

Community News

FREE!
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The monthly newsletter of the Moscow Food Co-op • August 2011



The Moscow Food Co-op's New General Manager: Seth Marcantonio

by Andrika Kuhle

The Moscow Food Co-op Board of Directors is pleased to announce and welcome Seth Marcantonio as our new General Manager. Seth was unanimously selected by the Board on August 9, and quickly began preparations to move to Moscow. We are excited that Seth can join us in time for our Annual Meeting, 5-7 p.m., September 25, at the 1912 Center. The meeting is free and open to Co-op members. The Co-op will provide delicious food, live music and a no-host bar.

Seth was one of two finalists who completed a rather grueling hiring process, including two phone screenings, a substantial reference check, and an intensive three-day interview, which included non-stop meetings with the Board, management team, and staff, and speaking at a member forum. The board then solicited written feedback, which was overwhelm-

ingly supportive of Seth.

We are excited about the skills Seth brings to our Co-op. He has been Store Manager of the Berkshire Co-op in Great Barrington, Massachusetts, and worked in the natural-food industry and/or retail for most of his career. We appreciate Seth's genuine personality, his experience in cooperative grocery management



and his proven ability to work well with people. We are confident that Seth can effectively manage our store and continue to foster the Co-op's best workplace environment while also valuing and increasing the Co-op's role as an integral part of the Moscow community.

Hiring Seth completes the process of the GM Search Committee. The committee worked hard over the past eight months to conduct a search with integrity that would bring us a highly qualified professional with excellent people skills. We endeavored to keep staff and members apprised of our efforts. We think that Seth's hire is the outcome of an effective search process. The board will now focus on welcoming Seth and supporting his success. We hope you will do the same.

www.moscowfood.coop

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Celebrate the Harvest with Ian Cheney and Truck Farm

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

Celebrate the harvest season with our very special September Good Food Film Series offering: *Truck Farm*, from the same folks who brought us one of our favorite movies ever, *King Corn*. Filmmaker Ian Cheney will be joining us in person for a picnic and the movie on Wednesday, Sept. 21, starting at 4:30 p.m. at the Moscow Community Garden, and then moving to the Kenworthy at 7:30 p.m. for the film and Ian's talk.

Truck Farm was born in Brooklyn, NY, in the spring of 2009, when Ian Cheney set out to plant a vegetable garden in the bed of his grandfather's 1986 Dodge truck.

The mobile garden project soon grew: Ian and collaborator Curt Ellis turned *Truck Farm* into a 20-member CSA, marketing their produce to residents of Manhattan and Brooklyn. With the help of tour coordinator Carla Fleisher, they took the public art project on the road, exhibiting *Truck Farm* at 40 schools and on the National Mall. Ian and Curt's talks and advocacy efforts, profiled on NPR and in *The Washington Post*, promoted equitable access to healthy food. Their *Wicked Delicate Garden Contest*, judged by food celebrities Alice Waters, Michael Pollan and Marion Nestle, inspired 65 student groups to plant creative farms of their own.

Now the capstone of the *Truck Farm* project is complete: a 45-minute documentary film, awarded an honorable mention at the Wild & Scenic Film Festival

and an Official Selection at the DC Environmental Film Festival. Featuring animation by Sharon Shattuck, musical narration by Simon Beins of *The Fishermen Three*, and filmmaking from the Peabody-winning co-creators of *King Corn*, *Truck Farm* tells the story of an old Dodge, a new kind of farming, and the future of food in the American city.



Ian Cheney and Curt Ellis are the co-creators of the Peabody-winning PBS documentary *King Corn*, the Sundance Channel documentary *The Greening of Southie*, and the Planet Green documentary *Big River*. They have been featured in *The Huffington Post*, *The New York Times*, *The Washington Post*, NPR, CNN, *Good Morning America* and in *New Yorker's Talk of the Town*. Ian and Curt earned their degrees from Yale University and now collaborate through the Brooklyn-based organization they founded, *Wicked Delicate*.

Our own *Truck Farm* harvest celebration is in support of the Moscow Community Garden and Backyard Harvest, who are all about gardening and access to healthy food in our community.

The harvest celebration picnic starting at 4:30 p.m. at the Moscow Community Garden (near 1038 West "C" Street) will feature the Co-op's own burgers and brats, kale slaw, local lentil chili and gluten-free brownies. We'll serve non-alcoholic beverages and enjoy live music by

Charlie Sutton and Idlers Rest.

During the picnic, Ian will be the judge of two contests: the Garden Photography contest and the Fresh Produce Potluck Recipe contest. Bring a photo of your garden or something in your garden, and/or your favorite potluck dish featuring fresh produce, and the winners will each receive a \$50 gift card from the Co-op. We'll all be winners, though, as we get to enjoy the photos that we'll display during the picnic, and taste the wonderful potluck dishes! Please note that if the weather turns rainy, we'll move the picnic inside the nearby church, which has graciously offered us this space should we need it.

After dinner, we'll all head downtown to the Kenworthy Theatre at 508 S. Main for the 7:30 p.m. screening of *Truck Farm*, with our special guest, Ian Cheney.

Tickets are on sale at the Moscow Food Co-op: \$15 dinner and movie (adult/teen), \$7 dinner and movie (children age 5-12), children

under age 5 free. Tickets will also be available at the picnic. If you can't come to the picnic, *Truck Farm* movie tickets will also be on sale separately at the Kenworthy door at 7 p.m. before the screening, \$10 adult/teen, \$5 children, under 5 free.

We hope you'll bring the whole family to celebrate gardens and gardeners in our community, as well as the filmmaking and food advocacy talents of Ian Cheney and Curt Ellis!

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

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

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

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

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engage@moscowfood.coop
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CO-OPERATIONS

Moscow Food Co-op Business Partners

Moscow Food Co-op Business Partners Welcome to the 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.

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mptcoop.org
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Choose 10% off sewing services or free trip charge or free delivery of alterations, repairs or custom sewing.

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www.ravencroftfarm.com
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www.camaspriewinery.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.

