

Community News

FREE!
PLEASE TAKE ONE!

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



Fair Trade: For the Love of Chocolate...

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

Carefully ponder the following list of items: chocolate, coffee, sugar, agave, bananas, fabrics, jewelry, tea, vanilla, shea butter, coconut oil, essential oils... How many of the items from this list do you consume daily? How many of them do you love?

Have you ever stopped to think about where they come from and who are the people handpicking the coffee beans, hand printing the beautiful patterns on the fabric, grinding the shea nuts into thick creamy moisturizing butter, or gathering the spices that season so many of our foods?

October is National Fair Trade Month, and we have an amazing month planned for all of us to learn more about what Fair Trade means and why it is so important to understand and know about where our food and products comes from—especially if they are coming from far away where the child labor laws, for instance, are very different from those



Binita Rai, Sanjukta Vikas Co-op member, in Darjeeling, India showing off her tea plants in her diverse garden. Her other crops include ginger, oranges, and turmeric.

in the United States. There will be lots of opportunities to learn and of course, to taste.

We invite you to join us throughout the month for weekly screenings

of Fair Trade films at the Kenworthy Theatre, special product samplings and vendor visits in the store, and special contests and news on our Facebook page.

www.moscowfood.coop

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Community News



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Support our Palouse Economy One Art Print at a Time

by K. Sequoia Ladd, Green Commerce Committee Co-chair

The Co-op Green Commerce committee fundraiser for a capital fund to support the local food and goods economy is underway, and the art prints are stunning. Artist and Co-op member Brett Lysne designed three different images and silk screened them by hand on archival 100% recycled paper made here in the United States. They are signed and numbered by the artist and there are only 75 of each design.

The multi-color images are of a beet, a Delaware hen with chicks, and a honey bee with calendula flowers. Their message of "raising, growing or keeping our own" speaks both to individual and community food security and interdependence.

The money we raise from this fundraiser is going into a special savings account to finance future projects that support the local

food and goods economy. Due to this, discounts will not be given on the cost of the prints. They are \$75 each, with a discounted price of \$200 if you buy all three in the series at one time.

A big thank-you to Brett for sharing his art and talents with us. You will find his artwork displayed in the store. If you are interested in purchasing an art print, please let a cashier know when you get to the register. Thank you for supporting

Palouse agriculture, one beautiful print at a time.



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121 East Fifth Street
Moscow, ID 83843
(208) 882-8537
Open daily 7:30am to 9pm

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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 6:30 pm, in the Fiske Room of the 1912 Center. The public is welcome to attend. The agenda for each meeting is posted about one week in advance in the store, and official meeting minutes are placed in the store by the Board bulletin board.

Looking for local in all the wrong places?



Find it here at the Moscow Food Co-op!

October Board of Directors meeting and Breakfast with the Board

The next Board of Directors meeting is Tuesday, October 11th at 6:30 pm in the Fiske Room at the 1912 Center. For public comments, the Member Forum will begin at exactly 6:35 pm and will end at exactly 6:45 pm.

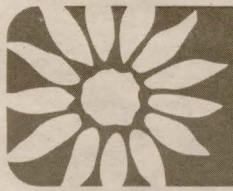
The next BWB will be on Saturday, October 15th at 11:00 am in the Co-op deli. For more information, please contact Alexis Long at boardadmin@moscowfood.coop. Please join us for a complimentary pastry or cup of coffee and good conversation!

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
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participating member (volunteer) coordinator: participate@moscowfood.coop

Board Committee E-mail Addresses

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



CO-OPERATIONS

Moscow Food Co-op Business Partners

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

Childcare and Family Services

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

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

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

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

Dance and Theatre

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

Farms

Hammonds's Farm Innovations
2280 Big Bear Ridge Road, Deary 83823
Nathan Hammond, owner
208-596-6416
\$50 off each Happy Hen Haven unit for Moscow Food Co-op members

Maple K Farms LLC
Tom and Cheryl Kammerzell
www.maplehighlands.com; 509-397-4589

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

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

Food and Beverage

Camas Prairie Winery
110 S. Main Street; www.camasprairiewinery.com
208-882-0214

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

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

Retro Espresso
1102 South Main; info.retroespresso@gmail.com
Free extra single shot in any espresso drink with presentation of Moscow Food Co-op Membership Card.

House and Garden Services

CLEAN GREEN Organic Cleaning Services
www.CleanGreenOCS.com; 208-835-3535 \$15 off any service

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

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

Mindgardens, Eco-Friendly Residential Building Solutions
1230 NW Clifford St, Pullman, WA 99163

www.buildmindgardens.com; 509-595-4444
10% off hourly service rate and free estimates for Moscow Food Co-op members

Moondance Construction and Eco-Design
Alan Brown, Owner
moondance@cpconnect.com; 208-882-4733
Free 30-minute project consultation

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

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

Professional Services

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

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

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

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

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

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

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

Laurene Sorensen, PLLC
Law and Mediation
106 E. 3rd St. Suite 4A, Moscow, ID 83843
LaureneSorensen@gmail.com; 208-596-9473
10 % off regular hourly fee for current Co-op members

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. Palk 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.yar-nunderground.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
A Choir of Angels Massage Center
106 E. Third, 1C; choiramc639@gmail.com
208-413-4773

Andrea Masom, Licensed Clinical Counselor
106 E. Third St, 2B; 208-882-1289
Free wellness evaluation

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

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.

BY DESIGN — Live by Design
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<http://home.rr.com/vickibydesign>; (208)883-8195
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Creighton on the Palouse
www.foryourfertility.com; 208-310-1805
kgoishall@foryourfertility.com; \$10 discount on first and second appointments on natural approaches to family planning and gynecological conditions.

Crow Medicine
116 E. 3rd; 208-301-1804; www.crowmedicine.net
20% off your first 2 hour craniosacral/energy work session; 10% off your first 1 hour body-work session

Laura Gessner, LMP
Balance...a wellness spa
112 E. 4th Street; lsgessner@gmail.com; 509-595-4225
10% off all massage and spa services

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.

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

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

Integrative Mindworks with April Rubino
3400 Robinson Park Rd; www.integrative-mindworks.com
208-882-8159
Complementary 30-minute consultation for new private clients who are Co-op members

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.

Moscow Feldenkrais
112 W. 4th St.; 208-883-4395; 208-892-3400
www.moveimprove.net

\$10 off first individual lesson for new clients

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

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

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

Nourish Yoga – Empower Yourself
206 S. Main; 208-596-7040
www.nourishyoga.net
25% off regular unlimited monthly pass price, 25% off regular intro to yoga series price

Belinda L. Rhodes, LMP, CBT Bowenwork and Massage Practitioner
116 E. 3rd #205; 208-310-0404;
BRhodesLMP.com
Introduction to Bowenwork \$30

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.

Via Family Chiropractic
755 S. Grand Ave #3; Pullman, WA 99163
viafamilychiropractic.com; 509-432-4263
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Community News

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FREE! PLEASE TAKE ONE!

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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.



October Tuesday Night Music at the Co-op

by Chelsey Byrd Lewallen, Co-op music coordinator, music@moscowfood.coop

There is nothing quite like sitting out in the crisp autumn air with a hot cup of Co-op soup and the sweet sounds of local music. We've got a great line-up for October, and I hope that you will come join me and my ballooning baby belly, the heavy-lifter Kevin, and occasionally my successor David Roon, who will be taking over for me sometime in February. Come and enjoy great local music Tuesday nights from 5- 6:30 p.m. outside on the patio or inside by the Deli--

whether the weather be fine or whether the weather be not!

October 4: David Roon A long-time Co-op favorite, Moscow's David Roon performs original acoustic folk tunes from his album as well as a few choice cuts from Steve Earle, and "The Social Distortion School of Folk."

October 11: Saunder Sisters "Saticoy": Three girls from the Moscow/Pullman area performing a mix of original folk tunes and covers. Instrumentation includes acoustic-electric gui-

October 4—David Roon: Original acoustic folk, plus a few choice covers
October 11—Saunder Sisters "Saticoy": Original folk tunes and covers
October 18—Dan Faller: Down-home original contemporary country and folk
October 25—Bart Budwig: Original alternative country and blues

tars and occasionally an accordion.

October 18: Dan Faller: Down-home original music in a contemporary country style.

October 25: Bart Budwig:

Moscow-based Bart Budwig's original alternative country and blues compositions (emphasis on blues) are distinguished by a delightfully heartrending



October Co-op Kids

by Rebekka Boysen Taylor, volunteer Co-op Kids coordinator

October Activities
 October 4: Recycled Costumes
 October 11: Eco Dough
 October 18: Pumpkins
 October 25: Lantern Making

seeds, or play while parents and caregivers kick back and visit. Co-op Kids meets weekly on Tuesday mornings from 9 until 10 am in the Co-op Cafe unless otherwise noted.

Co-op Kids offers simple, earth-friendly activities for young children and their families. Depending on the week the kids might paint, cook, plant

Rebekka Boysen-Taylor is a teacher, writer and mama here in Moscow.



Come investigate a plethora of pumpkins with us on October 18th



Fall Preservation with the Co op Mamas & Papas

by Stacy Pettitt, volunteer Co op Mamas and Papas coordinator

As we all begin our preparations for fall, the Co op Mamas and Papas continues to draw wonderful babies, toddlers, and, of course, parents. The fellowship this group provides is such a gift to new parents and gives babies an opportunity to interact with others. We meet at 9:30 a.m. on Wednesdays in the Co op annex.

Colleen McColl has been doing a wonderful job facilitating the group since I have been out with a broken leg. For the month of October, we are focusing on preservation. Here is what we have planned:

October 5: Preserving food (finding ways to preserve quality food for your family)

October 12: Preserving memories (scrapbooking, photo

albums, pictures)

October 19: Preserving traditions (importance of traditions, what kinds, how, etc.)

The Co op Mamas and Papas meet in the Co op Annex, directly across the street from the Co op. We offer a place to allow your baby to play safely while you enjoy the company of others. If you would like to be included in the email list,

please email babies@moscowfood.coop or find us on Facebook. We look forward to seeing new faces.

Stacy Pettitt is excited for her favorite season on the Palouse.

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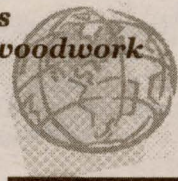
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Happy to be Here

by Seth Marcantonio, Co-op general manager, smarcantonio@moscowfood.coop

I can't tell you how great it is to finally be in Moscow!

By the time you read this, I will have been at the Co-op for several days and will have already met a few of you at the Annual Meeting. I have been very excited about the prospect of being the general manager of the Moscow Food Co-op since I first heard about this opportunity over seven months ago. Since accepting the position in mid-August, I finished up my last few weeks as the store manager of the Berkshire Co-op in time

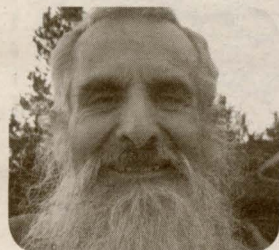
to attend the NCGA (National Cooperative Grocers Association) General Assembly meetings in Cambridge, Massachusetts a few weeks ago. It was a great way to begin my new role by having the opportunity to meet and interact with general managers from over 100 co-ops from across the nation to discuss issues that affect all of us, and share best practices and develop strategies to keep the co-op movement thriving and growing.

I have also had the opportunity to visit a few co-ops on my trek

toward Moscow. Whenever I visit another co-op or independent grocer, I'm always looking for those great things that they are doing that I could bring back to my store. I'm also noticing all of the great things that my store is doing that would benefit whatever store I happen to be in. In the end, I'm always grateful to be back in my own store and very

appreciative of everyone who works so hard to make it the place that it is.

And it is with great anticipation that I write this message. I am eager to get to Moscow and begin working with the staff, board, owners and community to continue all of the great things that are happening here at the Co-op.



What is Seth Really Like?

by Bill London, Co-op newsletter editor

Seth Marcantonio has a plan. In order to arrive in Moscow in time for the Co-op's annual membership meeting on September 25, he hopes to wind up all his packing and all his work stuff and leave Massachusetts in mid-September and then drive for 4 or 5 days across the country to his new home (he has already rented a house in Moscow). At least, that was Seth's plan at the time of our interview on September 1.

He'll be driving to Idaho alone in his Honda CR-V. Seth, 43, is single and has no pets. He does have two children, a daughter aged 7 and a son, almost 6, who live with his former wife in Salt Lake City.

Part of the allure of the job

here is the proximity to Salt Lake City.

"I spend much of my spare time with my kids," he said.

"I'm glad to be moving closer to them."

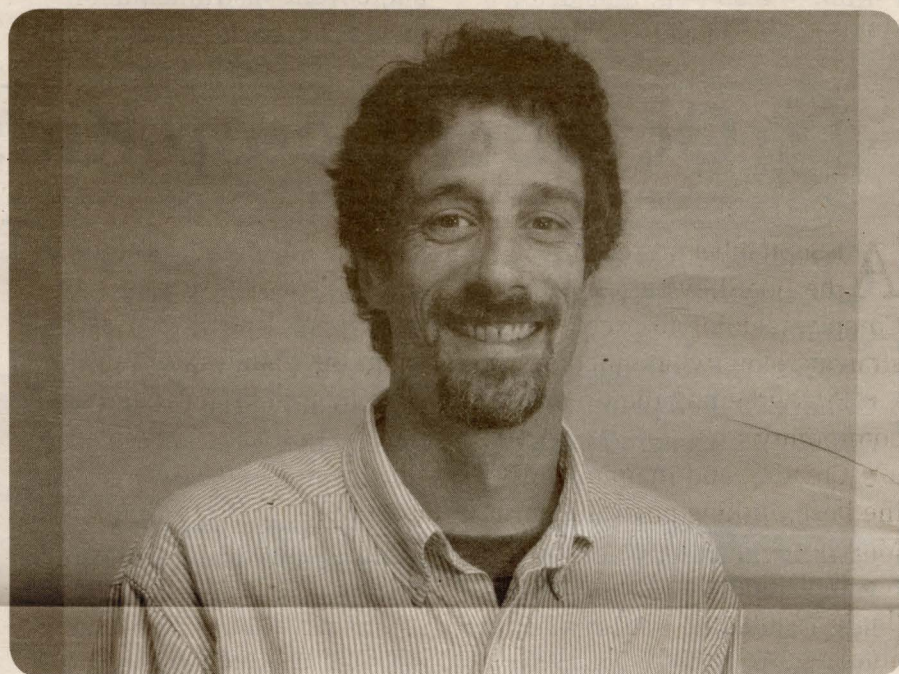
He's also looking forward to driving out west.

