our fears and become the change we want to see in the world.

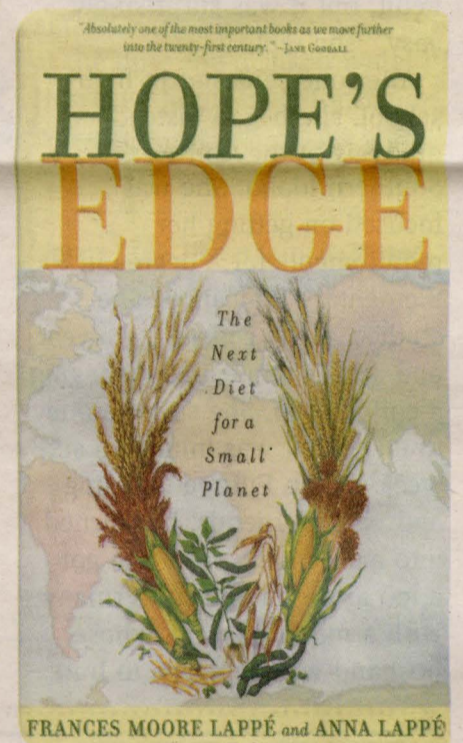
Hope's Edge is available through your local library. If you are interested in buying the book, check out the areas local used bookstores or visit Book People of Moscow, where Book Club members receive a 20% discount.

Please join us for dessert and discussion of *Hope's Edge*, Sunday, May 22 from 7:00-8:30 p.m. Remember to email bookclub@moscowfood.coop for the meeting location and directions and/or to receive email remind-

ers about the Good Food Book Club.

The Good Food Book Club is a project of Community Food Works (CFW). For more information about CFW, check out the website at www.communityfoodworks.org.

At the time of writing this article, Colette is excited about the starts in her greenhouse, the seeds waiting to be planted, the green grass and budding trees, the sunshine and blue sky...



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Staff Profile: Alexis Long

By Amy Newsome, Co-op Volunteer Writer

As a university student who needed a job and frequented the Co-op for vegetarian-friendly food, Alexis Long said it seemed natural to look for work at the Co-op. She started in the Deli last July, but became a cashier in December.

“Having been in food service for many years, I thought working as a cashier would be a nice change,” she says.

Alexis was born in Washington, the oldest of seven children. Her family moved to Twin Falls, Idaho, when she was 16. All the children were homeschooled up until Alexis began her senior year in high school, at which time both her parents were working and all the children began public school. I asked what that experience was like for her.

“I worried that I wouldn’t be prepared and it would be difficult, but it was surprisingly easy,” she replied.

After one semester in high school, she began instead studying at the College of Southern Idaho. She was focused on getting her requirements for a degree in Elementary Education. She studied at the college for a year and a half, while also managing a coffee shop. She saved money to take what was initially a six-week stay in Europe traveling and visiting friends, but turned into a six-month stay. She got a job as an au pair in Germany with a military family whose husband was deployed to Iraq.



“You can check out Alexis’s creations online at simplybeautifulveg.etsy.com, where she is offering vegan and environmentally friendly hair accessories, earrings, yoga mat bags and more.”

After five months as an au pair, she was drawn back to her family to decide her next move. She

decided to attend University of Idaho. She continued on with her Elementary Education degree, but last year switched to Nutrition.

“I’ve always been interested in nutrition. The study of nutrition

is very scientific and technical, but I’m enjoying it.”

She’ll graduate spring of 2012. A practitioner of yoga for many years, she also plans to become a certified yoga instructor. Her boyfriend of a year and a half, Erik Sterbentz, will be graduating a semester earlier with a degree in Mechanical Engineering. They hope to move to the Northern California coast. Last spring break, they traveled the coast from Oregon south to San Luis Obispo, California. They visited Erik’s family along with way, Alexis meeting much of his family for the first time.

Erik’s mother gave Alexis a sewing machine in December, sparking a creative streak. You can check out Alexis’s creations online at simplybeautifulveg.etsy.com, where she is offering vegan and environmentally friendly hair accessories, earrings, yoga mat bags and more.

Alexis was raised with the practice of living simply and making what you can. Her father, a high school music teacher and Mennonite pastor, developed much of his philosophy for living from the book *Living More with Less*. When she was 18, her parents gave her the copy of *Prescription for Nutritional Healing* that she grew up with. “Growing up, we had a garden and chickens and made our own laundry soap. I realize now how much impact my upbringing has on my life today.”

Amy Newsome isn’t sure why she is so surprised that the hundreds of bulbs she planted last fall are coming up so beautifully.