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533 S. Main
www.owc-moscow.com
208-883-3537
50% off One World Café 100% cotton tote bags

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1102 South Main
info.retroespresso@gmail.com
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10% off hourly service rate and free estimates for Moscow Food Co-op members

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allegra@moscow.com
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Copy Court
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10% off all photo shoots

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LDP Academy LLC
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\$10 off any firearm safety or basic firearm training class

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www.printer-pro.com
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10% off on trips

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

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

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

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

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

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

Retail
Bebe Bella
www.bebebella.etsy.com
208-882-1353
10% off any baby sling
Hodgins Drug & Hobby
307 S. Main St
hodgins@turbonet.com
208-882-5536
10% off all purchases, excluding prescriptions

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

Lilliput Maternity and Children's Boutique
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208-882-6262
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Marketime Drug Inc.
209 E Third St
joannemilot@hotmail.com
208-882-7541
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221 E. 3rd
www.safaripearl.com
208-882-9499
10% off any board game or non-collectible card game

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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
www.yarnunderground.com
208-882-7700

Tye Dye Everything
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www.tyedyeverything.com
208-883-4779
10% discount on your purchase

Wellness Services
A Choir of Angels Massage Center
106 E. Third, 1C
choiramc@clearwire.net
208-413-4773

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

Heather Alexander, LMP at 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.

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www.foryourfertility.com
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Crow Medicine
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www.crowmedicine.net
208-301-1804
20% your first 2 hour craniosacral/energy work session; 10% off your first 1 hour bodywork session

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

Dr. Linda Kingsbury
627 N. Hayes
208-596-4353
www.spirittherbs.com
\$10 off first session: holistic healing for body-mind-spirit; herbal medicine; chakra balancing; sound healing; classes.

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Dayna K. Willbanks, OTR/L
http://web.mac.com/ellementsofwellness
208-892-8888
10 % off the first session, which includes a new patient evaluation and initial treatment

Healing Point LLC Chinese Medicine Clinic
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Lauri McKean, LAC
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\$10 off initial and 2nd treatments

Integrative Mindworks with April Rubino
3400 Robinson Park Rd
www.integrativemindworks.com
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Life Compass Institute, LLC
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LifeCompass@gmail.com
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Free 20-minute consultation on hypnosis and life empowerment coaching services. 10% discount on hypnosis and life empowerment coaching services.

Moscow Feldenkrais
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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
www.nourishyoga.net
208-596-7040
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
BRhodesLMP.com
208-310-0404
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.

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viafamilychiropractic.com
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- Member-only sales
- Discounts on cases
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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.

Community News

The monthly newsletter of the Moscow Food Co-op •

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- Only \$18 for 12 monthly issues mailed to any address in the U.S.
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Art at the Co-op

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

In September, we are using the walls of the Co-op for a slightly different purpose. 2011 marks the 50th anniversary of the Peace Corps, and we are honoring our local Peace Corps volunteers, from past and present, through photographs and personal written accounts. These volunteers have served all over the world and on nearly every continent, and I am sure have many interesting and

inspiring stories. There will be an opening of the month-long event on Friday, September 9, from 5-6:30p.m. Many of the volunteers will be present, and this will be an opportunity to acknowledge their great services.

The words on the Peace Corps web page sum it up: "In 2011, the Peace Corps will commemorate 50 years of promoting peace and friendship around the world. Join us in supporting the

agency's mission and legacy of service by honoring our past, demonstrating our effectiveness, and inspiring the next generation of volunteers through education and engagement."

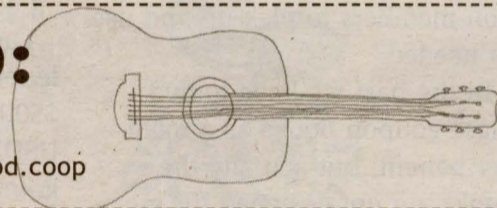
Do come and meet these worthy people, and come in any time to see the exhibit, which will run through Wednesday, October 5.



In 2011, the Peace Corps will commemorate 50 years of promoting peace and friendship around the world.

Tuesday Night Music at the Co-op: September

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



This is my second month coordinating Tuesday Night Music at the Co-op and it has been a blast! It has been a pleasure getting to know and listen to great local musicians and to get involved with the volunteer scene at the Co-op. A big thank you to my husband Kevin for doing all the heavy lifting, Dave Billin for his sound expertise, and Annie Hubble for her front-end help and words of wisdom.

Here is the line up for September, my favorite month of the year! Come and enjoy great local music Tuesday nights from 5- 6:30 p.m. outside on the patio, weather permitting.

September 6: Turner Jones Connection An improvisational jazz quartet composed of Moscow musicians, performing an eclectic repertoire for your listening pleasure.

September 13: Musaiique Savor the delicious melodies of the great songwriters (e.g., Irving Berlin, Cole Porter, Gershwin) served in the varied textures of jazz (bossa nova, swing, blues). The musical chefs include local artists Cathy Brinkerhoff (vocals), Carla Chandler (fiddle and vocals), Brian Dyre (piano, flute), Axel Krings (guitar), Esteban Roybal (percussion) and Dan Wiedeback (bass).

September 20: Holy Genes A powerhouse of heartfelt contemporary country music with blues and rock tendencies. Featuring the talents of Juley Berglund on vocals and guitar, Kane Berglund on percussion, and Tim Springer on bass and mandolin.

September 27: Michael Barry A new face to the Co-op music scene! Original folk tunes featuring vocals, guitar, banjo, and Native American flute all by Michael Barry.



Co-op Kids

by Rebekka Boysen Taylor, volunteer Co-op Kids coordinator

This fall as we welcome the change of the season, we are also embracing change at Co-op Kids. Our amazing volunteer Caitlyn and her daughter Isabelle have been my steadfast companions at Co-op Kids each Tuesday morning, but they are moving to New Hampshire this month. Caitlyn has been helping to facilitate Co-op Kids for over a year now, and her creativity and patience will be missed. We wish the Weed family well as they welcome a new baby and settle into a new community. New Hampshire is lucky to have you all!



Caitlyn and Isabelle digging for star garnets

And here is our September schedule...

- September 6: Meet at Friendship Square
- September 13: Cookie Cutter Sandwiches
- September 20: Bulk Bin Music Makers
- September 27: Apple Spiral Salad

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

Rebekka Boysen-Taylor is excited for a new school year to begin!