"I love driving to nowhere or to some small town I have never been to before - just listening to NPR or the Grateful Dead and letting my mind wander."

So, what about his hobbies - what does he do for relaxation when he's not driving?

"I love music," he said.

"Listening, not playing. I went to broadcasting school to be a classic rock D.J. but my time in radio was actually as a news anchor with a brief stint doing a morn-



ing jazz show on a community station."

He also is an eclectic reader who always has an open book around.

He says his favorite outdoors activity is spending time in the woods. "I like trees," he explained. "I do a lot of hiking, though I am just as likely to get distracted and walk in circles than to make it to any destination. I am looking forward to exploring the area on foot."

Seth spent three days in Moscow during the interview process. Based on his impressions from that visit, he compared Moscow to his former hometown of Great Barrington, Massachusetts.

"Great Barrington is much smaller than Moscow and most of the houses are second homes for people who live in New York or other cities, so our Co-op is busiest in the summer. In Moscow, of course, the Co-op is busiest during the winter, during the school year."

"There is a certain intellectual buzz that seems to occur in university towns. The level of interest in issues such as local sustainability and food integrity/safety is refreshing to see. Moscow is a vibrant community and the Co-op is providing a fantastic outreach effort to keep the community informed."

The two co-ops are very similar, he said. Both have annual sales of about \$8 million. The product mix and quality of the food are very similar.

To summarize, he provided this 25-words-or-less assessment of himself. "I'm high energy, yet subdued and not loud, even a little shy up front. I can make almost anybody laugh."




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208-882-4328
UUCHURCH@MOSCOW.COM
WWW.PALOUSEUU.ORG



To Our Interim GM Team: A Rousing Round of Applause for a Job Well Done

by Andrika Kuhle, board president

We want to give a big Thank You to Theresa Nuhn, Joan McDougall, and Deb Reynolds, who graciously, capably, understatedly, and cooperatively served as our Interim GM Team over the past eight months. These three remarkable ladies worked together to keep the store operating smoothly. They were understated in their approach, and worked hard to make decisions as a collaborative three-

some. They had some difficult and surprising issues arise, and handled them remarkably well.

Our interim team essentially worked overtime to ensure that the responsibilities of GM were taken care of, in addition to their usual duties. This was no easy task! Their stay at the helm kept our Co-op stable and primed for our new GM. Their commitment to the Co-op made Kenna's departure seem like a straight-

forward transition, and their gracious personalities are already making for a seamless transition to Seth as our new GM.

We are fortunate that they were willing to take on the additional GM duties during the interim period, and we are grateful they aren't going anywhere! They will resume their normal duties (if they can remember what "normal" means). Theresa will carry on as our Human Resources

Manager, Joan as our Grocery Manager, and Deb as our Chief Financial Officer. When you see one of these ladies around, please give them a hearty Thank You for their exceptional efforts and commitment to our Co-op.

.....
Andrika reports that the GM Search Committee has happily disbanded, although they may be tempted to gather on the occasional Monday, just out of habit.

Breakfast with the Board Summary

by Alexis Long, board administrative assistant and Colette DePhelps, board of directors member

At September's Breakfast with the Board, we asked how the Co-op was doing to execute its strategic plan, which includes:

- ▶ Strengthening the Co-op community,
- ▶ Creating and maintaining the best working environment in Moscow
- ▶ Developing and supporting the local, organic, and sustainable goods economy
- ▶ Incorporating values of environmental sustainability into the facility
- ▶ Increasing community

engagement, outreach, and education.

Most of the members who visited the Breakfast with the Board table said they were either unaware of the strategic plan (which can be viewed at <http://moscowfood.coop>) or knew we had one, but were unsure what was in it. Once they had an opportunity to review our strategic goals, their feedback was very positive. Most members felt that the Co-op was doing a great job with business practices, education and outreach.

Here are some specific examples of member feedback:

- ▶ "Is there a possibility of sponsoring/initiating a forum about sustainable transitions for local farmers?"
- ▶ "I thought there was a strategic plan but assumed it to be unspecific. I am surprised by the detail."
- ▶ "Do you have any plans for expansion?"
- ▶ "I love the Dime in Time program."
- ▶ "What about more articles in the newsletter about some aspect

of relevance to the mission and how we can reinforce the mission and strategic plan?"

▶ "I think you're doing an excellent job!"

The board appreciates the member feedback. Over the coming year the Board and Outreach would like to take a good look at how we are implementing the strategic plan. If you haven't read the full plan, please check it out at our store website: http://www.moscowfood.coop/pdf/co-op_strategic_plan.pdf.

Dime in Time: Humane Society of the Palouse

by Lori Burkett, Humane Society volunteer

The Humane Society of the Palouse was selected as the recipient of the October monthly *A Dime in Time* donation from the Co-op. We will use the funds raised to support our spay/neuter program.

The Humane Society of the Palouse is a no-kill animal shelter located in Moscow. Our mission is to ensure the humane treatment, welfare, and safety of companion animals in Moscow and Latah County. We strive to prevent cruelty to animals, to ensure companion animals are adopted by responsible and caring owners, to promote spaying/neutering, to educate the public regarding responsible pet ownership, and to minimize euthanasia.

Founded in 1978, HSoP is administered by an elected volunteer board of directors who are citizens of the Palouse interested in animal protection, adoption, and education. HSoP is the only

animal shelter located in Latah County, and on average nearly 1,000 animals pass through our doors annually. HSoP's main focus is not our income, but the animals we care for, so we rely heavily on annual funding from the City of Moscow and Latah County, and generous donations from the community.

In addition to normal shelter functions we also provide three different types of spay/neuter assistance programs to help decrease shelter populations in Latah County, as well as dog obedience classes, individual dog training, behavioral assistance, pet education, and a variety of community outreach and fundraising events.

All money raised by the *A Dime in Time* opportunity at the Moscow Food Co-op will be used to supplement our Spay/Neuter Assistance Program (SNAP). SNAP is a voucher program avail-

able to residents of Latah County in need of monetary assistance to have pet dogs or cats altered. On average this program provides assistance to nearly 100 dogs and 100 cats each year, decreasing the number of unplanned litters and in turn lowering our shelter populations and strays.

We would like to thank the Moscow Food Co-op for their continued support of our shelter and the community in Moscow.



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CO-OPERATIONS



Festival of Fair Trade All Month Long

by Carol Spurling, Co-op outreach coordinator, and Jesica DeHart, Co-op product promotions coordinator

Throughout October we are celebrating Fair Trade in every way we can dream up. Please join us every Tuesday night at 7 p.m. at the Kenworthy Theatre to see a free documentary film. We will be featuring *The Price of Sugar*, *Black Gold*, *The Dark Side of Chocolate*, and a collection of shorter films on our final night, Oct. 25.

A Fair Trade tasting will follow the final movie screening on October 25. As the culmination of our month-long event, this will include some decadent desserts made with Fair Trade ingredients from our bakery and lots of other Fair Trade delectables from around the store. Another highlight of the evening will be a panel discussion by various Fair Trade business owners and

experts.

We are so fortunate that all of our local coffee roasters (Craven, Doma, and Landgrove) all have certified Fair Trade coffees.

In our mercantile department, Kelly, our mercantile buyer, pays special attention to how the products she brings in are made and who is making them, which is why our mercantile department is filled with Fair Trade mittens, hats, socks, sweaters, napkins, table cloths, earrings, bags, toys, necklaces, gifts, and more.

One of the aspects of the month—beyond all the fun boxes of demo product arriving from Wholesome Sweeteners, Theo Chocolate, Numi Tea, Jubilee Traders, Serrv, Green and Black Chocolate, Alaffia, Dr. Bronners,

Equal Exchange, and more—is the FAIR TRADE RAFFLE Jesica has brewing.

Each week we will have several generous raffle baskets to give away from a specific vendor, and there will be a trivia contest posted on Facebook with a link to their website. All of the answers to the trivia questions can be found on the vendors' website. In order to be entered into the raffle for that vendor's basket, you will need to email your trivia answers to Jesica at demo@moscowfood.coop. For those not on Facebook, I will write the trivia questions on the chalkboard above the demo counter.

Keep your eye on Facebook for exciting announcements about special Fair Trade visitors who

Small Farmers Big Change

will be setting up tables and demos throughout the month. We have some amazing Fair Trade mercantile vendors coming down from Spokane, lots of coffee demos, and Theo Chocolate is coming too!

So mark your calendars, and you won't miss out on anything if you keep "liking" us on Facebook. We will keep you posted as the delicious and enlightening month unfolds.



Art at the Co-op: In celebration of The Festival of Fair Trade

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

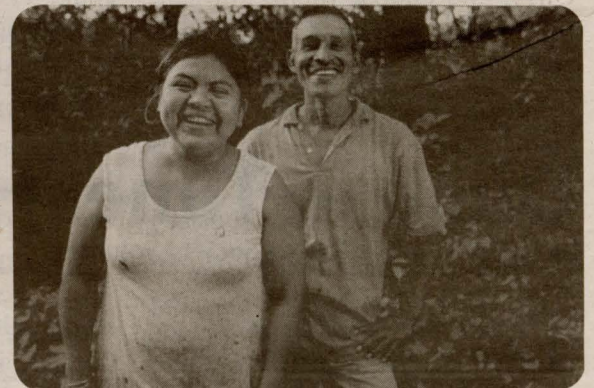
October will see at the Co-op a Festival of Fair Trade. As part of this festival, we will have a show on the Deli walls entitled "From one farmer to another: Postcards in Solidarity (Indian Tea Growers and Guatemalan Coffee Growers)." This fascinating and educational show, brought in by Carol Spurling of the Outreach team, will open on Friday, October 7.

To quote the Fair Trade Resource Network, "Focused on Indian tea growers and Guatemalan coffee growers, this exhibit brings viewers images and handwritten postcards that illustrate daily life, common struggles, and shared hope that Fair Trade brought to these communities. Learn how communities put violent struggles behind them and utilize Fair Trade business relationships as the means by which they fight for justice in their lives. These two distinct communities, who speak different languages, live on different continents, and practice different religions, have more in common than they ever expected."

The FTRN also promises that the exhibit will help us "understand how Fair Trade relation-

ships enhance the quality of life for producers, their families and communities."

The web page for the organization tells us that the FTRN, founded in 1999, "seeks to build a more just and sustainable world, by gathering, developing, and disseminating educational resources about Fair Trade." The FTRN is not only involved with workers being paid a fair wage, but also in proving that trading relationships are based on reciprocal benefits and mutual respect. They try to ensure that not only do the prices paid to producers reflect the work they do, but also that the workers have the right to organize, and that health and safety laws are enforced.



I know when I see a Fair Trade sticker on a product, I have more trust in its origin. The web page indicates that this trust is warranted. Come and see this exhib-

it any time during October, and learn how we can truly make a difference in our buying habits. Thanks, Carol, for providing this opportunity.



BUILDING A CO-OPERATIVE ECONOMY TOGETHER

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www.equalexchange.coop

Small Farmers. Big Change.



Transforming Tea: Supporting a Small Farmer Tea Model

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



Rink Dickinson of Equal Exchange plucking tea with farmers in Darjeeling, India.

The article below featuring the Potong Tea Garden will give you an understanding of some of the issues involved with tea production, and how Fair Trade is helping. We hope you'll be inspired to look around while you are shopping at the Co-op, notice the Fair Trade products we carry, and choose them, knowing that you are making a difference.

During the month of October, for each Equal Exchange product sold through food co-ops, Equal Exchange will donate 25 cents (up to \$15,000) to the Potong community for the planting of 30,000 new tea bushes.

In the foothills of the Himalayas, the Potong Tea Garden, once a colonial plantation, now collectively run by its workers, is making history. If this revolutionary new model is successful, not only will it generate significant improvements for the garden's 350 workers and their families, but the seeds planted in Darjeeling, India, could help spark a badly needed transformation of the tea industry. Equal Exchange is proud to partner with the Potong worker-owners and food co-ops across the United States to support this exciting social, economic, and environmentally sustainable small farmer tea model. We believe partnerships such as these hold the key to the future of a fair and equitable tea system.

The Potong Tea Garden represents a unique effort to address a difficult challenge: how to

build a new tea system out of a decaying and crumbling plantation model that remains largely unchanged from the days of the British Empire. Approximately 50 million workers throughout the developing world make their livelihoods from this industry. Sadly, even consumers trying to make ethical purchases might still unknowingly prop up this archaic plantation system. Even 98 percent of tea that is labeled "Fair Trade" is sourced from large-scale plantations still working with bonded labor and other vestiges of colonial legacy.

In 2005, after a series of government and private-industry

takeovers which ran the garden further into the ground, the owners of Potong approached Tea Promoters of India (TPI), one of the tea industry's most progressive and visionary companies, asking them to consider running the estate. Committed to making small farmer ownership possible, representatives of TPI proposed a solution to keep the estate in operation. The workers agreed to take over management and 51 percent ownership of the estate. TPI agreed to purchase 25 percent of shares and provided the workers with technical assistance and market support.

The workers are learning to own, manage, and operate their tea garden. With training and technical assistance from TPI, they are learning new skills, taking risks, and rebuilding operations. Decades of neglect, however, have also taken their toll on farm productivity. We were told that some of the tea bushes

are the original bushes that were planted when Lincoln was president, in 1860. Production is half what it could be as many of the tea bushes have died, leaving acres of fallow land.