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Local Producer: Basalt Cellars

By Johna Boulafentis, Co-op Volunteer Writer

One of my favorite aspects about writing this column is having the opportunity to go “behind the scenes,” see what’s in the back of a business and learn how “stuff” is made. I had just that experience with Lynn DeVleming, who along with Rick Wasem, own Basalt Cellars. In the Co-op’s Wine and Beer Department, you will find a handful of their wines, a few dry red wines, and their most popular dry white wine, Semillon.

In 2002, Rick and Lynn met during a Grape Symposium. Passionate about wine, they both attended wine-making classes at Walla Walla Community College. Lynn recounted that when Rick said, “I’m gonna make wine,” she “jumped on his dream.” They began selling wine in 2006 and opened doors in the Port of Clarkston in 2007. The two partners plus two-part time employees operate the business. In addition to his wine making, Rick is also owner of and pharmacist at Wasem’s in Clarkston.

Lynn took me on a tour of the winery. I viewed equipment and walked through the process of making wine, starting with the machine that de-stems grapes and ending on bottling. In the “barrel room,” Lynn explained that during the aging stage in wine production oxygen is “wine’s enemy.” As a smaller winery without a humidification system, the barrels lose wine. To prevent oxygen from dissolving into the wine, barrels are kept



“In 2002, Rick and Lynn met during a Grape Symposium. Passionate about wine, they both attended wine-making classes at Walla Walla Community College.”

full. Every two weeks, each 59 ½-gallon oak barrel is topped off with wine from smaller containers. Considering that red wine spends 18 months in a barrel, that’s a lot of fighting off oxygen.

Rick’s background in chemistry is vital to the blending of their wine. Wine makers blend for many reasons including flavor, color and acidity. Through tasting trials, Lynn and Rick find

the right blends. Typically, they produce 12 wines per vintage; a variety that appeals to different tastes or for pairing with food. Lynn said blending is like cooking. “Add a little bit of this and a little bit of that, and the finished product is better.”

Owning the business in Washington can be challenging for Basalt Cellars because of regulations on alcohol crossing

state lines. Although Lewiston and Moscow are just next door to Clarkston, they must work with a distributor to sell wine in stores and restaurants. They wish they could sell their product directly.

Lynn and Rick find great joy in making wine and befriending wonderful people. To honor their customers and local support, they started a Wine Club and host events for local organizations. During the interview, a Wine Club member dropped by to pick up two bottles of wine before heading to Portland. This June, the Lewis Clark Animal Shelter will hold an event.

When you visit the winery, make sure to ask Lynn about her wine-drinking past. During college, she lived in France for a semester and at one point ran out of money. She took a job harvesting grapes for \$15 a day and two liters of wine. Sadly, at the time she disliked wine! However, her respect for hand-picking grapes still sticks with her today.

Johna feels like a female Mister Rogers when touring local businesses. Meeting the owners, she happily sings to herself “Won’t You be My Neighbor?”

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Co-op Volunteer Interview: Donna Mills

By Terri Schmidt, Co-op Volunteer Writer

Within minutes of meeting Donna Mills, I was drawn into her energetic passion for improving life for people and the planet. She began volunteering for the Outreach committee with Carol Spurling, then moved to helping Sequoia as part of FACT (Farmer Advocacy Crop Team). This group surveys what's in season with local farmers, creates recipes, then samples them out while telling people about where the foods come from and how to eat local.

When Donna went back to school, time constraints caused her to shift her volunteer job at the Co-op. Recently, she staffed the voting booth, and her son, Dane, worked throughout April as the 'Bag Monster.' You may have seen his imposing figure making the rounds through the store. Sometime soon, Donna will begin writing for the Co-op website.

Donna is getting her degree in sustainable food systems. This major doesn't actually exist at the U. of I., so she is working with the university to create the program. She is in the McNair Achievement Program, which encourages first-generation college students to continue their education and get masters and doctorate degrees. Because she is dealing with some very ill family members, she is postponing work on an advanced degree in bio-regional planning. For now, she plans to take a second senior year, hopefully with an internship.



“Donna eventually tired of the noise and traffic of city life, and missed having time with her kids. She moved back to the Palouse and has happily developed a really good relationship with her children, Dane, 16, and Rowan, 5.”

Donna lived in San Diego for 26 years and worked as a massage therapist for the San Diego Chargers. She then spent 10 years in the Pacific Northwest between Pullman, where she attended WSU, and Seattle. She began to miss the beaches of California, so she returned to

San Diego for six years. While there, she enrolled in Whole Food and Nutrition classes, which was the beginning of her interest in food systems. Their motto was, “Let food be your medicine and medicine your food.”