Mamas and Papas in September

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

I'm definitely beginning to feel the changes in the season as the days grow shorter and nights grow cooler. We are seeing so many changes in faces of Mamas and Papas as well. Babies are growing, new faces are emerging, and mamas are evolving and finding their niche. Here is what we have planned for the month of September:

- September 7: Meet at East City Park for baby fun (bring cameras)
- September 14: Healthy snacks for your baby/toddler
- September 21: Baby food demo
- September 28: Free

The Mamas and Papas is a wonderful group of parents who meet Wednesday mornings from 9:30 a.m.-11 a.m. in the Co op Annex, directly across the street from the Co op. We always welcome new faces. If you are interested in being on our e-mail list, please e-mail babies@moscowfood.coop. You can now find us on Facebook as well. Look for "Mamas and Papas of the Co op." Stay tuned for more fun news from the Mamas and Papas.

Stacy Pettitt is trying to welcome to these colder nights!



Outreach, Marketing and Membership Update

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

We are thrilled to welcome Seth Marcantonio as our new General Manager later this month. Be sure to give him a warm welcome when you see him in the store.

Later in September, active members of the Co-op will receive their **Co + op Deals** coupon books for October/November in the mail. The coupon books will also be available in the store for members and non-members to pick up and use as needed.

In the past we have touted these coupon books as a member benefit, but actually the books are not designed for members only; they are meant to help all our customers save money when shopping at the Co-op.

The postage to send this coupon book to members is being paid by the NCGA (Nat'l Cooperative Grocers Assn.), who puts the book together and negotiates all the good prices on so many products we get from our distributor. We've decided that when the NCGA will send it for free, we'll take advantage of that, but when the postage would be on us, we'll skip that expense and just have stacks of the coupon books in the store for everyone to pick up when they come in.

We hope you enjoy your coupons, and feel free to pick up an extra book for yourself or for a friend who is new to the Co-op. The more people shopping and saving money at the Co-op, the better it is for all of us.

Our **Preserve the Harvest** workshops have been a blast and they are continuing through September and into October during the most bountiful time of the year here on the Palouse. Don't miss making salsa, chutney, applesauce, pie filling and other delicious treats during tomato and apple season; sign up for the workshop info mailing list at outreach@moscowfood.coop, or just get tickets for the Saturday workshops from a Co-op cashier. Workshops are \$15 for the general public, but SNAP/WIC recipients and Co-op employees get in free!

We're partnering with UI Extension nutrition educator Mackenzie Femreite for the **"Shopping Matters"** program in September. SNAP recipients are eligible to join Kenzie on a free guided tour of the store to learn how to make their dollars go further, and they'll even get \$10 to spend on fruits and veggies!

Shopping Matters tours will take place at 10 a.m. on Sept. 16 and 30; contact Mackenzie at (208) 883-2267 to sign up.

Last spring the Co-op wrote a letter of support and promised \$500 in matching funds for a USDA Rural Business Enterprise grant written by the Latah Economic Development Council for a **feasibility study for a Latah County Food Innovation and Resource Center**.

Thanks to support from us and many other organizations, businesses and government entities in Latah County, the grant application was successful! We look forward to learning the results of the feasibility study, which is a critical step in determining how our region can develop its local food economy.

It's exciting for the Co-op to realize that one of our strategic goals is enthusiastically shared by the wider community. Congrats to Aimee Shipman and the LEDC for securing the funds for this important study.

Another group that is working on our local food economy is the **Palouse Food Action Coalition (PFAC)**, a loosely organized coalition that meets on a regular basis to share news about food-related initiatives, grant

availability and opportunities for collaboration. Folks from UI Extension, the UI Sustainability Center, the LEDC, Rural Roots and others, including the Co-op, are all involved.

I attend these meetings as often as I can and I was so glad to learn of Palouse Prairie School's initiative for a farm-to-school lunch program, as well as Extension's current work on a community food assessment, which, like the food innovation center's feasibility study, is a very important step forward that will provide us with a comprehensive look at where we are and where we need to focus our energies.

The **Engagement and Outreach Committee** has had the summer off and we look forward to getting back to work in September. It's time for the Co-op to revisit our strategic plan (it's now three years old!) and for each committee to evaluate how it is doing on its strategic goals.

In 2009 and 2010, in order to strengthen the connection between members and the Co-op, we focused on bringing you patronage dividends as a member benefit. Now that the legal ducks are in a row on that one, we're looking at how we can widen the Co-op community, which will benefit us in multiple ways.

Increasing the Co-op community requires some thinking and heart-searching, especially as we deal with the perception that the Co-op is exclusive, not inclusive, and out of reach for many during these difficult economic times.

How to change those perceptions will be the topic of many of our upcoming conversations in the E&O committee, I predict.


The **Dime in Time** recipient for September is Dinner in the Garden, an event organized by the Lewis-Clark State College Center for Arts and History. Please see their article to learn more. The July DIT recipient, READ for Life, earned \$554.30 through the DIT grant, and we'll soon learn how much the Friends of the Clearwater earned during August. Thank you for remembering your reusable shopping bags and donating your dimes. \$500 or so makes a big difference for our DIT recipients.

The Co-op is receiving more and more **requests for sponsorships and donations**, and we're so glad to be able to respond to so many of them. There are many wonderful organizations of all types doing important work in our community, and we are thankful for each and every one of them. In the past we have contributed to many of them, and we hope to continue to do so.

Looking towards the future and in line with our strategic plan, goals and mission statement, we have decided to reserve the bulk of our community support and sponsorships for organizations that are working to ensure that everyone in our community has access to safe and healthy food.

To apply for a donation or sponsorship from the Co-op, please pick up a Community Contribution form that is available by the front bulletin board or on our website at www.moscowfood.coop. Thank you!


Several of our programs are getting **new coordinators** this fall: Mamas and Papas and the Business Partner Program, to name two! Thanks and best of luck to Stacy Pettitt and Sara Cucksey, who have done a great job for us. We also welcomed new Tuesday Music coordinator Chelsey Byrd Lewallen this summer. Thanks to all of you for your patience during the transitions from one coordinator to another; we'll try to make them as smooth as possible.