Potong's leaders are working hard alongside TPI to bring about badly economic and social change. We can learn from the past, be creative and envision a new future where workers and the environment both gain. Literally and figuratively, we are planting new seeds for a far more equitable, sustainable, and dignified future.

The Potong worker-owners, TPI, Equal Exchange, and the Moscow Food Co-op, invite you to join us in building this exciting new model of small farmer empowerment!

Healthy Connections

Education + Specialty Clinics + Support Groups + Special Events

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

OCTOBER

Breast Cancer Support Group

October 10, 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.

Tenth Annual Pink Tea

Tuesday, October 11, 3 p.m.

Best Western University Inn

Join us for the 10th Annual Pink Tea. This event raises funds to provide mammograms for local women who otherwise cannot afford the screening. Please call 208-883-6233 for more information and to RSVP.

SAVE THE DATE!

Kickstart Into Wellness

Mondays, Wednesdays, Fridays, 10:45 a.m. to 11:45 a.m.

\$55/month

Regular exercise can help prevent chronic health conditions, promote weight loss, and improve general wellbeing. Learn easy exercise routines, stress management tips, nutrition information, recipe exchanges and more. At the Martin Wellness Center, 510 West Palouse River Drive, Moscow. New participants can begin at any time. For more information contact Shannon Smith at 208-883-9605.

Caregivers Support Group

Two meetings each month! Meet others and share info and resources

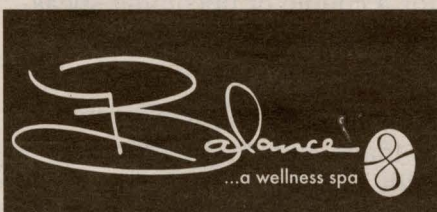
Call 208-883-6483 to learn more.

Gritman Cancer Resource Center

Open Monday to Friday, 10 a.m. to 4 p.m.

FREE

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



...finding your balance

Heather Alexander, LMP
heather@balancewellnessspa.com
208-596-8248

Laura Gessner, LMP
laura@balancewellnessspa.com
509-595-4225

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October Outreach, Marketing, and Membership Update

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

The harvest season is winding down and we have just a few more super-fun Preserve the Harvest workshops to prepare for winter. Does marinara sauce, plum chutney, and apple pie filling made from local produce sound good to you?? Workshops are on Saturdays at noon. For more information email outreach@moscowfood.coop, or get your tickets from a Co-op cashier. They're \$15 for the public and free for SNAP/WIC recipients and Co-op employees.

On Oct. 3 the Co-op is hosting a visiting group of professional food writers from all over the world who will be touring Northern Idaho courtesy of the Idaho Department of Agriculture. The kitchen is preparing to give the group of 20 a special lunch featuring local dishes, and our outreach team will give them a tour of the store. Thanks to Leah Clark of the State of Idaho for including us in this very special event.

The A Dime in Time recipient for October is the Humane Society of the Palouse. Our August recipient, Friends of the Clearwater, received \$550.80 as a result of your generosity. Thank you! We'll let you know next month how much Dinner in the Garden, our September recipient, received.

The A Dime in Time committee met in late September to decide the grant recipients for upcoming months. Watch for news about CROP Walk in November, My Own Home in December, and Backyard Harvest in January! Congrats to these organizations.

In September we partnered with Mackenzie Femreite of the University of Idaho's Extension

Nutrition program for a program called Shopping Matters. SNAP-eligible residents signed up for a tour of the Co-op led by Mackenzie and our own Jessica DeHart to help them learn how to make healthy and economical choices. Thanks to Kenzie for including the Co-op in her nutrition education programs - we hope to partner with her on Shopping Matters as often as there is interest.

On September 1, following the lead of our favorite co-ops nationwide, we launched our first ever Banana Club - allowing children age 10 and under to get a free apple, banana, or carrot whenever they come to the Co-op. Jessica has been distributing club cards as widely as she can in classrooms throughout the region, with the goal of helping every kid on the Palouse develop a healthy snacking habit to last a lifetime. The Club continues through October so if you haven't yet gotten your kids their club cards, stop in right away or get in touch with Jessica at demo@moscowfood.coop! We hope to be able to do the Banana Club again in the future.

September marks the 3rd anniversary of the Co-op's outreach and membership coordinator position, and the 1st anniversary of our product demonstration and education coordinator. In that time our co-op has become nationally-known - and locally legendary - for our fabulous mix of outreach and promotion activities both in and out of the store.

The days before we had A Dime in Time and Impulse Giving, Community Contributions, the Good Food Film Series and Book Club, Co-op Kids and Mamas and Papas,

Tasteful Thursdays, the Tuesday Growers Market, the Vendor Table program, and were able to sponsor Empty Bowls and blood drives, and to go to events like health and wellness fairs, Palousafest, and the Green Fair, seem like ancient history.

We're proud of creating campaigns like Bag It!, which resulted in city support for the reduction of plastic bag usage in our community and the elimination of plastic bags from our own checkout stands. And all this month you'll be enjoying an incredible array of fun and educational activities during our Festival of Fair Trade.

We're also proud of the growth in membership and in customer numbers that our co-op has experienced in spite of the economic downturn that has made it difficult for many retailers to survive.

We couldn't do it without a great crew of participating members, cooperation from every Co-op department, and support from the member-owners and customers who take part and support the Co-op enthusiastically. You can buy groceries anywhere but shopping at the Co-op actually makes life better for all of us here on the Palouse and around the world. Thanks to all of you for helping our store become so vibrant, nurturing, and fun.

At press time I am preparing for a couple of upcoming speaking engagements: a 400-level marketing class at Washington State University, the University of Idaho Nutrition Club (along with Mark Ostby, from the Co-op kitchen), and a panel on Helping Kids Make Healthy Food Choices at the annual Provender Alliance conference in Hood River. We love to share information about

the cooperative business model and about our co-op. If your group or club is interested in having a guest speaker from the Co-op, please get in touch with outreach@moscowfood.coop

Moscow is privileged to be the site of the Idaho Chapter of the American Planning Association's annual conference in October. This year's conference theme is "Plan vs. Food." Because of their interest in food issues, the Co-op is privileged to be included in their conference agenda. I will be addressing the group during their opening breakfast on Thursday, October 13, and we'll be hosting a tour and tasting at the Co-op during the conference for some of the conference participants. Several of our member-owners and friends will be presenting at the conference, too, on issues related to food and planning. Check out the conference info at <http://idahoapa.org/>

The Cookbook Committee has been working behind the scenes for over a year collecting and formatting recipes from our website, newsletter, and FACT (Farmer Advocacy Co-op Team) program. Soon we'll begin work on designing a new Co-op Cookbook - hopefully one that we'll be able to sell for the holiday season next year in order to benefit local food security efforts. It's not too late to contribute your own favorite recipes for our cookbook, that will feature lots of local specialties. If you'd like to submit content please contact cookbook@moscowfood.coop.

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Concert tickets available at the Prichard Art
Gallery in downtown Moscow, the door, or
on our website: auditoriumchambermusic.org



October at the Tuesday Growers Market

by Britt Heisel, Co-op volunteer market coordinator

Market Notes...

It seems hard to believe (especially since it is 90 degrees today as I write this), but the growing season is coming to a close. October 11 is the last day of the Tuesday Market this year. The fall harvest has been good to our growers. Come grab local produce, eggs, and ice cream while you can.

It's been a terrific season. Thank you for shopping the Tuesday Market and supporting your local farmer. See you next May!

What our growers will have during the month of October:

- ➔ **Backyard Harvest** - Providing \$5 Community Farm Shares to SNAP recipients.
- ➔ **Becky and Jack's Fresh Produce and Plant Starts** - Pears, apples, pumpkins, squash, beans, and herbs
- ➔ **Deep Roots Farm** - Tomatoes, peppers, zucchini, carrots, potatoes, kale, chard, salad mix, spinach, and beans.
- ➔ **Omake Farm** - Lamb orders, winter squash, kale, chard, spinach, salad, carrots, cherry tomatoes. We may also have some other crops depending on the weather and when frosts arrive.

➔ **Ravencroft Farm** - Lettuce, Asian greens, spinach, Malabar spinach, tomatoes, peppers, squash, arugula, and cucumbers.

➔ **Sexton Farm** - Duck and chicken eggs and blueberries

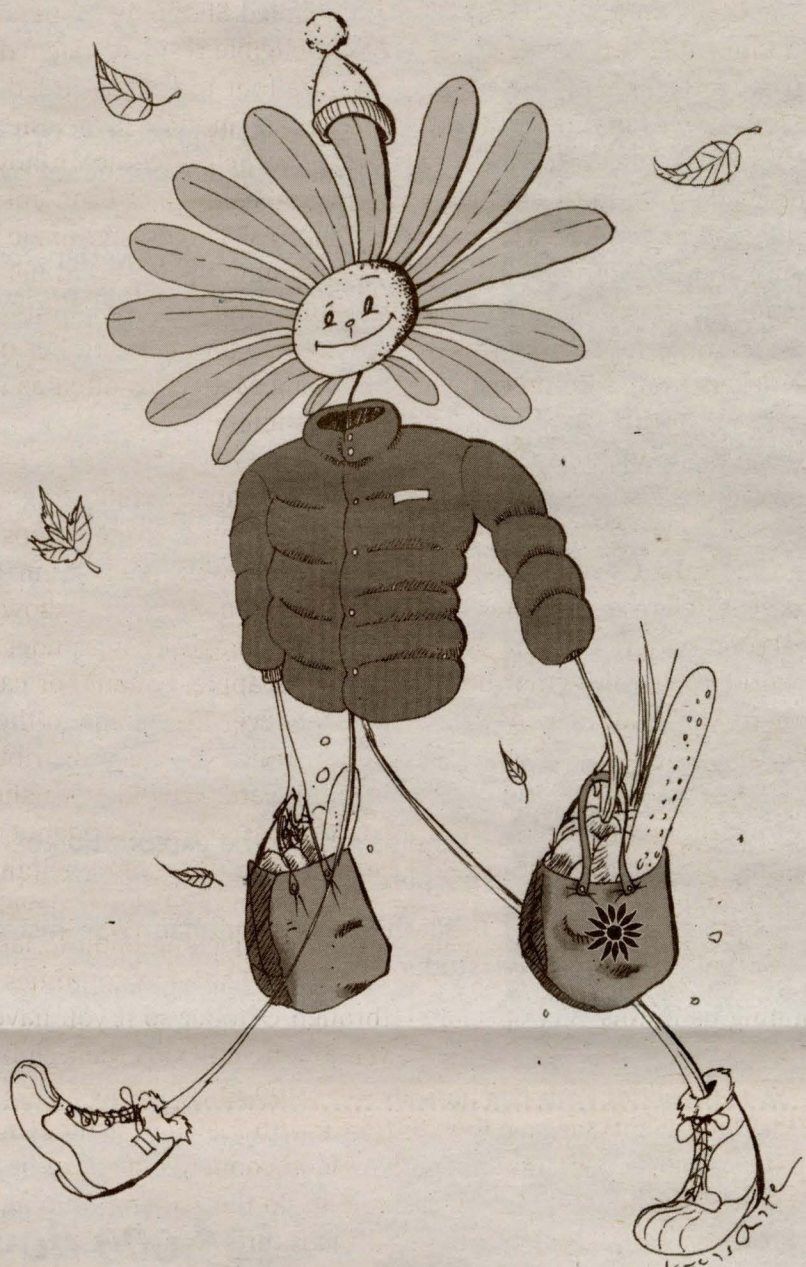
➔ **Sticky Fingers Farm** - Hummus (should have original plus one specialty flavor each week) plus dairy and dairy-free ice cream

➔ **Wilson-Banner Ranch** - Pear cider, O'Henry peaches, nectarines, Bartlett pears, Anjou pears, Comice pears, Red Bartletts, Concord pears, over 10 varieties of apples, raw honey, huckleberries, winter squash, peppers, tomatoes, sweet corn, cider, onions, alums.... Our Harvest Fair runs October 8-9 and 22-23 at Wilson-Banner Ranch from 10 a.m. - 4 p.m. Lots of local artists and vendors from the Palouse as well as the Lewiston-Clarkston Valley!

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

October 4: All Things Zucchini!



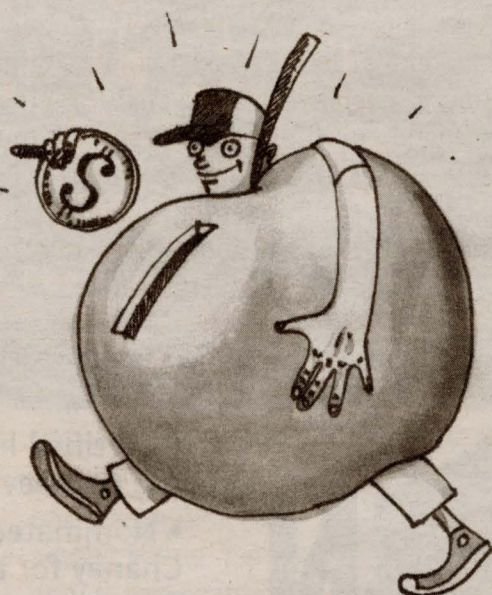
Price Shopper: We saved \$9.06

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

Fall is upon us and with that come some cooler and shorter days (sad), wonderful colors (ahhhh), and Halloween (BOO). Also coming is for our daughter, Zoe, to figure out what to be for Halloween and what to have to eat when she invites her friends over for a Halloween party.

She decided to make caramel popcorn balls and, with a little help, some pumpkin pie. Deciding was the easy part, but next it was time to do the fun part, check out the cupboards and put together the shopping list. We had the ingredients for the pie dough so all we needed were items for the filling and the popcorn balls.