Though she was making good

money, Donna eventually tired of the noise and traffic of city life, and missed having time with her kids. She moved back to the Palouse and has happily developed a really good relationship with her children, Dane, 16, and Rowan, 5. She still does massage therapy, but expects to move away from that profession within three years. Her bigger passion is for developing community and food systems. She hopes to eventually teach or work with projects like finding funding to make improvements to the U of I sustainable farm.

Donna has a friend from the Netherlands, where they build cities around bicycling, unlike the U.S., where we build cities around cars. She said in the Netherlands, “The community takes care of itself, while here, the focus is on individualism.” Donna so likes the Netherlands' system, she considered moving there, but has chosen instead to stay and help educate people here to improve our way of living. One of the things she likes best about Moscow is the community spirit.

Donna's favorite quote and philosophy is, “Destined to be an old woman with no regrets.”

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Veganesque: Alfresco Vegan

By Caitlin Cole, Co-op Volunteer Writer



PanlasangPinoy.com

The trees are still bare and there is snow in the air, yet the occasional warm burst of sun and the glimpse of a yellow daffodil remind us that very soon we will be spending more time out of doors. My hope is that by the time you are reading this we will have said goodbye to winter for good and spring will be in full swing.

Have you ever noticed how good food tastes when you eat it outside? The fresh air, the leafy trees and the warm sun are the perfect complement to any edible. I enjoy all alfresco eating, whether it is carrying a nut butter sandwich with me while I walk around the yard or a planned picnic in the park.

The picnic fare of the Western diet tends to be, well, full of animal fat. It does not have to be that way for folks who want to include more plants and less animal products in their diets.

For a veganesque family such as ours, we plan our outdoor eating excursions with three courses in mind: sandwiches, salad and dessert.

Sandwiches are easy. We use what we have around anyway, we often start with Maranatha almond butter and hemp seed and then we add any locally grown veggies we have on hand. Grated carrot is excellent and so are cucumbers or zucchini. If we don't have bread around we use Mary's Gone Crackers. Recently a nice vegan Co-op employee recommended a dairy free "cheese" spread by Wayfare, which is very good on crackers or as a sandwich spread. Salad requires a little more planning. Often we make a vegan potato salad if we are planning a picnic or if it is a last minute deal we see what is available at the Co-op Deli and salad bar that day. We usually end our alfresco

Favorite Potato Salad

serves 6

- ▶ 1 1/2 pounds red potatoes
- ▶ 3/4 cut fresh green beans, trimmed and snapped
- ▶ 1/4 fresh basil, chopped
- ▶ 1 small red onion, chopped
- ▶ 1/4 cup balsamic vinegar
- ▶ 2 tablespoons fresh lemon juice
- ▶ 2 tablespoons Dijon mustard
- ▶ 1/2 tablespoon olive oil
- ▶ salt and pepper to taste

Place potatoes in large pot to boil for about 15 minutes, or until tender. Throw in green beans to steam after 10 minutes. Drain and cool potatoes, cut into bite-size pieces. Toss in bowl with basil, red onion, beans, salt and pepper. Mix remaining ingredients together; pour over potatoes.

eating experience with a cool treat. If you are not going to be outside too long before you eat consider Coconut Bliss, a frozen dairy free and delicious creamy treat. It comes in several flavors and my kids like it as much as frozen dairy treats. A more portable and frugal vegan dessert to consider is a Fruit Stix bar.

Alfresco eating is a sublime way to engage our senses. The sight of the blue sky, sounds of birdsong, aroma of plant life, the

warmth of the sun and the taste of delicious, fresh food all blend together to make a beautiful experience. Happy spring!

Caitlin Cole can be found under a shady tree with her two home-grown kids enjoying their senses all spring and summer long!