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September 16th & 30th, 10:00-11:15

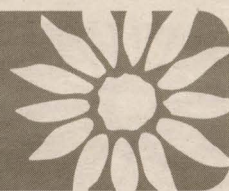
Must be SNAP eligible to participate

Shopping Matters is a program of Share Our Strength's Cooking Matters™, is an interactive guided grocery store tour that helps limited resource adults make healthy and affordable choices at the supermarket. During a Shopping Matters tour, participants learn information and practice skills that help them understand how to economically purchase fruits and vegetables, save money by comparing unit prices, and make healthier choices by reading food labels and ingredient lists. Participants also receive handouts and recipes so they can continue practicing what they learn at home and on future trips to the store.

University of Idaho
Extension

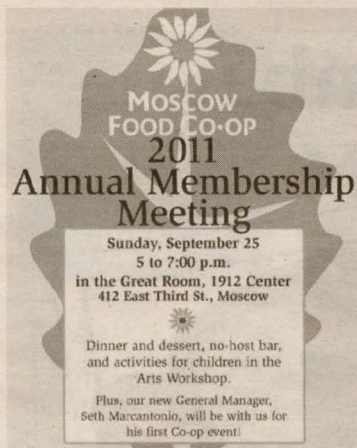


MOSCOW FOOD CO-OP



You're Invited to our Annual Member Meeting

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



Please join us at 5 p.m. on Sunday, September 25, for our annual member meeting, to be held in the Great Room of the 1912 Center. Don't miss this first opportunity to welcome

our new general manager, Seth Marcantonio!

The meeting begins with a short social time featuring a no-host bar starting at 5 p.m. The business portion of our meeting will get underway shortly after that, and dinner from the Co-op will be served during the meeting as well. Afterwards, we can socialize some more and enjoy some delicious desserts created

by our own pastry chefs.

This is a family-friendly event: we have reserved the Arts Workshop and have some children's activities planned, so bring the kiddoes too!

Our business meeting will feature financial summaries from fiscal year 2010 and a look ahead to how 2011 is shaping up. Like last year, we promise to keep our business meeting PowerPoint-free.

We also look forward to thinking and talking with you about how we're doing on the strategic plan that we created three years ago. With a new GM, it is the perfect time to revisit this document and see where we are and where we might need to tweak a few things.

Mark your calendars, and spread the word. See you on September 25!

Dime in Time: Dinner in the Garden

By Angie Weiland, Development Coordinator, Lewis-Clark State College Center for Arts & History

"All you need is an appetite for change." Join the LCSC Center for Arts & History (CAH) on Saturday, September 17, in Lewiston at the Modie Park Conservancy's Osborn Community Garden for Dinner in the Garden, an evening of art, "local" sustainable food, music, education and friendships.

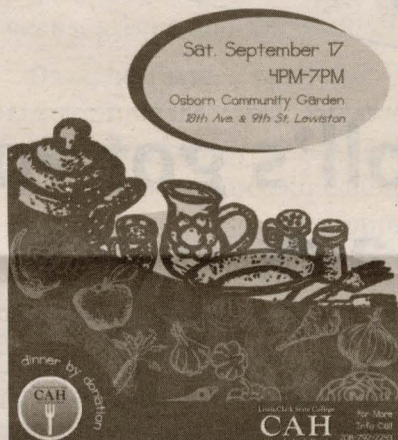
The dinner and program will take place from 4-7 p.m. La Boheme will be on site with wine and beer for sale and local band, 7 Devils, will be the entertainment during the evening.

Funded in part by the Moscow Food Co-op's Dime in Time grant, Dinner in the Garden is a LCSC Center for Arts & History project to raise awareness within the community about the importance of sustainability with regard to local and community food sources. We are raising awareness for the arts and establishing responsible community practices. This is a community service project for the employees of the CAH. The project takes programming into the community with a farm-to-table event, bringing the arts and the community together one plate at a time.

The event is set-up picnic style,

Dinner in the Garden

Community. Sustainability. Art.



encouraging attendees to bring picnic blankets. Service items (i.e. plates, bowls, silverware, glasses, etc.) are from the CAH's Plate Project; focusing on low impact table settings - reduce/re-use policies. The dinner will be set up under a tent in the meadow-like area. Attendees will have their dinner while

being entertained by music and plein air painters. If attendees would like to donate dishes or silverware to the project, they are encouraged to bring them to the dinner, use them for their meal and then leave them with the CAH. This project will allow residents of the Lewis Clark Valley and surrounding areas to borrow dishes for events in return for a donation. This year, the CAH is collaborating with Pam Johnson's 8th Grade Social Studies Class from Jenifer Junior High in Lewiston to incorporate a service learning project in the classroom that focuses on sustainability and community volunteerism.

Cost of the dinner is "by donation" and donations may be made at the at the CAH gallery during normal gallery hours, or at the park the night of the event.



Contact the Center at 208-792-2243 or at 415 Main Street in Lewiston for more information or to make your donation today. The gallery is open Tuesday through Saturday from 11 a.m. - 4 p.m. Admission is FREE, but donations are graciously accepted.

Dinner in the Garden is brought to the community through sponsorship from: Benefactor Sponsor: PNW, Fellow Sponsor: Moscow Food Co-Op's A Dime in Time Grant, Supporter Sponsors: Twin Cities Radiology and Pacific Steel & Recycling. Media Sponsor for the Event is the Lewiston Morning Tribune.

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New Banana Club for Kids this September and October

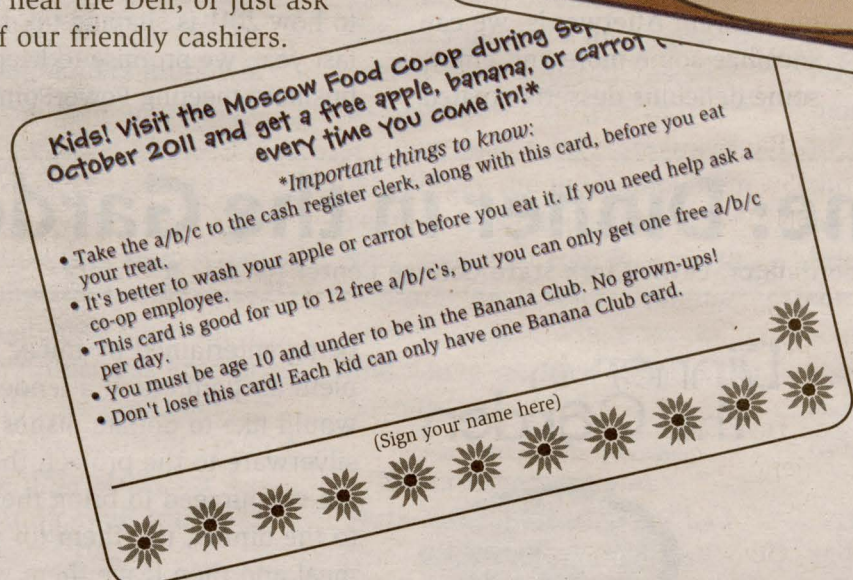
By Carol Spurling, Outreach and Ownership Coordinator, outreach@moscowfood.coop

During September and October we invite all children age 10 and under to join the Co-op's new Banana Club! Members of the club will get their very own club card, good for a free apple, banana or carrot each time he or she comes in the store during September and October. Each child can get up to 12 free apples, bananas or carrots during September and October, with a limit of one per day.