Joe went to the Co-op while Amy and Zoe when to Rosauers



to compare. We saved a bundle at the Co-op shopping for these specialty October items. The savings of \$9.06 is going to go toward Zoe's costume once she decides what to be—and she'd better decide soon now that

ITEM	Co-op	Rosauers
Yellow popcorn, organic per lb	\$1.29	\$1.59
Wholesome Sweeteners dark brown sugar 24 oz.	\$4.76	\$6.29
Santini evaporated milk 12fl. Oz.	\$1.55	\$1.79
Simply Organic cinnamon 2.45 oz.	\$3.99	\$5.59
Simply Organic ginger 1.64 oz.	\$4.38	\$6.39
Hain sea salt 26 oz.	\$1.99	\$2.19
Farmers Market pumpkin pie mix canned 15 oz.	\$2.79	\$3.29
Organic Valley organic sweet cream salted butter 1lb	\$6.25	\$7.19
* Large white eggs	\$3.39	\$4.39
Organic Valley whipping cream pint	\$3.25	\$3.99
Total	\$33.64	\$42.70
Savings		\$9.06

*Comparable brands - Veg-a-fed Rosauers - Wilcox Co-op

we have all of our fixin's and Halloween is right around the corner!

Joe and Amy can't really see a downside to having Halloween all year long.

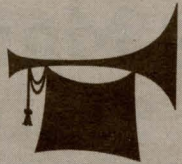
MOSCOW YOGA CENTER
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Fall Session begins Aug. 22nd.
Offering beginning, gentle, Levels 1, 2, 3 and 4, yoga for guys, and restorative yoga classes.

View our schedule on line at:
www.moscowyogacenter.com



CO-OPERATIONS



Co-op Shoppers Speak Out:

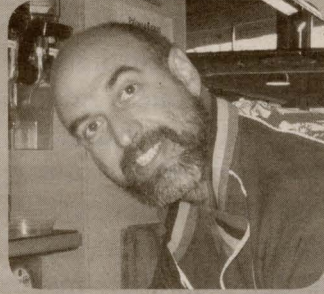
Asked by Ashley Fiedler on Sept 18, 2011

Q Why do you think purchasing Fair Trade products is important?



"Because the people protected by Fair Trade are not typically protected by other entities."

—Nancy McKee, Pullman, Washington State University anthropology professor



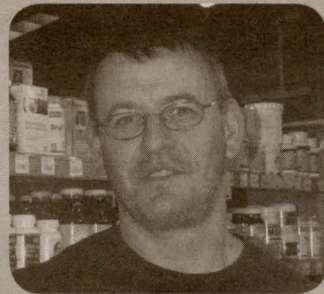
"It helps contribute to the local grower and to put more money into their hands. We need to recognize that we are all equal and deserve a fair share."

—Michael Young, Moscow, acupuncturist



"It feels morally better for me."

—Jessica Barnett, Pullman, WSU geology student



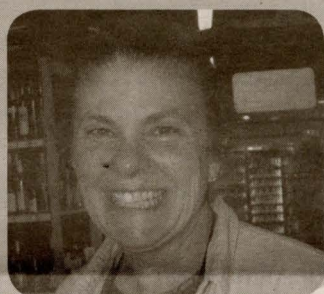
"It's nice to see entry level farmers getting back and getting a fair share."

—Brad Welter, Lewiston, Clearwater Paper employee



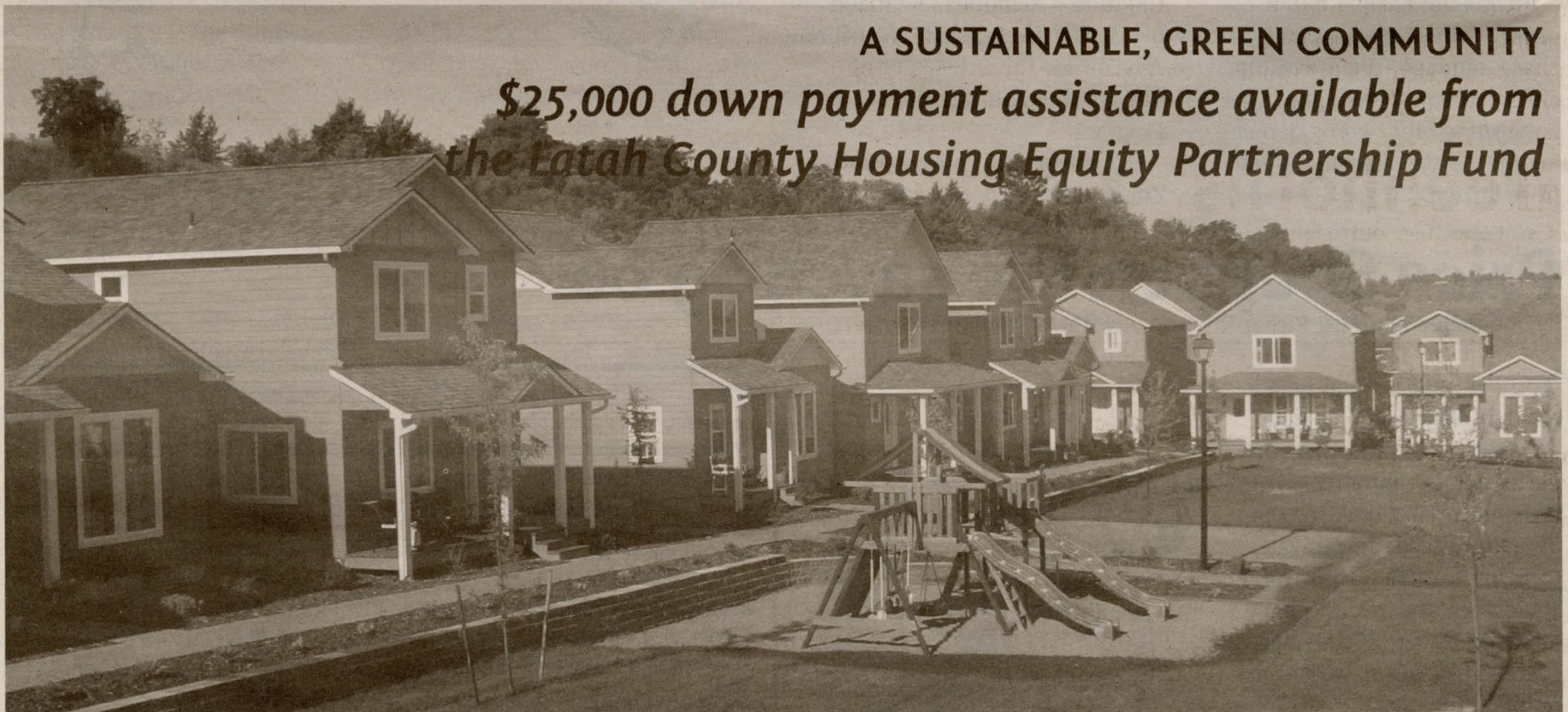
"It helps reduce the exploitation of people."

—Sarah Barnett, Pullman, WSU history student



"It gives people from other countries a venue for their products and to get a living wage."

—Anita Hornbeck, Pullman, landlord



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.

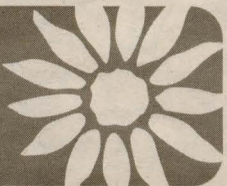


COMMUNITY HOME DEVELOPMENT

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



October Co-op Good Food Book Club: Will You Grow a \$64 Tomato?

by Rachel Caudill, Co-op Good Food Book Club volunteer coordinator

“There’s a fine line between gardening and madness.”
—Cliff Clavin in *Cheers*

So launches the wonderful memoir and October Co-op Good Food Book Club selection, *The \$64 Tomato: How One Man Nearly Lost His Sanity, Spent a Fortune, and Endured an Existential Crisis in the Quest for the Perfect Garden*, by William Alexander. The Book Club will meet Sunday, October 30, from 7 - 8:30 p.m. at a member’s private residence to discuss *The \$64 Tomato* and share a tasty dessert. Email bookclub@moscowfood.coop for more information and directions.

And launch it does...right into a rollicking and hilarious jaunt across one man’s pursuit of the perfect kitchen garden. Straightaway, Alexander relates his dismay upon discovering that his two teenage children see his gardening zeal, as shall we say, unusual. He asks his son if they have a “normal family.” To

which the son rolls his eyes in exasperation, saying, “You just came in from the garden. In freakin’ December.”

With a couple of acres of land, Alexander has the mixed-blessing joy of space. Along with the vegetable and herb garden, he plants a small orchard, and brings in “Big Machinery.” All while fending off hoards of deer (somewhat successful), reclaiming a nearly derelict home fondly referred to as The Big Brown House (successful-ish), and attempting to live out his values and use all organic growing protocols (not so successful; there are apples involved after all).

And he cooks. Oh boy, does he cook. Even his teenagers agree on that.

If you yearn for armchair gardening at its best, or for inspiring storytelling that’ll get you into the dirt, this book will launch you into your waiting garden. Or, perhaps, into your kitchen with Alexander’s garden-inspired recipes.

Alexander, has been gardening and small-scale farming for over twenty-five years, and has published related pieces in the New

York Times op-ed page. He lives with his wife and their two children in New York’s Hudson Valley. You can find out more at: www.64dollartomato.com.

The \$64 Tomato 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 Book People of Moscow where Book Club members receive a discount.

Please join us for dessert and discussion of *The \$64 Tomato*, Sunday, October 30, from 7 - 8:30 p.m. We’ll also discuss future book selections and potluck possibilities for future gatherings. Remember to email bookclub@moscowfood.coop for the meeting location and directions and/or to receive email reminders about the Good Food Book Club.

For more information about the Good Food Book Club, check

“GARDENING AS EXTREME SPORT.”
—The New York Times Book Review
“BOTH AN INSPIRATION AND A CAUTIONARY TALE.”
—Life magazine

The \$64 Tomato



How One Man Nearly Lost His Sanity, Spent a Fortune, and Endured an Existential Crisis in the Quest for the Perfect Garden

William Alexander

out the outreach section of the Co-op website at www.moscowfood.coop.

Rachel is very pleased to be the new Good Food Book Club coordinator, and she’s thrilled that at this very moment it is (hallelujah!) raining for the first time all summer. Right into her new kitchen garden...

Greenhorns – Co-op Good Film November 2

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

The Greenhorns, a national grassroots nonprofit organization of young farmers, will premiere their much-anticipated documentary film, *The Greenhorns*, all over the Northwest this fall, from small town independent theatres to college campuses. Join director Severine von Tscharner Fleming at our own Good Food Film Series Greenhorns screening at 7:30 pm on Wednesday, November 2, at the Kenworthy Theatre, 508 S. Main in Moscow. Tickets (\$6 general, \$4 Co-op members and all university students and local farmers) will be available at the Kenworthy starting at 7 p.m. Light refreshments will be served in the theatre lobby.

The Greenhorns documents the decisive reemergence on our national landscape of a key cultural and economic force, the young American farmer. These

new men and women in agriculture operate and thrive despite a longstanding trend of farmer attrition and aging, and the continued rapid loss of farmland to development. The average age of a farmer in America is 57, and USDA subsidies to huge agribusinesses dominate farm bill spending. But many communities are experiencing a resurgence of activity among young, new, and aspiring farmers.

The Greenhorns shows how a new generation of young agrarians who farm with their brains as well as their bodies are exerting a promising and necessary impact against these crises. These greenhorns are work-

ing to reverse negative trends in favor of healthy food, local and regional foodsheds, and the revitalization of rural economies, one farm at a time. Official mandates calling for the increase and

successful resettlement of young farmers stir hope while farmland remains abundant, if difficult to access for most new entrants.

A FILM ABOUT YOUNG FARMERS IN AMERICA

THE GREENHORNS NORTHWEST TOUR 2011

www.thegreenhorns.net | www.farmrun.com

MON	OCT 24	SEATTLE WA	6:30 PM	at the NW FILM FORUM presented by Central Group
TUE	OCT 25	BELLINGHAM WA	7 PM	at the PICKFORD CINEMA
WED	OCT 26	SEATTLE WA	7 PM	at the GOOD SHEPHERD CENTER presented by GoodLife Films
THUR	OCT 27	PORT ORCHARD WA	6:30 PM	at the DRAGONFLY THEATRE
FRI	OCT 29	MOUNT VERNON WA	7 PM	at WSU
SAT	OCT 30	VASHON WA	4:30 PM	at the VASHON THEATRE
SUN	NOV 2	MOSCOW ID	7:30 PM	at the KENWORTHY THEATRE
MON	NOV 3	PULLMAN WA		at WSU
TUE	NOV 4	WALLA WALLA WA		at WHITMAN COLLEGE
WED	NOV 12	YAKIMA WA		at the YAKIMA CONVENTION CENTER as part of the 20th Anniversary



Staff Profile: Kyle Parkins

by Amy Newsome, Co-op newsletter volunteer writer

I am under the impression that Kyle Parkins is a reliable guy. First of all, he was recruited for his current position as a meat cutter four years ago based on the reputation of his work at the former Tidyman's grocery store. Also, his landlord relied on him for the maintenance of his numerous properties.

My third submission supporting Kyle's reliability is the fact that he showed up to our interview fifteen minutes early, which I believe is unprecedented in the three years of my writing these articles.

The oldest of four children, Kyle was born and raised in Moscow. He discovered a love of fishing at a young age. Some of his most memorable fishing trips were with his grandpa at Lower Granite Dam and with his dad at Spring Valley Reservoir and the Dworshak Dam area.

Kyle also has fond memories of playing Warhammer, a tabletop game played with miniatures; and Magic: The Gathering, a card trading game, with his friends. When he was a freshman in high school, his grandmother gave him the book, *Talking to Dragons*, the first



“Kyle enjoys having co-workers and friends over for barbecues. Recently he had great success with a new recipe: brined pork riblets, marinated in Frank's RedHot sauce, soy sauce, sugar, and salt. If you need any reliable barbecuing advice, I would bet that Kyle would be a great guy to ask.”

book he willingly read in its entirety. Thanks to that book, he laughs, “My parents went from always saying ‘You need to read!’ to ‘Put that book down!’”