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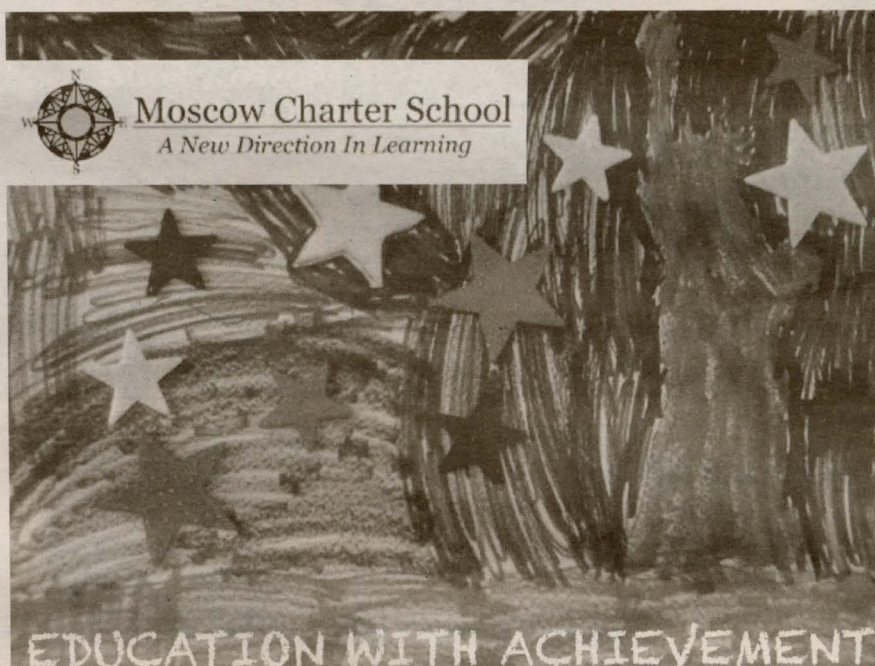
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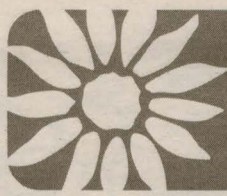
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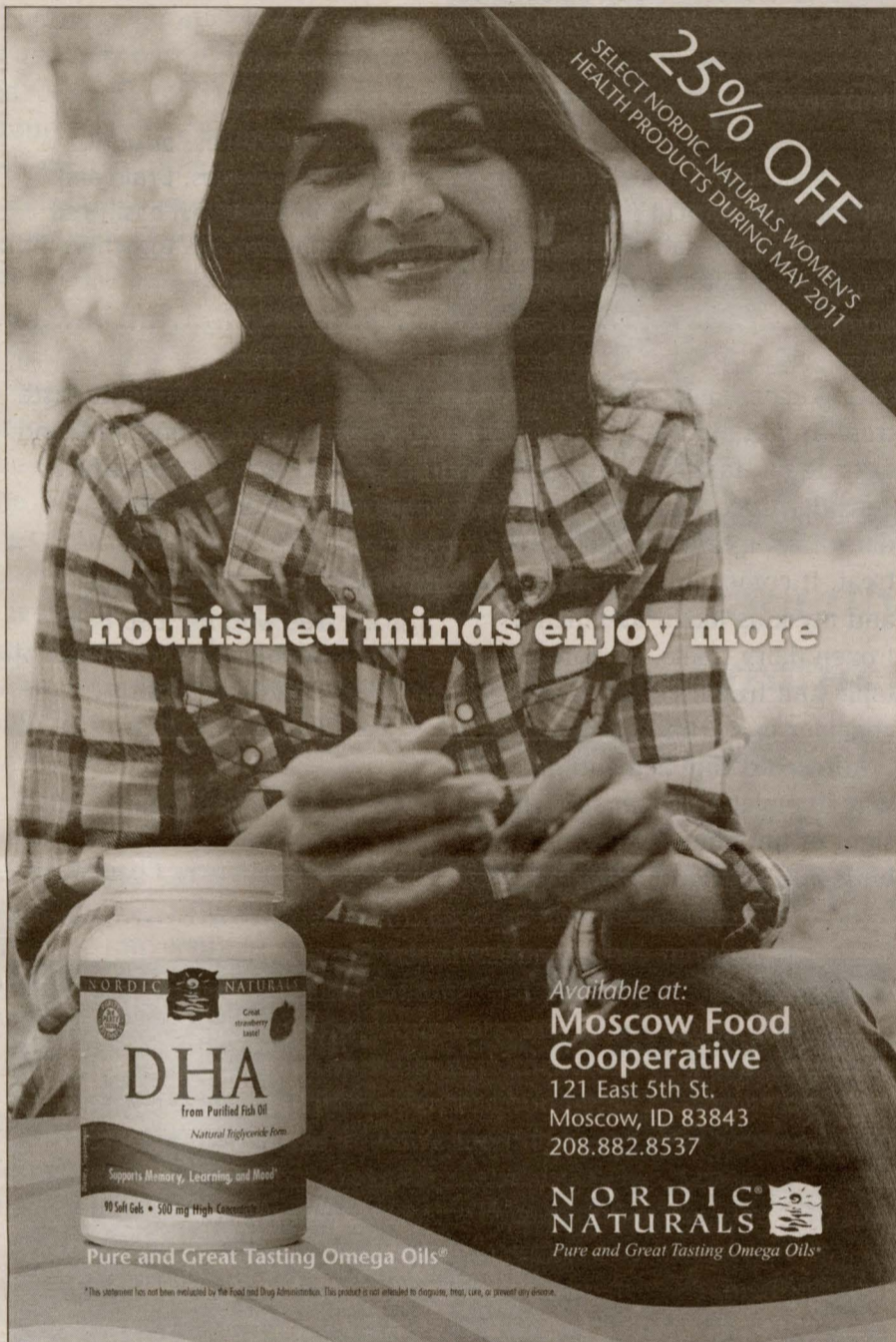
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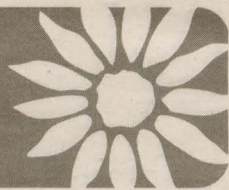