Parents do not have to be Co-op members in order for their children to join the Banana Club. Children will need to take their free treat to the cashier along with their card before consuming it or leaving the store with

it. It is recommended that apples and carrots be washed before consumption; if you need help with this, please ask a Co-op employee.

Banana Club cards are available in the Co-op on the bulletin board near the Deli, or just ask one of our friendly cashiers.



Pack, Wrap, & Roll's got your Lunch-Packing Back

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

Get your cameras out and consider posting photos to our Facebook page to show off your lunch-packing style and prowess. Of course there will be prizes for "most local lunch," "most waste-free lunch," "most creative lunch," and "most kid-friendly lunch," and possibly a surprise category. You can enter as many photos as you like; recipes get you even more points. Then look for customer-encouraged participation voting towards the end of September.

I just got home from stocking up with my own lunch-packing staples from the Co-op, as the lunch-packing vacation is over and it's time to dust off our Goodbyn's (we have three of these bento-style lunch boxes



and love how easy they are to use). My husband would list his lunch-packing staples as being dates, cashews, almonds, cheese, salami, crackers, carrots and fruit, whereas my kids would say tortillas, nut butters, cream cheese, jam, Ricemellow cream,

cheese, crackers, carrots, Annie's Cowgirl Ranch, nuts, dried fruit and homemade yogurt.

I think of myself as a pretty creative, healthy, waste-free and budget-minded lunch packer, but I am so excited to get inspired over the next month and a half myself. For exact times or more info on what is being demoed, check our Facebook page or check the calendar at the demo counter. If you aren't already a fan of us on Facebook, then you are missing out on all sorts of great giveaways, articles and discussions.

Primary Pack Wrap & Roll demo days will be on Tuesday, Wednesday, Thursday and some Saturdays. In September, every Tuesday evening beginning at

4:30 p.m., there will be sushi-rolling demos with Bridget, a participating member. She has some amazing ideas and plans on getting creative using some of our local grains too. I also love doing one-on-one lunch-packing tours, so if the demo times don't work or food allergies or sensitivities make lunch-packing a bigger challenge, please e-mail me and I will gladly set up a time with you and promise you will be full of ideas.

Whether it is finding the right containers, needing ideas beyond PB&J or setting your own personal challenge of reducing packaging or including more local foods in your lunch, I hope Pack Wrap & Roll will be helpful, tasty and lots of fun for you!



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Thursday 9. 22. 2011

The Gryphon Trio
Tuesday 11. 8. 2011

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Thursday 1. 26. 2012

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Tuesday 3. 20. 2012



Concerts are in the University of Idaho Auditorium at 7:30pm

Individual ticket prices:
• \$10 Student, \$17 Senior, \$20 General

*Drury recital in Hampton School of Music Haddock Performance Hall, \$10/\$5 student

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



September at the Tuesday Growers Market

by Britt Heisel, volunteer Growers Market coordinator

Market Notes...
August was a great month at the market. On August 9 we celebrated Idaho Farmers Market Week by raffling off \$50 worth of Tuesday Market Bucks. Five lucky market shoppers won \$10 each to use at the market for the 2011 season. We also handed out 50 free reusable shopping totes courtesy of the Idaho Department of Agriculture.

The market welcomed Omache Farm as a permanent weekly vendor. Jason and Margaret Parsley have a small family just south of Pullman. Currently they have about 30 acres. About one acre is dedicated to vegetable production and the rest is in pasture surrounding Almota Creek, which runs right through the middle of the farm property. The pastureland feeds their flock of about 30 breeding Jacob sheep and three Boer goats. They both received their degrees from WSU

– Jason in Organic Agriculture and Margaret in Animal Science. Stop by and meet this hard-working young couple and their two daughters HannaMae and Alethea. You can also follow their life on the farm at <http://omachefarm.blogspot.com/>

What our growers will have during the Month of September.

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, basil, carrots, beans, greens and more!

Omache Farm – salad mix, zucchini, beans, basil, tomatoes, cucumbers, peppers, beets, radishes, spinach, broccoli, cabbage, kale, chard, carrots, corn, pump-



Tuesday Market goers are loving the fruit, honey, corn and other goodies at the Wilson-Banner booth.

kins, winter squash, and maybe watermelon and cantaloupe if weather cooperates.

Ravencroft Farm – salad mix, arugula, spinach, mache, tomatoes, cucumbers, summer squash, peppers, carrots and dried herbs

Sexton Farm – duck and chicken eggs

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

Sticky Fingers Farm – Homemade ice creams (including dairy free/vegan flavors) and waffle cones AND homemade hummus!

Wilson-Banner Ranch – peaches, pears, nectarines, huckleberries, apples, blackberries, sweet corn, tomatoes, cucumbers, squash, pear cider, onions, potatoes, raw honey, melons

We will be giving samples at the market too, so come on out and try what we are sampling each week!