His love of reading fantasy has carried into adulthood with such books as Piers Anthony's *Xanth* series; Margaret Weis and Tracy Hickman's *Dragonlance*

series, which are integrated with the *Dungeons and Dragons* game; and Robert Jordan's *Wheel of Time* series, which Kyle unabashedly states, “has much better writing than Tolkien's *Lord of the Rings*.”

At age 16, Kyle began working at Tidyman's grocery store in Moscow, starting as a courtesy

clerk and working his way up to a front-end manager within five years. When Moscow's Tidyman's closed down, he was one of only ten employees the owners kept on and transferred to their Dissmore's Store in Pullman, and later to their County Market in Helena, Montana. With eleven years working in grocery stores, Kyle sees a future for himself there; his plan is to become a General Manager of a grocery store someday.

But for now, Kyle is enjoying working in the fun-loving meat department along with Brennus, whom he worked with at Tidyman's; Aubrey; and most recently, Brian, who came over from the kitchen to help support this department which has seen an increase in sales by 20 percent in the last year and a

half. Kyle enjoys having co-workers and friends over for barbecues. Recently he had great success with a new recipe: brined pork riblets, marinated in Frank's RedHot sauce, soy sauce, sugar, and salt. If you need any reliable barbecuing advice, I would bet that Kyle would be a great guy to ask.

Although Amy Newsome has been a vegetarian for decades she thinks Kyle's marinade sounds delicious; perhaps she'll try it on some tofu and veggies.

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Co-op Volunteer Interview: Richard Elgar

by Terri Schmidt, Co-op newsletter volunteer writer

Richard Elgar began volunteering for the Co-op five or six years ago, putting together the informational back page of the Co-op newsletter. He has a background in communications, having worked as communications officer for local government, and as a sports writer for the *Camden New Journal* newspaper in London. He ends each newsletter back page with the Vigil for Peace, which he sees as the anchor for the page – both as the final entry and as the representation of a harmonious community. Richard says of our newsletter editor, “I love working for Bill—Bill’s an awesome dude.”

An engaging personality, Richard loves everything the Co-op stands for, and finds it a great community gathering place, saying jokingly, “You can’t get out of there, as you see everyone you know!” He does have one pet peeve with the Co-op though. He dislikes the “bunch of luxury stuff sitting in the middle” of the aisles. “How ‘buy local’ is that, even if it is fair trade?” he remarked. “I’m not working for a gift shop.” He’d prefer that amount of space be given to offering the larger variety of bulk and other items the Co-op used to carry.

As the assistant director of the Thomas S. Foley Institute for Public Policy and Public Service at Washington State University, Richard runs the intern program for political science and criminal justice and provides logistic support for symposiums and public affairs events, among other



Richard, who hails from England, met his wife Melissa in Peru, where she was doing Ph.D. research and he was working for the South American Explorers Club. The couple moved from Peru to Cambridge, to London, to Berkeley, and then to Pullman.

duties. He is also working on his Ph.D. in Political Science.

Richard, who hails from

England, met his wife Melissa in Peru, where she was doing Ph.D. research and he was working for the South American Explorers Club, which provided informa-

tion to South American travelers, explorers, and adventurers. The couple moved from Peru to Cambridge, to London, to Berkeley, and then to Pullman. Richard said he has lived in some odd places including Lima, a Greek island, Spain, and Northern Ireland. “But,” he said, “the strangest place I have ever lived is the Palouse,” with its pocket of strong conservatives tucked into a generally liberal-leaning population.

When I asked him how long he might stay on the Palouse, Richard answered, “How long is a piece of string?” He finds enough to do here and likes being settled in a community. He is adaptable and tends to “like living where I’m living.”

In his free time Richard plays badminton and hopes to play in the upcoming Lilac City Badminton tournament in Spokane. He also enjoys going to the pub, buying local beers, and supporting the greatest football team in the world: Arsenal. He describes the game of football as “22 millionaires destroying a nice lawn,” but enjoys long-distance support of his old home team, as well as going to support the slightly more local Seattle Sounders.

Richard didn’t tell me this, but he’s a great dad. My favorite 17-second YouTube video is one of many Richard made of his son on a sled, called “Lysander goes for a drag.” Check it out—it will make you smile.

Terri is looking forward to seeing the Palouse decorated in beautiful fall colors.

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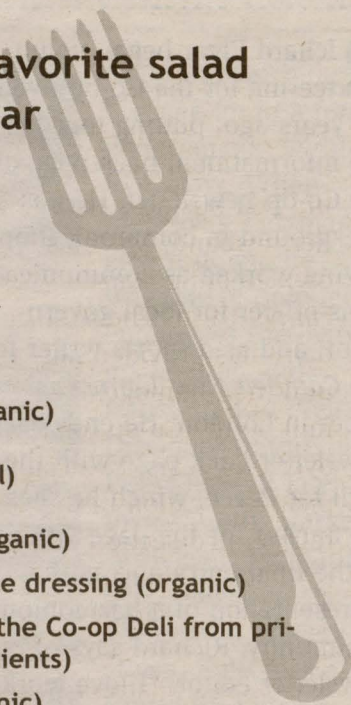
My Choice

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

Her choice:

- mixed greens (organic)
- spinach (organic)
- corn (organic)
- grated carrots (organic)
- peas (organic)
- artichoke hearts

- sunflower seeds (organic)
- red onions (organic)
- garbanzo beans (local)
- feta cheese
- dried cranberries (organic)
- raspberry vinegarettte dressing (organic)
- fruit salad (made by the Co-op Deli from primarily organic ingredients)
- cottage cheese (organic)



WHAT IS YOUR CHOICE?

Co-op Wellness Weekend Sale

25% OFF

Yes, 25% off on all mercantile items,
 yes, 25% off on all health and beauty aids,
 yes, 25% off on all supplements,
 yes, 25% off on all personal care items.

25% OFF - Friday, October 14, through Sunday, October 16.

EVERYONE gets a 25% discount, including members, non-members, Co-op staff, and Co-op volunteers!

MOSCOW FOOD CO-OP 



Local Producer: Spokane's Family Farm

by Johna Boulafentis, Co-op newsletter volunteer writer

“We keep it simple,” says Trish Viera when describing her way of life and business with her husband, Mike, as owners of Spokane's Family Farm. Their dairy has provided natural, non-homogenized milk to the Co-op for over two years. You can pick up a gallon in the refrigerated section at the back of the store.

Spokane's Family Farm started in 2008. Although a relatively young business, Trish and Mike are not new to farming. Both are third generation farmers; Trish's background is in cattle and Mike's in dairy. While living near Walla-Walla, the couple began searching for a community that would support their dream of a small dairy; they chose Spokane. About 13 miles west of the city, they purchased a 100-year-old farm that hadn't been operated since 1962. After buying a Holstein herd and upgrading the barn with modern milking equipment, they were ready for their first bottling in April, 2009.

Spokane's Family Farm is made up of 37 milking cows, which when added to their eight children makes a huge Viera family. When introducing me to a two-year-old cow named Sanchez, Trish named features one seeks in a healthy milking cow, including the size and shape of the belly and a weight between 1,800 to 2,000 pounds. As healthy cows can live between 9 and 12 years, combining a low-stress environment and supplying a diet with minimal corn, no soy beans and rich with vitamins, calcium, magnesium, and phosphorus is critical. Trish said they want their cows, like athletes, “to have optimum performance.” With one of the “girls” producing 16 gallons a day, I think the Vieras understand their cows.

Each day starts around 4:30 a.m. with the first feeding and milking, which repeats again 12 hours later. Within 72 hours,



“Spokane's Family Farm started in 2008. Although a relatively young business, Trish and Mike are not new to farming... Spokane's Family Farm is made up of 37 milking cows, which when added to their eight children makes a huge Viera family.”

the milk goes from cow to store. Walking through the small barn, the steps are easy to follow—milk the cows, send milk about 15 feet to a tank then another 10 feet to the pasteurizer and then a few feet to the bottling machine and finally load jugs into the distribution truck. Nothing is added to the milk—no hormones or antibiotics—and it is minimally pasteurized and non-homogenized. Heating the milk to 145 degrees kills any potentially harmful pathogens, but leaves all the natural enzymes, which is great if you want to make cheese or yogurt. You can see the cream at the top of their bottles. Mainstream commercial milk is pasteurized and then homogenized, which, simply put, is a process that changes the milk and results in a product that has no cream layer. When older farmers visit Spokane's Family Farm, the couple typically hears, “This is how we used to do it.”

Trish said one of their goals is “getting people to understand their passion--knowing where food comes from.” Through offering tours of the farm (at the

end you get homemade cookies and milk) and teaching classes on cheese and yogurt making, they share what they love. Also, through selling milk at the farm, they've formed friendships with members of their seven milk co-ops. Hearing from parents who switched to Spokane's Family Farm milk and now their children no longer struggle with health issues like lactose intoler-

ance keeps Trish and Mike going.

The challenges that the couple faces are sobering. Today, trying to stay afloat as a small family dairy is nearly impossible. In the milk industry, homogenized and heavily-processed milk coming from “mega-dairies” is the norm. Being held to the same regulations designed for huge operations shows how committed the couple is to continuing their passion. Although their milk is regularly tested and the quality exceeds the norm, the regulations continue to cause them to purchase additional costly equipment.

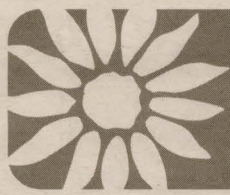
Keeping it simple shouldn't be such a struggle. As our Co-op is the top seller of Spokane's Family Farm's milk, I think we understand their passion. Let's help them continue to keep milk simple.

At the farm, Johna joined a group of elementary students on a tour. After gulping a cup of milk, one boy said “I can feel my brain growing.” Johna nodded her head in agreement.

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Obituary: Ed Clark

by Bill London, Co-op newsletter editor

About 1990, Ed Clark blew into Moscow with his wife, Kim Bouchard (who had just enrolled at the UI) and two kids, Bida and Paco. The verb "blew" is appropriate since Ed operated at a whirlwind pace and managed to be everywhere all the time.

The Co-op was located on Third Street at Almon, the former Kentucky Fried Chicken building. The first floor was filled with Co-op sales and the upstairs was empty. Then Ed arrived and quickly convinced the Co-op to let him start a bakery up there.

Ed collected the necessary appliances, stoves, and extras – and soon he was turning out great bread and rolls. Our great Co-op bakery has merely continued the tradition he began. Next, he helped expand the bakery into a deli as well, and brought in the great Deli Queen, Annie Hubble (who now works at the Co-op as the front end manager).

Soon it seemed that there wasn't a single community cause that Ed hadn't joined, led, helped, or organized. He co-founded a progressive Thanksgiving meal. He was the Moscow Renaissance Fair

vice president. He organized Moscow's Earth Day celebration. He played an important role at the Unitarian Church, and of course, the Co-op.

Ed was incredibly warm, kind, friendly and generous. When he said, "Mi casa es su casa," that is what he meant.

In about 1998, Kim graduated and got a job at the State University of New York at Potsdam. So the family gave away their furniture and stuff, had a huge party, and left Moscow.

On September 25, Ed died of pancreatic cancer. He died at

home, at peace.

Kim invites Ed's friends to send memories of Ed and other messages to the family to bouchaka@potSDam.edu.

Kim also requested that, in lieu of flowers, memorial gifts be sent in Ed's name (Edwin R. Clark II) to Unitarian Universalist Church of Canton, NY, or the SUNY Potsdam College Foundation (designate the Art Department or Modern Languages Department; or the St. Lawrence County Arts Council).

Take A Healthy Walk for Our Communities and Our World

by Nancy Mack, 2011 Pullman-Moscow CROP Hunger Walk chair

Moscow Co-op customers may wish to consider a healthy walk to help others on Sunday, October 9. The Pullman-Moscow 10K CROP Hunger Walk is a great way to introduce youth and friends to an annual community effort that raises funds for Church World Service's hunger and poverty programs here and abroad.

The Pullman and Moscow area churches have organized a CROP Walk for 28 years. This year's should be bigger and better than ever, because we have over 20 faith communities involved, and

there is a more pronounced need for funding our local food banks. You see, CWS returns 25% of the money raised. The amount is divided between Pullman and Moscow food banks, proportionate to the number of walkers from each city. The walkers gather for registration at 1:30 p.m. at Pullman's Chipman Trailhead in the parking lot on Bishop Boulevard in Pullman. After a blessing, we start at 2:00 p.m. and follow Pullman's trails out to Terre View via downtown Pullman and return. Doing half the route or "walking in spirit"

are options. Learn more at www.cropwalkonline.org.

Last year, our Pullman-Moscow CROP Hunger Walk raised approximately \$18,000. This year's goal is \$19,000. Your efforts count! Sign up as a walker or sponsor a walker by going on-line or visit a local church to

obtain a donation envelope. All donations must be turned in the day of the walk. For more information, envelopes or posters, call Nancy Mack, Chair, at 509-332-6252. Join us on October 9, or sign up on-line now at www.cropwalkonline.org.



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The Debt	Oct. 6-9
Classic Film Festival Presents: The African Queen	Oct. 10
The Co-op Food Film Festival Presents: Dark Side of Chocolate	Oct. 11
French Film Festival Presents: Potiche	Oct. 12
TBA	Oct. 13-16
Classic Film Festival Presents: Invasion of the Body Snatchers	Oct. 17
The Co-op Food Film Festival Presents: The Price of Sugar	Oct. 18
French Film Festival Presents: A Screaming Man	Oct. 19
Sarah's Key	Oct. 20-23
Classic Film Festival Presents: House of Dracula	Oct. 24
The Co-op Food Film Festival Presents: TBA	Oct. 25
French Film Festival Presents: Queen to Play	Oct. 26
Classic Film Festival Presents: Psycho	Oct. 31

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Omnivoria

by Ivy Dickinson, Co-op newsletter volunteer writer



Lately the Palouse has started to feel like fall. The mornings are getting darker, and the nights becoming cooler (I finally broke down and turned my heater on the other night.) I now have a stockpile of preserved summer foods to take me through the winter, and last weekend I spent my Saturday perusing our county fair and admiring all the preserved and prepared goods made by other residents of our industrious little community.