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The Sustainability Review - The Hay Box

By Mike Forbes, Co-op Volunteer Writer

When you cook food, much of the heat energy from your stove is used to overcome heat loss from your food to its surroundings. Couldn't we insulate our food so heat isn't lost as rapidly, thereby using less energy to cook it? Definitely.

Rice. Theoretically, once the rice boils, the heat energy needed to complete cooking is present. The heat leaves the rice because the food is insulated poorly. We overcome this loss by turning the burner down low and simmering it for 30-40 minutes, wasting electricity or fuel.

What if we boiled the rice and then quickly put it in an insulated box where the heat energy couldn't escape and the rice would then finish cooking?

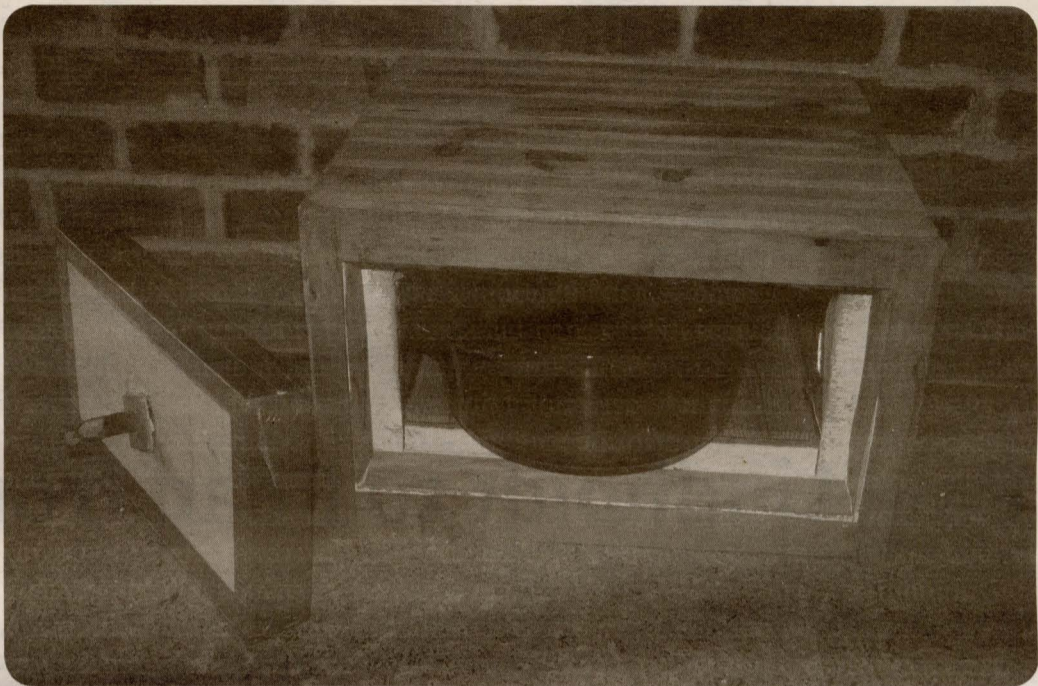
The catch is building a box that heat can't escape from. What I've done successfully for years is build various insulated boxes from commonly available items.

I use them primarily for keeping food hot for a LONG period of time and cooking beans, millet and quinoa. I've also been known to use it for steeping grains and preparing yeast in the beer-making process ... If I put a

hot food into the box, I can pull it out 2-4 hours later still piping hot.

The trick to maximizing efficiency is to build a box that has as little air in it as possible with the largest pot you expect to use. My boxes are built from rigid foam insulation with a radiant barrier (shiny aluminum coating toward the inside). I glue them together with hobby glue or foam adhesive (Natural Abode and MBS both carry non-toxic, low VOC glues that work well). I put little strips of wood on the inside bottom to keep the hot pots directly off the insulation. The door is just a rectangle of foam that wedge fits into the box. It is critical to make the door tight-fitting; if you put a slight bevel to the door, it will create a much better seal. Using a table saw to make your cuts makes the process very easy and accurate. Options for dressing up your box cosmetically are endless. I typically wrap them in wood to make them more visually appealing, but for years had a silver box wrapped in duct tape sitting on top my refrigerator.