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 and Participating Member Jessie Hunter

September 13, 20, 27:

Nutrition in a Snap: Food Labels and Fats

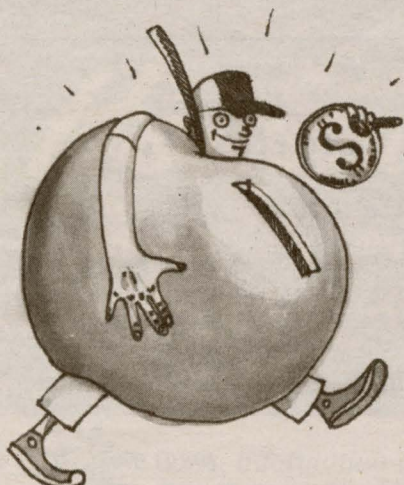
Samples: Sauces, Vinaigrettes and Salad Dressings

Price Shopper: We Saved \$3.19

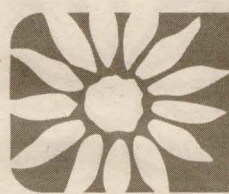
by Joe Pallen and Amy Richard, Co-op volunteer writers

What happens to time in the fall? All of the sudden things start moving faster. We sat out on the porch last week and tried to think of ways to prepare ourselves for the upcoming busy season as we let go of the slow days of summer. Besides some basic house-

keeping and schedule coordination we also made a shopping list of easy foods that we can have on hand for those times when we only have a few minutes for breakfast or lunch between activities. We went to Rosauers and the Co-op and compared prices. We ended up saving \$3.19 by shopping at the Co-op. I wish we could buy some time with that. Or maybe another day of summer. Sigh.



Item	Coop	Rosauers
Cravens Coffee 1 lb	\$14.49	\$13.29
Organic Valley Strawberry Milk 4-8oz cartons	\$5.39	\$5.69
Organic Valley French Vanilla half and half 16oz	\$2.65	\$2.99
Chobani Greek Yogurt Blueberry 6oz	\$1.55	\$1.79
Yves Meatless Turkey 5.5 oz	\$3.49	\$2.89
Lightlife Smart Bacon 5 oz	\$3.89	\$3.79
Organic Valley Cottage Cheese	\$4.45	\$4.79
RW Knudsen Very Veggie drink 8oz	\$1.15	\$1.19
Luna Bar (variety) 1.69 oz bar	\$1.49	\$1.69
Santa Cruz Apple Sauce Singles 6-4oz servings	\$4.34	\$5.19
Santa Cruz Cinnamon Apple Sauce 23oz	\$4.79	\$3.99
Natural Sea Tuna 60z can	\$2.39	\$2.59
Rudi's Whole Wheat Bread 22oz	\$4.35	\$5.19
Natures Path home Style Waffles Gutten Free 6 Count	\$2.99	\$3.19
Natures Path Peanut Buddy 6-1.2oz bars	\$3.85	\$4.19
Natures Path Choconut 6 1.2oz bars	\$3.85	\$4.19
Back to Nature Crispy Cheddar Crackers	\$3.27	\$3.79
Annie's Whole Wheat Cheddar Bunnies 7.5oz	\$3.39	\$3.49
Late July Mini Milk Chocolate Cookies 5oz	\$3.45	\$3.99
Late July Dark Chocolate Cookies 8.2oz	\$3.99	\$4.99
MaraNatha Creamy Peanut Butter 16oz	\$6.79	\$4.55
Mediterranean Organic Wildberry Preserves 13oz	\$12.25	\$13.99
Total	\$98.25	\$101.44
Total saved		\$3.19



CO-OPERATIONS



Beer, Cheese and Wine: Welcome Back, Students!

By Joseph Melior, Co-op Beer, Cheese and Wine Buyer

The transition from summer to fall is one of joy for some and one of trepidation for others. It heralds in the arrival of colder nights and shorter days.

The farmers are preparing for the final harvest; the students are returning; and your local beer, cheese, and wine buyer is researching the fall releases. I would like to extend an invitation to all the new and returning students to visit the Moscow Food

Co-op and see what we have to offer.

In our cheese section, we carry a large variety of goat, cow, and sheep cheeses to cater to any palate. We have French imports as well as local cheeses like Rollingstone Chevre or Ballard Cheese Co. We have a variety of bries, blues, cheddars, and fetas. Come on down a take a look. If the cheese you're looking for isn't there, let me know and I'll do my best to bring it in.

Did you know you can build your own six packs in our beer department? We carry a large

variety of individual microbrews for your drinking pleasure. I work diligently to discover new beers as well as seasonal releases, so visit frequently, as the

lineup is in a consistent rotation. If there is a microbrew that you'd love to have, let me know and I'll see what I can do. We can also special order kegs if you give a week notice. Members can save 10 percent if they special order cases of beer.

If you're looking for a nice bottle of wine, you've come to the right place. We have many delicious Northwest varietals as well as many imports. We carry wines ranging in price from \$6 up to the higher end varieties. If you have any questions regarding our wine selection please don't hesitate to ask. Did you know that members save 10 percent if they buy 12 bottles at once?

I can be reached in the store Monday through Friday or through e-mail at wine@moscowfood.coop. I'll see you in the store!



GOOD FARMING. GOOD FOOD.
GOOD THINKING!
Choose Organic Valley Cheese and support Farm to School Network!



The Farm to School Network and Organic Valley Team Up in September

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

Imagine fresh locally grown food being served up in school cafeterias right here on the Palouse and across the country! Can you imagine the impact it would have on the local farming economy? Does that sound like a reality or dream scenario to you? National Farm to School Network reports on their website that all 50 states have operational school lunch programs that use locally grown and raised food with a current total of 2,255 school districts involved.

In September, in co-ops across the country, Organic Valley is partnering with the Back to School Network with some spectacular money-saving coupons, sweepstakes and promotions to raise awareness and educate shoppers on the importance of healthy foods in schools. For the entire month, every Organic Valley cheese purchase will trigger an automatic \$1 donation to Farm to Schools Network (up to \$12,500).

Do you want to win \$500 in Organic Valley products for a local school? Of course you do, so "like" the Organic Valley Facebook page to become eligible. Nine schools across the country will win, with three of them being in Organic Valley's Western Division. Let's make one of those winning schools be from the Palouse. Have you seen what your local school is serving up in its cafeteria?

Educate yourself, get involved and learn more. We have made some steps since ketchup was counted as a vegetable, but we have a long way to go. Visit www.farmstoschool.org and www.ov.coop/goodthinking and www.strongertogether.coop for recipes, ways to get involved and for more information.

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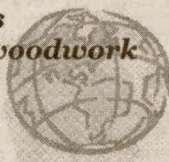
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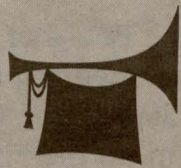
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CO-OPERATIONS



Co-op Shoppers Speak Out:

Asked by Ashley Fiedler on August 14, 2011

Q What is your brainfood?