Most years about this time, I naturally gravitate towards warmer and heartier soups and stews that feature those few final highlights of the Farmers Market. This year, however, summer came so late I found I actually needed a little nudge to transition my food fare towards

the new fall season. The nudge came when Brennus, the Co-op meat department manager, suggested I feature a boneless chuck pot roast from Country Natural Beef in my newsletter article. Since my thoughts were so far from fall, this suggestion struck me as an unusually good idea.

As it happens, one of my favorite roasts is the chuck roast; it has wonderful marbling throughout the meat, and when given an ample amount of time to cook, chuck roast winds up being tender and melt-in-your-mouth delicious.

To understand the importance of adequate cooking time, you must understand that these tougher pieces of meat have lots of tough connective tissue that will only soften when

Slow Cooker Boneless Chuck Roast with Tomatoes

- ✓ 2-pound boneless chuck pot roast
- ✓ 2 cups pearl onions
- ✓ 1/2 pound sliced crimini mushrooms
- ✓ 1 cup beef broth or French onion soup
- ✓ 1 teaspoon Worcestershire sauce
- ✓ 2 tablespoons ketchup
- ✓ 1 can fire roasted diced tomatoes
- ✓ 1 tablespoon olive oil
- ✓ Salt and pepper

Rub the roast all over with the salt and pepper. Heat the olive oil in a large skillet over medium-high heat, then sear the roast on all sides - about 2-3 minutes per side. Transfer the roast to the crockpot.

In the same skillet, sauté the pearl onions and mushrooms over medium heat until the onions are lightly browned. Add the broth or soup, ketchup, Worcestershire sauce, and diced tomatoes and bring to a boil. Pour over the roast in the slow cooker. Cook on high for one hour, then turn to low and continue cooking for 7-8 hours.

cooked at a lower temperature for a long period of time. You can't rush a pot roast; you'll be disappointed with the result if you try. But if you reach deep down into your soul and find your patience—or in my case the desire to do minimal meal preparation in the morning, go off to work, then come home to a wonderfully aromatic and fully cooked meal – I am sure you won't be disappointed.

The recipe I came up with focuses heavily on the meat. If I were home, I would have added vegetables to the pot about midway through the cooking

process. Since I needed to walk away from the pot for ten hours, I tossed some cubed potatoes, turnips, and carrots with olive oil, salt, and pepper when I came home, then roasted them in the oven and served my roast and broth over the top.

Ivy thinks the next best thing to coming home to a slow cooker dinner is enjoying the leftovers for lunch the next day. If you have any questions or comments about slow cooking a boneless chuck roast, please send them to ivyrose7@hotmail.com.

New Human Rights Coalition for the Northwest Region

by Kristin Carlson, coordinator for the Northwest Coalition for Human Rights

Moscow-based human rights groups are working to build a new regional coalition to connect human rights advocates throughout the Northwest. The group—called the Northwest Coalition for Human Rights (NWCHR)—will host an open lunch meeting on Saturday, November 5, at the University of Idaho. Community members from throughout our region are invited to provide input and learn about NWCHR as we work to develop a mission statement and action plan at this meeting.

Overall, the new Coalition seeks to connect individuals and groups who are engaged in

meaningful activities that generate community change. We consider the scope of human rights activity to be broad, including the basic tenets of freedom of speech and belief, and freedom from fear and want.

“Doing human rights” might include working for equitable access to a healthy environment, personal safety, affordable housing, potable water, education, and medical care, as well as standing against bias incidents and hate crimes.

Most importantly, we want NWCHR to reinforce that we don't walk alone on the path of human rights awareness and

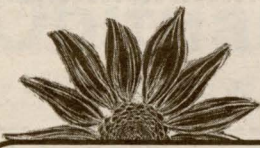
advocacy. The benefits and abilities of NWCHR will evolve as community members like you participate and help guide our Coalition.

The Coalition strives to build diverse membership from throughout Idaho and eastern Washington, and from throughout the Northwest. We seek input and membership from students, educators, human rights workers, community leaders and members, law enforcement and government officials, non-profits, educational institutions, service providers, and other such organizations.

A complimentary lunch will be

provided. The first hour of the meeting will include discussion of Finding the Center, the human rights conference we held last April.

Join us from 11 a.m. - 3 p.m. on Saturday, November 5, in the UI Student Union Building, 709 Deakin Avenue in Moscow. Email kristinc@uidaho.edu to RSVP. Further details can be found on our website: www.nwchr.wordpress.com



Letter to the Editor

Responsibilities of an Aspiring Post-petroleum Citizenry

It would be nice if this month's Green Transportation column were a laundry list of simple things you can do to reduce the environmental impact of getting around: bike, walk, carpool, etc. But none of these healthy practices matter in the long run, if Exxon-Mobile and its Canadian subsidiary Imperial Oil are allowed to imperil the planet with their climate-killing mining practices. The massive Kearsarge Tar Sands project (250 square miles mined so far, with a possible scope of 54,000 square miles), poses threats to the environment on a geological scale. In a climate-bashing triple-whammy, this environmental obscenity wastes natural gas to fluidize a nasty carcinogenic precursor, scrapes off the boreal forest and nullifies its capacity for absorbing CO2, and would ship the end-product to China where it will be subject to fewer regulations when it's burned. Leaking tailings ponds are fouling the Athabasca River, causing deformed fish and ruining livelihoods. Rare cancers are inflicting whole families of people who live near the tar sands.

Earlier this year, Big Oil had its slimy tentacles stretched toward the scenic Clearwater and Lochsa Rivers. Now the loads, which were earlier deemed to be "impossible to reduce in size," have been sliced lengthwise to fit under freeway overpasses, and these stubby behemoths have the green light from the Idaho Department of Imperial Oil Transportation (I.D.I.O.T.) to pound Highway 95 on their way north to the ecological freak show.

The night of Aug. 25, six brave Moscow citizens were arrested and hundreds more protested the passage of a half-height Exxon-Mobile megaload. Since then, a handful of additional loads bound for Alberta have been met by robust gatherings of resisters. At least 60 more stubby megaloads are idling in Lewiston while B.O. and I.D.I.O.T. rework their travel plan to try

to minimize opportunities for free speech, much of which has been expressed within blocks of our food co-op.

Biking and walking are small contributions made by individuals. Massive social change to prevent dire environmental consequences, on the other hand, requires a lot of people acting together to affect policy. Come downtown and participate in peaceful demonstrations against megaload madness. Reject Moscow's participation in genocide and climate change.

Thanks to the members of Wild Idaho Rising Tide for their hard work. Friend them on Facebook to keep abreast of tar sands resistance work.

Jeanne regrets the editor's decision not to publish her views as a column in the Co-op newsletter because of their political tone.

—Jeanne McHale, Moscow



Idaho State Police face megaload resisters occupying the cross-walk at 3rd and Main on the night of Aug. 25 and the morning of Aug. 26.

UI Department of Theatre Arts Announces Fall Season for the Community

by Alexiss Turner, UI Department of Theatre Arts marketing director

Art, drama, betrayal, and a splash of comedy—this semester the University of Idaho Department of Theatre Arts is catering to all the tastes of the Palouse.

The season begins with *Adoration of Dora*, written by third-year Master in Fine Arts candidate Lauren Simon. Take a ride through the chaotic world of art and creativity in the life of surrealist photographer and one of Pablo Picasso's many lovers, Dora Maar.

Already a success when she met Picasso in 1936, Maar's days in the limelight were numbered as she attempted to balance two roles: individual artist and muse to one of the most widely known and successful painters of the 20th century. The production is intended for mature audiences.

The show plays at 7:30 p.m. October 6-8 and at 2 p.m. on

October 9 at the UI Hartung Theater.

Welcome the changing seasons right with a Shakespearean romance, *A Winter's Tale*. The second production of the semester, this play tells the story of Leontes, King of Sicilia, a man whose unbridled jealousy threatens to destroy his family. After sending his wife to prison on charges of adultery, he orders his newborn daughter abandoned. Thanks to the kind hand of a shepherd, the young royal, Perdita, survives. An unforeseen marriage will reveal Perdita's heritage and send her face-to-face with her long-lost father.

This show plays 7:30 p.m. November 3-5 and 10-12 and at 2 p.m. November 6 and 13 in the UI Hartung Theater.

General admission is \$10. Admission is free for UI students and tickets are \$8 for UI faculty



Cady Ann Smola (*Dora*) holds a knife toward Kristin Glaeser (*Marie Therese*) in a scene from *Adoration of Dora*, the first production presented by the University of Idaho Department of Theatre Arts. The show opens Sept. 29.

and staff and Washington State University students. Tickets can be purchased at the UI Ticket Office in the Kibbie Dome or by

calling (208) 885-7212. For more information, visit www.uitheatre.com or call (208) 885-6465.



At the Moscow Food Co-op annual membership meeting, September 25, 2011

photos by George Bedirian





New at the Library

by Chris Sokol, Latah County Library District adult services librarian

“People who write fiction, if they had not taken it up, might have become very successful liars.”

—Ernest Hemingway (1899-1961)

FICTION

One Soul by Ray Fawkes. In this graphic novel, eighteen panels laid out on double-page spreads simultaneously portray parallel events in the lives of eighteen people, with the end effect of one non-linear story.

Shaken and Stirred by Joan Opyr. Moscow’s diva of the absurdist family saga is back, this time set in North Carolina.

Stealing Mona Lisa by Carson Morton. A historical mystery based on an actual theft in 1911.

NONFICTION

The Authentic Animal: Inside the Odd and Obsessive World of Taxidermy by Dave Madden. The history, biology, and philosophy behind making dead animals look alive.

The Chicken Chronicles: Sitting with the Angels Who Have Returned with My Memories: Glorious, Rufus, Gertrude Stein, Splendor, Hortensia, Agnes of God, the Gladyses, & Babe: A Memoir by Alice Walker. How the renowned writer’s “girls” became a source of inspiration, strength, and spiritual discovery.

Don’t Kill the Birthday Girl: Tales from an Allergic Life by Sandra Beasley. A darkly funny tale of how a highly allergic girl navigated a world fraught with potential dangers to become a happy, productive adult.

The Evolution of Faith: How God is Creating a Better Christianity by Philip Gulley. A Quaker pastor invites readers to put aside slavish obedience to outmoded tenets and discover a vital and believable Christianity.

Grow Your Own Drugs: Easy Recipes for Natural Remedies and Beauty Fixes by James Wong. An ethnobotanist shows how easy and inexpensive it is to make your own remedies.

Iceland (Insight Guides). Evocative photos, maps, prac-

tical travel information, and in-depth cultural and historical information for exploring “Ultima Thule.”

Life After the Military: a Handbook for Transitioning Veterans by Janelle Hill, Cheryl Lawhorne, and Don Philpott. Practical help for finding employment, going back to school, managing finances, and locating special benefits.

Locavesting: the Revolution in Local Investing and How to Profit From It by Amy Cortese. How small local businesses can take back their financial destinies from Wall Street.

Pirate Hunter of the Caribbean: the Adventurous Life of Captain Woodes Rogers by David Cordingly. Eighteenth-century sea captain, privateer, and colonial governor Woodes Rogers fought the real pirates of the Caribbean.

The Practical Pyromaniac by William Gurstelle. The author of Backyard Ballistics provides instructions for building fire tornadoes, one-candlepower engines, great balls of fire, and more incendiary devices.

Precious Objects: a Story of Diamonds, Family, and a Way of Life by Alicia Oltuski. A descendant of New York City diamond dealers reveals secrets and idiosyncrasies of the diamond industry and its characters.

Resolving Conflicts at Work: Ten Strategies for Everyone on the Job by Kenneth Cloke and Joan Goldsmith. Turning inevitable disputes and divisions into opportunities for creativity, productivity, enhanced morale, and personal growth.

Ridiculously Simple Furniture Projects by Spike Carlsen. Terrific-looking furniture anyone can build.

Water-Efficient Landscaping in the Intermountain West: A Professional and Do-It-Yourself Guide edited by Heidi A. Kratsch. Complete technical information for designing, building, and maintaining systems.

FOOD AND DRINK

The Art and Craft of Coffee by Kevin Sinnott. Selecting, roasting, and brewing good coffee.

Essential Wines and Wineries of the Pacific Northwest by Cole Danehower; photography



by Andrea Johnson. A colorful cellar-by-cellar guide to the wine cultures of Washington, Oregon, Idaho, and British Columbia.

Exploring Wine by Steven Kolpan, Brian H. Smith, and Michael A. Weiss. Leading wine experts from the Culinary Institute of America demystify the world of wine in this big fat illustrated tome.

For Cod and Country by Barton Seaver. A seasonal guide for preparing seafood that hasn’t been overfished or caught in an environmentally destructive way.

The Home Winemaker’s Companion by Gene Spaziani. Recipes, secrets, and techniques for making 115 wines.

Jeni’s Splendid Ice Creams at Home by Jeni Britton Bauer. Foolproof techniques and “insanely good pairings” of flavors, such as Salty Caramel and Sweet Corn & Black Raspberry.

On a Stick: 80 Party-Perfect Recipes by Matt Armendariz. Skip the silverware with this creative array of party food, street-cart food, junk food, and more.

Peter Reinhart’s Whole Grain Breads: New Techniques, Extraordinary Flavor by Peter Reinhart. Ground-breaking methods for making whole grain breads with superior taste and texture.

Popcorn by Patrick Evans-Hylton. Sweet, spicy, savory, delicious ways to dress up this humble grain.