If you build the box to your largest pot, you can still use smaller pots with good success



if you add more thermal mass to the box. I found that filling small jars with hot water works well to eliminate these air spaces.

Currently, we are planning on converting one of our kitchen cabinets into a hay box. We'll incorporate insulation into the door with the taper fit foam as mentioned earlier. It is my understanding that this concept is old and that traditionally hay

was used in the boxes as insulation, hence the name hay box.

Mike welcomes questions. He can be reached at mike@technicalrescue.net.

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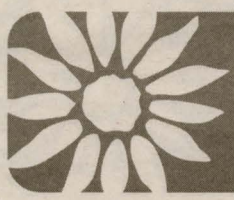
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Our supportive and knowledgeable volunteers can help you find resources and guide you through the often scary and overwhelming cancer journey. We also provide prosthesis, wigs, hats, lap quilts and other items to help you. Call 208-883-6030 to learn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

GRITMAN MEDICAL CENTER 700 S. Main Street, Moscow, ID (208) 882-4511

Follow us on Facebook and Twitter
www.gritman.org



Spring Fair at Koppel Farm/Pullman Community Garden

By Tim Paulitz, Garden Volunteer

Everyone is invited to the Spring Fair and open house for the Pullman Community Gardens at Koppel Farm on Saturday, May 14, from 10 a.m. to 2 p.m. The Koppel Farm is located at the corner of Derby Street and Professional Mall Blvd in Pullman.

We will have a plant sale at the open house, offering both

bedding and vegetable plants.

You will also be able to get advice on gardening from the Master Gardeners. Learn how to recycle with Whitman County Recycling and enter a drawing for a composter.

A number of other community groups will be there, including the Whitman County Humane Society, Palouse

Prairie Foundation, Palouse Conservation District, Pullman Civic Trust and the WSU Organic Farm/Pullman Farmer's Market.

Choirs and bands from local schools will be performing, including the Lincoln Middle School Choir.

Vegetables from some of the plots go to the Community Action Center food bank.

Find out about how you can become involved in community gardening, even if you do not have your own land. You can email us at koppelgardens@gmail.com or visit our website at <http://sites.google.com/site/koppelfarm>.

Paul Lindholdt to Read from His New Book

By Chris Sokol, Latah County Library District

The Latah County Library District will present Paul Lindholdt, former Moscow resident and now professor of English at Eastern Washington University, reading from his current book, *In Earshot of Water: Notes from the Columbia Plateau*, at the Prichard Art Gallery in downtown Moscow on Saturday, May 7, from 7 to 8:30 p.m.

Whether the subject is the plants, animals, rivers, or people of the region, *In Earshot of Water* illuminates the Pacific Northwest in vivid detail. Lindholdt writes as naturalist, ecologist and personal essayist in the manner of Annie Dillard, Loren Eiseley, Derrick Jensen and John McPhee. In describing the haz-

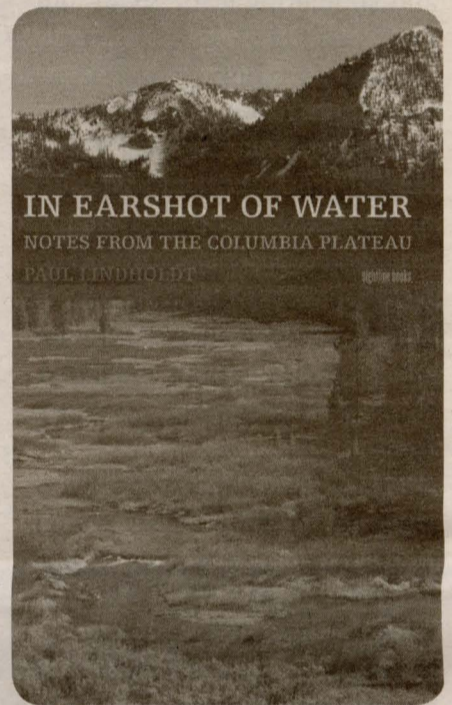
ards of neglecting nature's warning signs, the book serves as a call for responsible social activism with appeals to reason and emotion.

Lindholdt layers passages from the journals of Lewis and Clark, the log of Captain James Cook, the novelized memoir of Theodore Winthrop, and Bureau of Reclamation records from the 1960s and 1970s to tell ecological and personal histories of the region he calls home. Themes of fathers and sons enrich the narrative.