"French press coffee."
- Laura Pizzo, MFA at UI, Moscow



"Scrambled eggs and mangos, not together though."
- Zane Hardin, Senior at McCall High School, McCall



"Turkey sandwich from the Coop Deli."
- Sandi Day, MFA at UI, Moscow



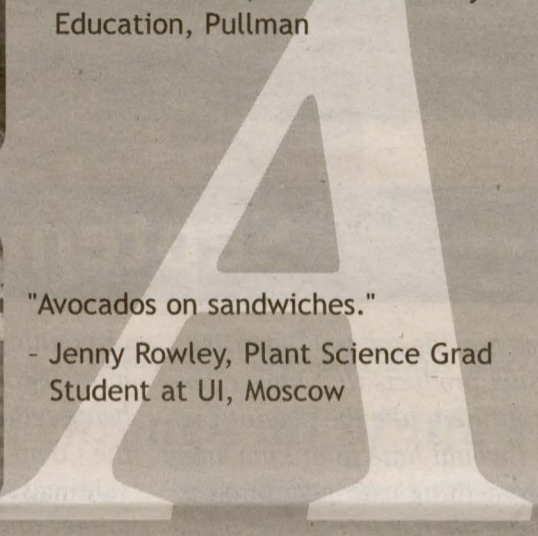
"Almonds, eggs, chicken."
- Shannon Rosell, WSU Elementary Education, Pullman



"Apples, Bananas, Emergen-C."
- Josh Burnell, WSU Med Student, Moscow



"Avocados on sandwiches."
- Jenny Rowley, Plant Science Grad Student at UI, Moscow



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Co-op information and neat stuff...always on line at www.moscowfood.coop



CO-OPERATIONS



My Choice

MaryJo Knowles has a favorite salad from the Co-op Salad Bar

Her choice:
lettuce (organic)
red onions (organic)
garbanzo beans (local)
feta cheese
kalamata olives
dried cranberries (organic)

olive oil and balsamic vinegarette dressing (organic)

WHAT'S YOUR CHOICE?

The next Board of Directors' meeting is Tuesday, September 13, at 6:30 p.m. in the Fiske Room at the 1912 Center. For public comments, the Member Forum will begin promptly and 6:35 p.m. and will end promptly at 6:45 p.m.

•••

Breakfast with the Board will be held on Saturday, September 17, from 11:00 a.m. until noon in the Co-op Deli. Come join us for some coffee, a pastry, and good conversation!



September 2011 Suggestion Box

Please provide separate utensils for Bulk products that have allergens in them like the peanut pretzels. I would hate to unknowingly use something with peanut on it if I were allergic to peanuts while bagging something supposed to be free of peanuts! Especially since the coop is a place where people can buy safe food hard to find elsewhere for special Diets!
Margaret

That is a good suggestion but unfortunately its unenforceable. If the utensils were marked there is a strong chance they will be used in undesignated ways. There is no way for us to control that usage and it's cost-prohibitive to monitor at all times. People with severe allergies should buy bagged foods that they know are safe. Seth, Bulk Buyer

I love how Moscow Food Co-op has only organic foods not greasy foods. I give this place 5 stars!
Mike

Thanks to Joan for her very diplomatic but hopefully effective article on not tying your dog up outside the store. Having to be on one's guard when entering the store is not a pleasant way to begin what otherwise is a pleasant and enjoyable experience.
Barbara

In the July "Community News" one of the staff contributors was

responding to either verbal or written complaints about dogs being tethered near the front of the Co-op. The bottom-line decision was "leave your dogs at home" and that dogs should not be brought to the Co-op and left by themselves outside.

I understand the concerns people may have about unknown dogs being left in front of the Co-op. However, I am one of the people who routinely walks with my dog to the Co-op to shop. My usual scenario is to ride my bike home from work, grab the dog, and go shopping. Our dog needs to get out and around, so I get to shop and the dog gets his exercise.

It is obvious that I am not alone in choosing to combine a good walk for our dog with some shopping. I think a total ban on dogs is counterproductive to the goals of having people shop at the Co-op without driving. I would ask the staff and management to look for another solution to the issue. The Co-op used to be a dog-friendly place, with a bowl of water often left out front for pets to use during the hot summer months. Would it be possible to allow dogs to be tethered somewhere else on the property? Under the front overhang is ideal to get the animals out of the weather (be it hot sun, rain, or snow) but a designated area away from the front would be workable.

Please consider another solution

other than banning dogs from the store area, and inform the members and public of your decision. Even if you decide to ban dogs from the Co-op premises, signage would be appropriate to let people who have come to expect to tether their dogs out front know of the new guidelines.

Thank you for your consideration. Paul.

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

This article asks folks to use their judgment and keep their dogs away from the entrance where they may intimidate customers. There are several areas outside the store that will work for leaving your dog while you shop. We intentionally did not designate a specific area as the usage of outdoor space changes throughout the day. We are not banning dogs, but asking that customers be considerate of others when choosing where they leave their pet. Thanks Joan, Interim General Manager Team Member

Joseph was so helpful to us today.

Aubrey is always very helpful and so is Charlie and Seth. Thank you very much. Camela

Thank you for acknowledging our wonderful staff. We agree with you: they are amazing. Joan

I wasn't able to find any locally made (or even regionally made) tortilla chips! I know there's a company from Hood River OR and one from Spokane, so it is possible. I think it would be a great addition to the lineup. Peter

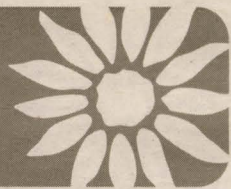
We agree. Please let us know the names of the companies and we will investigate. Alex, Grocery Buyer

Is it possible to start carrying Organic Tradition products? They are a wonderful company and have great products.