Sugarsnaps and Strawberries: Simple Solutions for Creating Your Own Small-Space Edible Garden by Andrea Bellamy. No yard? No problem!

Tomatoland: How Modern Industrial Agriculture Destroyed

Our Most Alluring Fruit by Barry Estabrook. What agribusiness does when consumers forsake taste and thought at the grocery store.

DVD

The Bang Bang Club (South Africa/Canada, 2010) Four young photographers, bonded by friendship and a shared sense of purpose, risk their lives to document the violent truth of the first free elections in post-apartheid South Africa.

The Conspirator (U.S., 2010) Mary Surratt, the lone female charged as co-conspirator in the assassination trial of Abraham Lincoln, is forced to rely on her reluctant lawyer to uncover the truth and save her life.

Jane Eyre (U.S./UK, 2010) Cary Fukunaga’s fresh take on the classic Charlotte Brontë novel about a governess who discovers her employer’s terrible secret.

Marwencol (U.S., 2010) After a brutal attack that left him with brain damage and nearly total memory loss, Mark Hogancamp was unable to afford therapy, so he sought recovery in building and photographing a 1/16th scale WWII-era town in his backyard populated with dolls.

My Dog Tulip (U.S., 2009) Based on J.R. Ackerley’s memoir, this animated feature is the story of a man who rescues a German shepherd and how the two become fast friends.

Chris Sokol digested three helpful guidebooks on Iceland (from the library, of course) before visiting the country in September. See latahlibrary.org.



Animals of the Night: A Fun Family Event!

by Jenica Wood-Beauchamp, Palouse-Clearwater Environmental Institute education program manager

Take a peek into the magical world of nocturnal critters! Bring the whole family to the Palouse-Clearwater Environmental Institute's (PCEI) 4th annual Animals of the Night. During this unique event, you'll be able to walk the PCEI Nature Center's trails while learning all about native nocturnal animals such as owls, skunks, spiders, bats, and more from local animal experts. Storytelling, live animals, costumed characters, games, and crafts complete your evening of Halloween fun.

Animals of the Night will take place on Friday, October 28 from 5 - 8 p.m. (ticket booth open

until 7:30pm) at the PCEI Nature Center, 1040 Rodeo Drive in Moscow. Tickets are \$4 for PCEI member adults, \$6 for non-member adults, \$3 for PCEI member children, and \$4 for non-member children. Ages 2 and below are free. Please bring a flashlight and dress for the weather. Costumes are encouraged!

Lots of volunteers make this large event an annual success. If you are interested in volunteering, please contact Heather Huston at heather@pcei.org or (208) 882-1444. Contact Jenica Wood-Beauchamp with any event questions at jenica@pcei.org or (208) 882-1444.



Logo by Rebecca R. Rof



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CO-OP CLASS

Fall 2011

The Co-op is excited to partner with the great professionals listed below to offer classes this fall. Reserve your place at any of these classes by emailing: outreach@moscowfood.coop.

Mon. Sept. 26 Kara Gotshall (Creighton of the Palouse) - **A natural approach to family planning and gynecological health maintenance: the Creighton Model!**

Have you been looking for a natural option as you plan your family, one that fully cooperates with your body? Have you been struggling with a gynecological health condition, such as PCOD, PMS, or even infertility, and wanted to hear about the latest options for treatment available to you? Do you have questions about how exactly the woman's cycle works? Men, women, married, or single... all are welcome to come to a free presentation where they can learn more about charting the woman's cycle with the Creighton Model Fertility System! Location: Co-op annex, 7 pm, Free, Sign up by emailing outreach@moscowfood.coop

Mon. Oct. 3 Kara Gotshall (Creighton of the Palouse) - **A natural approach to family planning and gynecological health maintenance: the Creighton Model!**

Location: Co-op annex, 7 pm, Free, Sign up by emailing outreach@moscowfood.coop

Thursdays, Oct. 6, 13, 20, 27, Nov. 3, 10 Tessa Graham (Sprout Wellbeing) - **Living The Sweet Life... Without Sugar: A 6-week holistic health coaching support group focused on exploring how great we can feel by reducing sugar in our lives - No one should be**

hurting or tired on a regular basis. We may get used to our headaches, indigestion, aching bodies, low energy, bad moods, anxiety, and sleepless nights, but these are all signs our body is out of balance and these imbalances can be improved through changes in diet, exercise, and stress levels. Join this community to support you in discovering YOUR healthiest lifestyle and find out if reducing sugar can help you feel better and improve your health!

Tessa will:

- Lead group discussions on how sugar affects your energy, mood, cravings, and health.
- Provide strategies for reducing sugar cravings and consuming less sugar in your diet
- Support the group in a gradual sugar cleanse so that you can experience the amazing positive effects of a life with less sugar!

Sign up for the entire 6 week series or just drop in when you can! **Meetings will be held on Thursdays at 7:15 - 8:15pm from Oct 6th - Nov. 10th Location: Co-op annex - Cost: \$72 (co-op members), \$84 (non-members), pay instructor at first class.**

Includes weekly meetings, resources/recipes/activities, a food demo with tasters, and ongoing email support with a health coach throughout the 6-week gradual sugar cleanse program. Please bring a journal or spiral notebook, a small three ring binder, and something to write with. For info on how to sign up please email outreach@moscowfood.coop

Mon. Oct. 10 Kimberly Jackson (Backroads Farm, LLC) - **Cooking with Whole Grains** Simple recipes that can be made with several different grains.

Location: Latah County Fairgrounds kitchen, 5:30 - 7 pm, \$18/person, pay instructor at class

Mon. Oct. 17 Tessa Graham (Sprout Wellbeing) - **Get Your Kids Cookin': Healthy Pizza (for kids and their caregivers)**

Location: Latah County Fairgrounds kitchen, 5:30 - 7 pm, \$22/ fee includes adult and child together, pay instructor at class

Mon. Nov. 7 Kimberly Jackson (Backroads Farm, LLC) - **Sweet and Savory Stratas**

Casseroles that are prepared the night before and can be popped into the oven for a fuss free meal the next day!

Location: Latah County Fairgrounds kitchen, 5:30 - 7 pm, \$18/person, pay instructor at class

Mon. Nov. 14 Tessa Graham (Sprout Wellbeing) - **Step Into the Wild: Discover Unique Grains and Greens**

Location: Latah County Fairgrounds kitchen, 5:30 - 7 pm, \$18/person, pay instructor at class

Mon. Dec. 5 Kimberly Jackson (Backroads Farm, LLC) - **Quick and Fresh Pasta Sauces** Simple quick pasta sauces that utilize just a few ingredients.

Location: Latah County Fairgrounds kitchen, 5:30 - 7 pm, \$18/person, pay instructor at class

Mon. Dec. 12 Tessa Graham (Sprout Wellbeing) - **Healthy Holidays: Start Some New Family Food Traditions**

Location: Latah County Fairgrounds kitchen, 5:30 - 7 pm, \$18/person, pay instructor at class

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About the Instructors:



Kara Gotshall is an RN in Idaho. She is currently completing an internship to be licensed 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.

ity 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.



Tessa Graham, CHHC, cPT, AADP: As a Certified Holistic Health and Wellbeing Coach, Personal Trainer, & Pilates Instructor, Tessa's vision is to "SPROUT" balance & well-

being in our community through building healthy habits in individuals & families. Tessa received her BA in Public Health and Economics from the University of California Berkeley. She is certified as a Holistic Health Coach through the Institute for Integrative Nutrition and the American Association of Drugless Practitioners. She is also certified as a Personal Trainer by the National Academy of Sports Medicine (NASM)

and as a Pilates Instructor through Power Pilates. Her training and experience allows Tessa to approach the health of her clients in a holistic manner, providing whatever support the individual or group may need to find their healthiest self in all aspects of their life whether that be support in healthy shopping and cooking, understanding cravings, exercising, overcoming emotional eating, or identifying negative patterns and thoughts that are preventing true healthy living. Sprout Wellbeing, LLC (www.sproutwellbeing.org) supports individuals, families, & groups in their health goals through health coaching & wellness support programs that facilitate active lifestyles, wholesome eating, community engagement, & balanced living.



Kim Jackson is a Palouse native and the owner of Backroads Farm, LLC, a small acreage sustainable farm and specialty foods business. Kim is a University of Idaho graduate and was

raised on a family farm. She has worked in the restaurant industry and has corporate business management experience. Kim has a passion for whole natural foods and loves to teach others how to incorporate them into their lifestyle.

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Organizations Invited to Participate in 2011 Alternative Giving Market

by Mary Silvernale Shook, Alternative Giving Market volunteer

The application to participate in the 3rd annual Alternative Giving Market of the Palouse on Wednesday, December 7, will be available on September 23 at www.agmpalouse.org. Applications from local area non-profits can be submitted from September 26 until October 10 at 5 p.m., with organizations strongly encouraged to apply early in this period.

The mission of the Alternative Giving Market of the Palouse is to provide the community with a meaningful alternative to holiday gift giving and an opportunity to support local non-profits. The Market strives to enhance community wellbeing and sustainability through celebrating personal charity and community partnerships. The market will include local nonprofits that work in the areas of animals and the environment, arts, civic improvement, health and human services, and youth and educa-

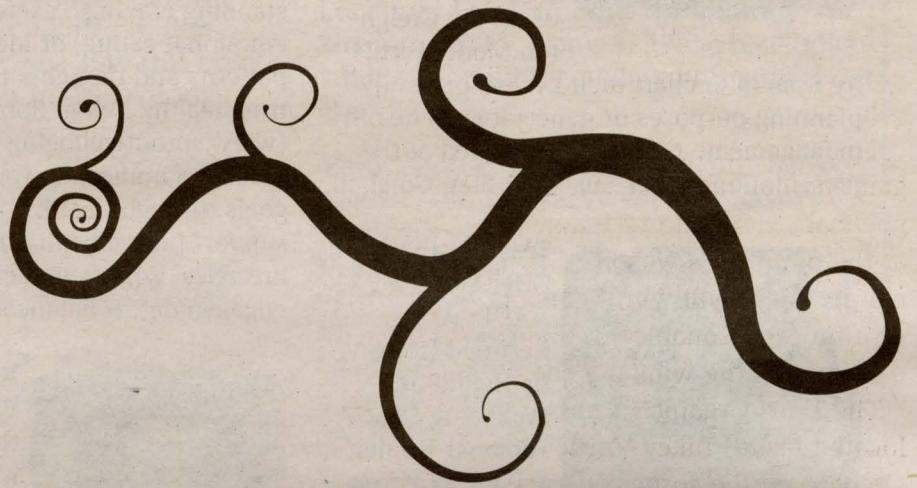
tion. Organizations that have an international focus but which have a demonstrated strong local presence/support may apply.

The Market is seeking volunteers to help with publicity, event planning, and day-of-event volunteering. Please contact agmpalouse@gmail.com if you are interested in helping out.

The Market will be held on Wednesday December 7, from 4 - 8 pm at the Prichard Art Gallery, 414 S. Main St, Moscow, before and during the Light-Up the Night Holiday Parade. Online giving at www.agmpalouse.org will run from November 25 through December 10.

If you have any questions about the Alternative Giving Market of the Palouse application, please contact Market volunteers Mary Silvernale Shook at 208-310-9561, Dianne Daley Laursen at 208-310-1231, or email agmpalouse@gmail.com.

“The mission of the Alternative Giving Market of the Palouse is to provide the community with a meaningful alternative to holiday gift giving and an opportunity to support local non-profits.”



The UI Department of Theatre Arts and the Humanities Exploration Project present

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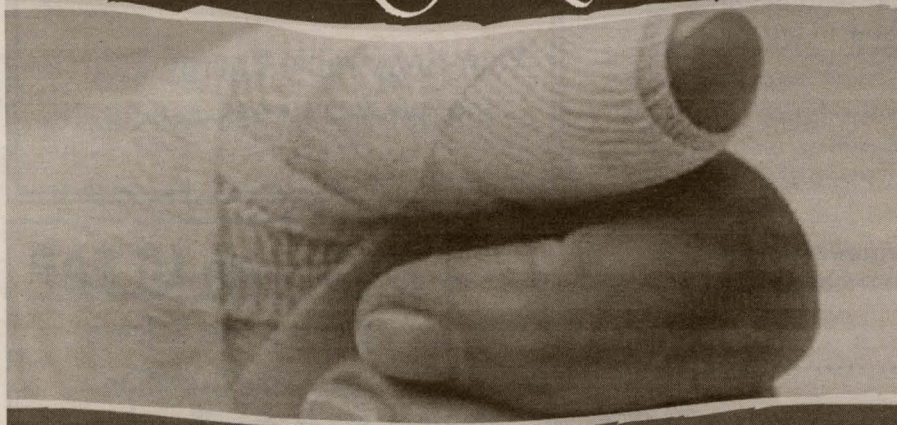
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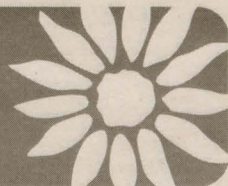
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Come to the WSU Organic Farm Harvest Celebration October 8

by Brad Jaeckel, WSU Organic Farm manager

The annual Washington State University Organic Farm Harvest Celebration will be held Saturday, October 8, from 10 a.m. – 4 p.m. at Tukey Horticultural Orchard (at the corner of Airport and Terre View Roads—follow the signs to the farm).