Lindholdt has collaborated on the books *Cascadia Wild: Protecting an International Ecosystem*; *The Canoe and the Saddle: A Critical Edition*; *John*

Josselyn, Colonial Traveler: A Critical Edition of "Two Voyages to New-England"; and *Holding Common Ground: The Individual and Public Lands in the American West*. His newest book, *In Earshot of Water*, is published by the University of Iowa Press.

The Prichard Art Gallery is located at 414 South Main St. in Moscow. The reading is free and open to the public. Copies of the book will be available for purchase (thanks to BookPeople!) and signing by the author. The event is sponsored by the Friends of the Moscow Library, the Palouse Group of the Sierra Club, and the University of Idaho Creative Writing Program.



For more information contact chris@latahlibrary.org



Letter to the Editor

Support Medical Marijuana

At the Moscow Hemp Fest on April 16, we had a chance to share in the great music, food and crafts - and to unveil the Idaho Medical Choice Act, the statewide petition that was created by the Boise NORML chapter to put the issue of medical marijuana on the ballot in 2012. To get this issue on the ballot, we need to get 50,000 signatures throughout the state by April of 2012, and we made a great start at the Moscow Hemp Fest.

We collected 525 signatures from voters registered in 23 different Idaho counties. That's a lot of counties represented, due to the large number of students registered in their hometowns. From Latah County voters, we collected 275 signatures. That's a good start, but there are lots more signatures to get here in Latah County.

If you want more information about this petition, go to www.compassionateidaho.webs.com. You can read the entire petition there and learn more about how to become involved in making this important change in the Idaho medical and legal systems.

Do you want to help? You can stop in at Tye Dye Everything (my store in downtown Moscow behind Mikey's Gyros), where we will have a petition awaiting your signature. Please help us circulate this petition around Latah County, at the Farmers' Market, at the Co-op, on campus or any other location. If you have questions or want to get involved, please contact me at 883-4779, or stop by at Tye Dye Everything to sign the petition and get more involved.

Thanks!

Arlene Falcon, owner of Tye Dye Everything, Moscow Hemp Fest organizer, and passionate community member

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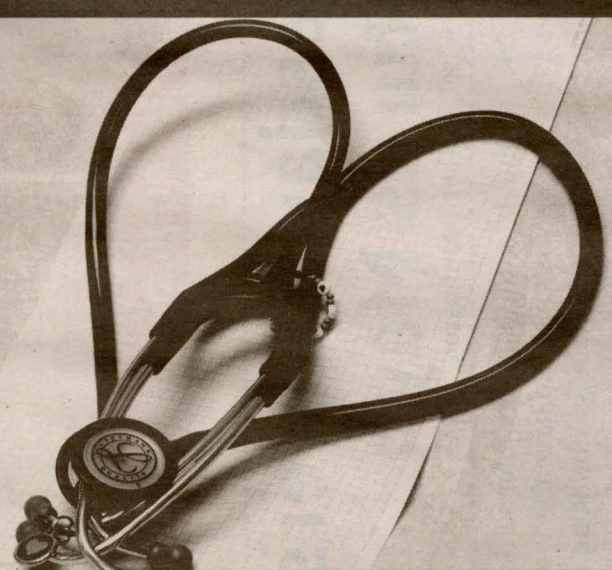
PALOUSE REPORT: Combine Combat 2



2011 COMBINE DEMOLITION DERBIES: LIND, WASHINGTON: SAT. JUNE 11TH, NEZ PERCE, IDAHO: SUN. OCT 2ND. WWW.ANNABREWER.COM. © ANNA BREWER

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Bulletin Board



MOSCOW FOOD CO-OP

Co-op Events

Board of Directors Meeting

Tuesday May 10, 6pm

Held in the 1912 Center's Fiske Room. The public comment forum will begin promptly at 6:05pm and will end at 6:15pm.

Breakfast with the Board

Saturday May 21, 11am

Meet in the Co-op's deli. Join us for good conversation and a complimentary pastry or cup of coffee!

Learn Food Safety

Tuesday Growers Market

May 10: Food Safety display.

May 17: Germ City!

May 24: Seed demonstrations

May 31: Henry the Hand coloring books and munch on germ bugs!

June 1: MyPyramid Day.

go to www.facebook.com/pages and search for Tuesday Growers Market for more information.

Art at the Co-op

From May 6th through June 17th, you will be able to see the winning entries of the 2010 Wisescape competition.