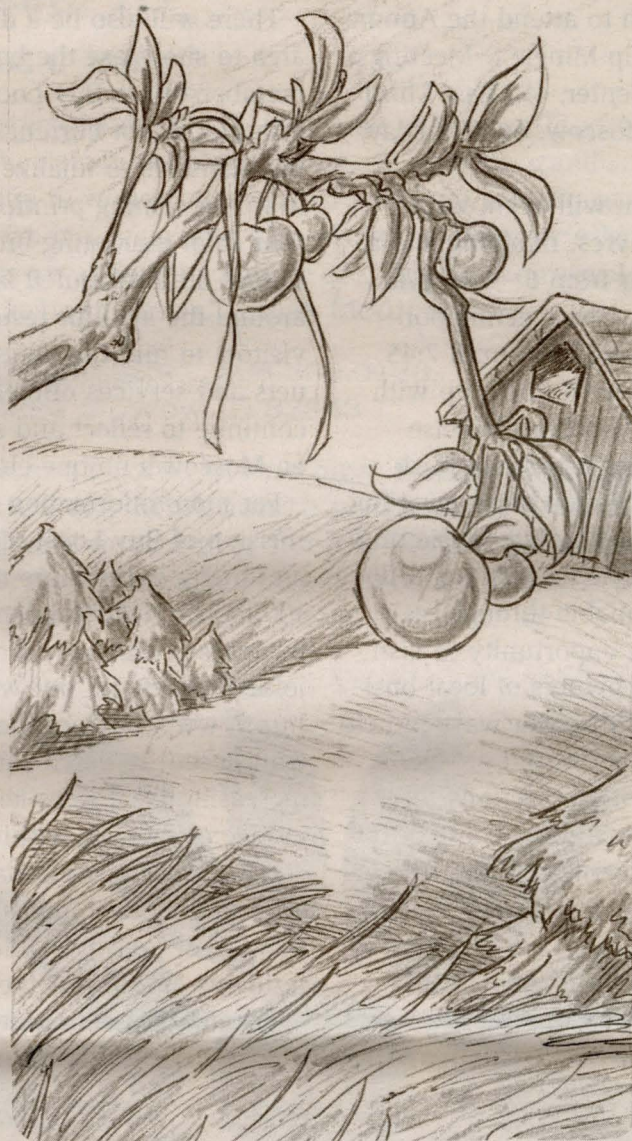
Party activities include hay wagon rides around the farm, a corn maze, face painting, and fresh-pressed apple cider. There will be a U-pick pumpkin patch with traditional jack-o-lanterns, baby pumpkins, and a few novelty varieties. Pumpkins will be sold by weight.

The star of the party will be a giant pumpkin on display. Party-goers are invited to take a guess at the pumpkin's weight. The closest guess will win the giant or a more reasonable-sized jack-o-lantern of the winner's choice.

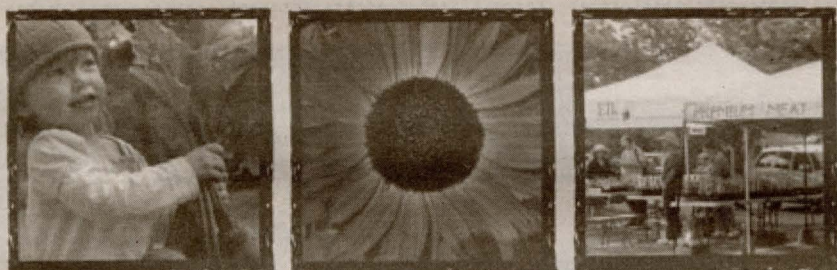
The WSU Organic Farm is located inside Tukey Horticulture Orchard on the corner of Airport

Road and Terre View (follow the signs to the farm). The orchard will also be open for U-pick and pre-picked fruit sales. Please contact Brad Jaeckel with any questions at (509) 335-5893 or at jaeckel@wsu.edu.

There is no entry charge. Come meet the crew, see your friends, and enjoy the harvest and the crisp fall air.



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Buy Local Moscow Meet and Mingle

by Vicki Cockrell, Buy Local Moscow coordinator

Members and Friends of Buy Local Moscow, as well as potential new members, please plan to attend the Annual Membership Mingle & Meeting at the 1912 Center, 412 East Third Street in Moscow, on Thursday, October 6.

The event will begin with hors d'oeuvres, mingling and a no-host bar from 6 - 6:45 p.m., followed by the meeting portion which will run until 7:45 p.m. Then we'll finish up with a quick networking exercise (please bring a stack of business cards!), and more mingling accompanied by live music until 8:30 p.m. The no-host bar will remain available throughout, offering an opportunity to visit with other owners of local businesses and discover ways to help each other grow and prosper.

In addition to elections for appointments to the Buy Local Moscow Steering Committee, the meeting agenda will include a re-cap of Buy Local's accomplishments in the past year, a review of future promotions, and

a presentation of proposed free informational and educational offerings.

There will also be a display area to showcase the benefits of membership in Buy Local, with information for current and joining members to finalize a listing in the upcoming printing of our four color marketing brochure. Copies are distributed liberally around the area for residents and visitors to find the unique products and services offered that continue to reflect and strengthen Moscow's unique character.

For more information on the mission of Buy Local Moscow, and many of the more than 100 locally-owned independent businesses that have already joined, check out our website at <http://www.buylocalmoscow.com> Recent research shows that increasing local sales keeps more money circulating within the community, boosts donations to local charities, increases the number of jobs available to local residents, and forms the core of a sustainable community.



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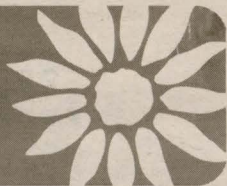
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Da-Jin and C. Sun

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Contact information: 208.285.0123,
PO Box 9224 Moscow ID 83843

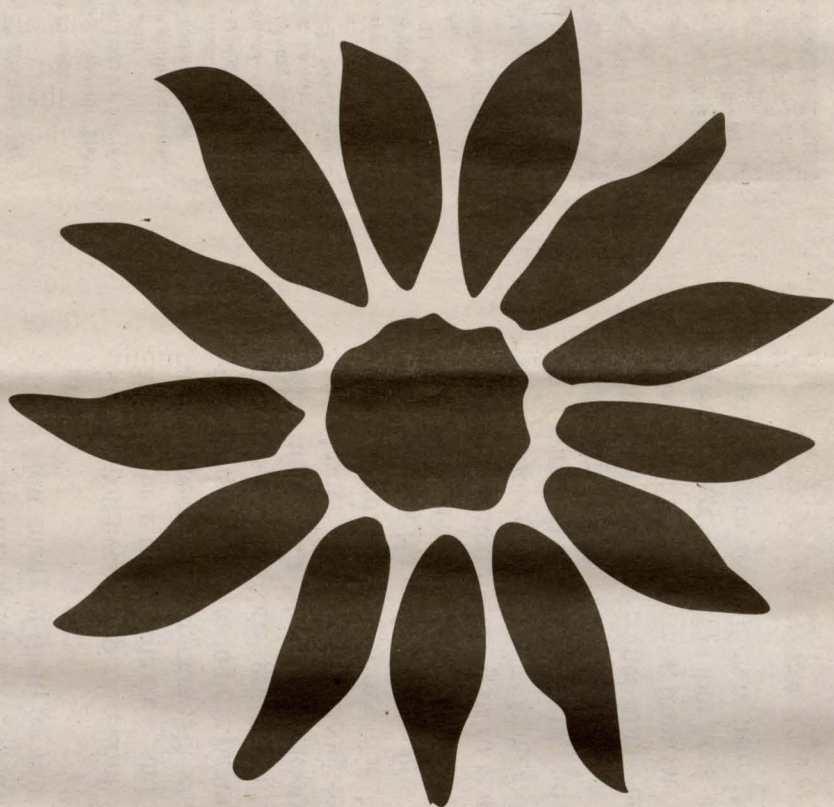
"Illness doesn't come in one day. Health is not attained in one day. Daily attention to nutrition is first in achieving and sustaining health. We are honored to provide organic, locally grown produce and, in part, promote the health of the Co-op community."

Bookmark our website! www.moscowfood.coop

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

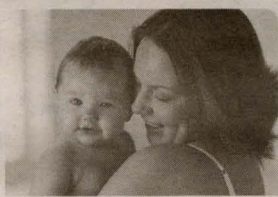
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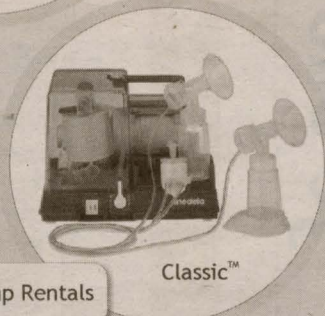
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Bulletin Board

MOSCOW FOOD CO-OP

Co-op Events

Board of Directors Meeting

Tuesday Oct 11, 6:30 pm

In the Fiske Room at the 1912 Center. For public comments, the Member Forum will begin at exactly 6:35pm and will end at exactly 6:45pm.

Breakfast with the Board

Saturday Oct 15, 11am

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

Art at the Co-op

Friday October 7

Opening of work as part of the Co-op Festival of Fair Trade, titled 'From one farmer to another: Postcards in Solidarity' (Indian Tea Growers and Guatemalan Coffee Growers).

Good Food Book Club

Sunday Oct 30, 7—8:30pm

The \$64 Tomato, by William Alexander. Come join us for dessert & discussion. Location: Private residence. Email bookclub@moscowfood.coop for directions. Free.

Good Film Club

Wednesday Nov 2, 7:30pm

The Greenhorns, plus talk by director Severine von Tscharner Fleming, at the Kenworthy.

Co-op Kids! Meet Tuesdays at 9am

Oct 4: Recycled Costumes

Oct 11: Eco Dough

Oct 18: Pumpkins

Oct 25: Lantern Making

Meet in the Co-op Café.

Contact Rebekka Boysen-Taylor at

amamaswork@yahoo.com.

Music at the Co-op

Tuesdays 5-6:30pm

Oct 4: David Roon. Original acoustic folk.

Oct 11: Saunder Sisters "Saticoy". Folk.

Oct 18: Dan Faller: Contemporary country.

Oct 25: Bart Budwig: Alt. country and blues.

Co-op Mamas and Papas Group

Wednesdays 9:30 – 11am

Meet in the Co-op Deli

Oct 5: Preserving food

Oct 12: Preserving memories

Oct 19: Preserving traditions

Oct 26: Free time

babies@moscowfood.coop.

Co-op Events at a Glance

Tue Oct 4—Co-op Kids—meet in the Co-op
Tue Oct 4—Music—David Roon
Wed Oct 5—Co-op Mamas and Papas Group
Tue Oct 11—Co-op Kids—meet in the Co-op
Tue Oct 11—Board of Directors' Meeting
Tue Oct 11—Music—Saunder Sisters 'Saticoy'
Wed Oct 12—Co-op Mamas and Papas Group
Sat Oct 15—Breakfast with the Board
Tue Oct 18—Co-op Kids—meet in the Co-op
Tue Oct 18—Music—Dan Faller
Wed Oct 19—Co-op Mamas and Papas Group
Tue Oct 25—Co-op Kids—meet in the Co-op
Tue Oct 25—Music—Bart Budwig
Wed Oct 26—Co-op Mamas and Papas Group
Sun Oct 30—Good Food Book Club
We Nov 2—Good Film Club—The Greenhorns

Community Events

Buy Local Moscow mingle and meet

Thursday Oct 6, 6pm.

For Members and Friends of Buy Local Moscow, as well as potential new members, at the 1912 Center. www.buylocalmoscow.com

Doors to Opportunity

October 6—7

Traveling workshop from Lewiston to Moscow, exploring historical roots of Idaho's people and their human rights challenges of past and future. <http://www.agls.uidaho.edu/idaohojourney/>

Harvest Celebration

Saturday Oct 8, 10am—4pm

WSU Organic Farm at Tukey Horticultural Orchard. Many Harvest Party activities, plus U-pick pumpkin patch. Contact: Brad Jaeckel, 509-335-5893 | jaeckel@wsu.edu

Red Barn Farms Fall Festival

Sat/Sun Oct 8/9

Over 25 vintage vendors, live music, hay rides, kid activities and crafts, hay bale maze, bbq and specialty ice cream, beer garden, jumping castle, pumpkin carving contest.

501 Wawawai Rd, Colton, WA

redbarnfarms.com | ☎ 509-995-6335

CROP Hunger Walk

Sunday Oct 9

10K walk/run to raise funds for world hunger relief and our local food banks

www.cropwalkonline.org | ☎ 509-332-6252

Autumn Arts & Crafts Festival

Friday Oct 21/ Saturday Oct 22

Beasley Coliseum, Pullman, WA

Artisans and Crafters from all over the Pacific Northwest.

Montessori Rummage Sale

Saturday Oct 22, 8am—1pm

Gladish gym in Pullman. Accepting rummage items on Fri Oct 21, 1—8pm. ☎ 509-334-4114

Nourish Yoga Classes

Friday Oct 28, 5:45—7:15pm: Community Yoga Class, **7:45—9pm:** Community Kirtan (heart-felt sing where no experience is needed) Both free, although donations accepted.

nourishyoga.net/

PCEI – Animals of the Night

Friday Oct 28, 5—8pm

Family event to learn about nocturnal critters!

pcei.org

New Human Rights coalition

Saturday Nov 5, 11am—3pm

First meeting of new group. UI Student Union Building, 709 Deakin Avenue, Moscow (lunch provided). Email kristine@uidaho.edu to RSVP. nwchr.wordpress.com.

Financial workshops

Various dates—Financial classes with University of Idaho extension. More info: Karen (krichel@uidaho.edu) ☎ 208-883-2241

Dahmen Barn events

Saturday Oct 8, 7:30pm: Sock hop with "The Paradons" playing classic rock from the 50s 60s and 70s. The cost is \$7 at the door.

Saturday Oct 8: Back to back quilting classes – one for children aged 7 to 16, and a class for adults. \$10 for kids/ \$17 for adults.

Sat/Sun Oct 15/16: Book art workshop.

Saturday Oct 15, 7:30pm: Award-winning Brongaene Griffin will play and sing Celtic, Scottish and Irish music. \$10 at the door.

www.artisanbarn.org | ☎ 509-229-3414

Vigil for Peace

Moscow: Fridays 5.30—6.30pm

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

fnfrod@msn.com or ☎ 208-596-4291

We want to hear from you!

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