Co-op Kids! Meet Tuesdays at 9am

May 3: Bath Salts for Mama

May 10: Musikgarden with Ms. Gillian

May 17: Local Bean and Grain Mosaics

May 24: Fresh Produce

May 31: Chalk Art at Friendship Square

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

Good Food Book Club

Sunday May 22, 7—8:30pm

Hope's Edge: The Next Diet for a Small Planet by Frances Moore Lappe and Anne Lappe
At a private residence in Moscow. Email bookclub@moscowfood.coop to RSVP and for address. Free. Dessert provided

Music at the Co-op

Tuesdays 5—6:30pm

May 3: Thorn Creek Express

May 10: Trillium

May 17: The Saunders Sisters

May 24: Gypsy Dawg

May 31: Dan Maher

June 7: Musaiique

Co-op Events at a Glance

Tue May 3—Co-op Kids—meet in the Co-op

Tue May 3—Music—Thorn Creek Express

Wed May 4—Co-op Mamas and Papas Group

Tue May 10—Board of Directors' Meeting

Tue May 10—Food Safety—Display

Tue May 10—Music—Trillium

Wed May 11—Co-op Mamas and Papas Group

Tue May 17—Co-op Kids—meet in the Co-op

Tue May 17—Food Safety—Germ City!

Tue May 17—Music—The Saunders Sisters

Wed May 18—Co-op Mamas and Papas Group

Sat May 21—Breakfast with the Board

Sun May 22—Good Food Book Club

Tue May 24—Co-op Kids—meet in the Co-op

Tue May 24—Food Safety—Seed Demonstrations

Tue May 24—Music—Gypsy Dawg

Wed May 25—Co-op Mamas and Papas Group

Tue May 31—Co-op Kids—Friendship Square

Tue May 31—Food Safety—Henry the Hand

Tue May 31—Music—Dan Maher

Tue June 7—Music—Musaiique

Co-op Mamas and Papas Group

Wednesdays 9:30—11am

Meet in the Co-op Deli

May 4: Benefits of Placental Encapsulation with Davina Pastrama

May 11: Birth Preparation

May 18: Breastfeeding

May 25: Demo/free time

babies@moscowfood.coop

Community Events

Moscow Garden Club Annual Plant Sale

Saturday May 7, 8am—12pm

Latah County Fairgrounds Exhibit Building

Diane Holick: ☎ 882-5556

Megaloads Meeting

Wednesday May 11, 7pm

Hosted by the City of Moscow regarding Imperial Oil/ExxonMobil's proposal to transport oversized loads on U.S. 95 through Moscow. Hamilton Indoor Recreation Center.

Moscow Community Theatre—John Lennon and Me

May 13, 14, 20, and 21 at 7:30pm, matinees

May 15 and 22 at 2pm.

Koppel Farm Spring Fair

Saturday May 14, 10am—2pm

<http://sites.google.com/site/koppelfarm/>

Palouse Land Trust annual meeting

Wednesday May 18, 7pm

1912 Center Great Room. All interested persons welcome. Desserts and wine served.

Herbs for Your Chakras

Thursday May 19, 7—8pm

\$25.00 for co-op members

www.SpiritHerbs.com

Reiki Classes for People + their Pets Begins Sat May 21

☎ 883-9933

Wild Edible + Medicinal Herb Walks May 22/ June 25 10am—2pm

☎ 208-596-4353 www.IdahoHerbs.com

Free Learn to Row Day

Tuesday June 7

Hosted by WSU Men's Crew followed by a three week learn to row class beginning June 11. www.row.wsu.edu

Palouse Folklore Society Events

Thursday May 5, 7pm

First Thursday Concert featuring Bill Lyons, at the Attic. Admission by free-will donation.

Sunday May 15, 7pm

Mighty Squirrel in concert at the 1912 Center at **Saturday May 21**

Contra dance at the Old Blaine School. Caller — Nora Scott. Potluck 6:30pm before dance.

Dahmen Barn Events

Saturday May 14, 1—3pm: Fused glass artist Sherry Seeh, will hold a workshop to design and assemble four small fused glass jewelry pieces. \$45 class fee includes all the materials.

Saturday May 21, 9am—3:30pm: Len Zeoli will teach a beginning spindle turning class in his Uniontown studio. \$95.

Saturday May 21, 7:30pm: Prairie Flyer, one of the Pacific Northwest's premiere bluegrass bands. \$10 at the door.

Sunday May 22, 12—4pm: Christie Zeoli will teach a workshop in abstract painting. \$70, which includes some materials.

For all events information and reservation: www.artisanbarn.org or ☎ 509-229-3414

Vigil for Peace

Moscow: Fridays 5.30—6.30pm

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

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