I wanted to contact you and ask what types of products this company carries. Our distributor does not have this line. When I looked online there were multiple companies with a wide selection of products. We will need more information before we can evaluate this line. Alex

Thank you for being nice, friendly and helpful. I always have fun when I shop and eat at the Co-op. Service beyond service. Also, one of your workers, Erin, helped me to charge up my car battery. Thank you. Sri

Thank you in return for the kind words. Joan



Co-op Volunteer Interview: Heather Alexander

By Terri Schmidt, Co-op Volunteer Writer

Heather volunteers by creating and sampling out produce in various forms, from slicing fresh fruit and veggies to making things like lettuce wraps, guacamole, quinoa, and tabouli dishes. The only limit to her creative license is that samples must feature items from the produce section. Heather says, "It's really fun because I can do whatever I want." She tries to highlight local produce that's in season and was happy to see the bright and delicious homegrown tomatoes appear. She finds it "great fun to work with the people in the produce department." They are good to her and are grateful for her coming up with creative ways to showcase the produce.

Heather believes most people want to work more vegetables into their diet, but they sometimes don't know what to do with them. She likes having the chance to educate people and finds they often request a recipe so they can duplicate her creations at home. As she says, "I enjoy turning people on to organic produce."

She is well-trained for this volunteer position, having worked with produce in California and Oregon, in Co-ops and natural foods stores, during her 20s and 30s. Heather also loves to cook, so it's "a no-brainer" for her to get creative with food.

After earning her bachelors degree in Biology, Heather took



massage classes in California at the Heartwood Institute, then began graduate school in Portland in naturopathic medicine. Eventually, she realized naturopathy was not the path she wanted to take. The experience did, however, lead to her current profession as a massage therapist. She moved to Moscow to finish her massage therapy training at the Moscow School of Massage.

Heather has now been in Moscow for six years, and has been a practicing massage therapist for five of those years. Three years ago she opened her own business, "Balance...A Wellness Spa" on 4th Street with her

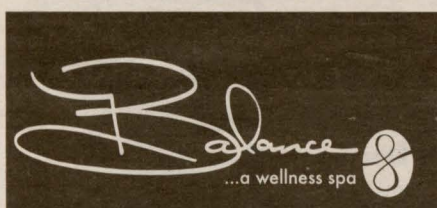
... "it's important to take care of yourself through times of stress and stay grounded through all of life's ups and downs."

colleague Laura Gessner, also a licensed massage therapist. She enjoys learning about anatomy and physiology, and doing physical work with her hands. Being a massage therapist gives her the opportunity to support people in living a balanced lifestyle, and help them find stress relief and live healthier lives.

Her husband, Paul Weingartner, is a long-time member of the Co-op. A dozen years ago he and his son Dylan picked up milk at Stratton's Dairy and delivered it to the Co-op to fulfill their volunteer hours.

In addition to volunteering, working as a massage therapist, and cooking, Heather also enjoys reading. But her biggest hobby is gardening. She practices what she preaches - finding balance. She realizes no one has a perfect life, so "it's important to take care of yourself through times of stress and stay grounded through all of life's ups and downs."

Terri is reluctant to say goodbye to summer but is enjoying the energizing presence of students returning to the Palouse



...finding your balance

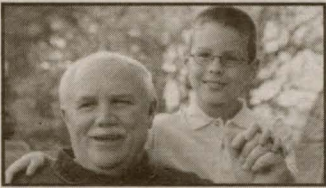
Heather Alexander, LMP
heather@balancewellnessspa.com
208-596-8248

Laura Gessner, LMP
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Moscow Food Co-op Invites Citizens to “Feast from Farms” in the annual Eat Local, America! initiative

The “Eat Local” challenge unites food lovers across the country in support of local food producers

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

Want to learn more about eating local? We are launching our annual campaign this summer to help people do just that. From Sunday, September 4 through Saturday, September 10, consumers can explore the benefits (and fun) of eating the region’s best locally sourced foods through Eat Local, America!, an initiative led by co-op grocers nationwide.

Visit and “like” our Moscow Food Co-op Eat Local Challenge page on Facebook to sign up for the challenge, learn how to share your own eating local experiences, get ideas and recipes, and win great prizes from the Co-op. For more information, visit www.moscowfood.coop or look us up on Facebook.

You can also sign up by e-mailing me at outreach@moscowfood.coop.

To participate, shoppers are invited to stop by the Co-op to find great local food options and also to join the Eat Local, America! online community at www.eatlocalamerica.coop. Participants are asked to set a goal for themselves. Whether it is eating one meal a week made



Right now there is a groundswell of people looking for authentic local foods, and we’re thrilled to be at the center of this movement.

with local foods or trying to source a specific percentage of meals locally, all participants can set a goal that fits their lifestyle.

The Moscow Food Co-op defines local food as food grown, produced, or distributed within 50, 100, or 200 miles of Moscow. During Eat Local, America! and throughout the year, the Co-op

helps shoppers identify local food by labeling these items with our lovely new Local50, Local100, and Local200 stickers and tags. See how many you can spot next time you’re in the store!

This is an exciting time of year for co-ops; the bounty and diversity of local foods are at

their peak, especially here on the Palouse. Eat Local, America! gives us a chance to introduce ‘newbies’ to the local food movement in a fun, engaging way, and also to challenge local food lovers to get creative.

Though eating locally has become more popular recently, the Co-op has a long tradition of developing close relationships with food producers. Right now there is a groundswell of people looking for authentic local foods, and we’re thrilled to be at the center of this movement.

Our Co-op joins more than 40 natural food co-ops hosting Eat Local, America! coast-to-coast. All are members of National Cooperative Grocers Association (NCGA), a business services cooperative representing 119 retail food co-ops nationwide.

Food lovers can learn more about Eat Local, America! and how to participate at www.eatlocalamerica.coop. For more information on great food and cooperatives, visit www.stronger-together.coop.

To learn more about us, visit www.moscowfood.coop.

coop
stronger together

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At the co-op, fresh delicious food is just the beginning. Nourish your family. Discover local foods. Connect with others and help build a strong community. It all comes together at the co-op.

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Moscow ID 83843
(208) 882-8537
Daily: 7:30 a.m.–9:00 p.m.
Moscowfood.coop
strongertogether.coop



Support Palouse Agriculture

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

The Green Commerce Committee is charged with developing and supporting the local, organic and sustainable food and goods economy, which is a “petal” on the Moscow Food Co-op’s Strategic Plan. Over the last few years, we have worked collaboratively to develop a definition and logo for local products that is now displayed throughout the store in every department. The Co-op has vendor guidelines available both on the Co-op’s website and as hard copies in the store to encourage reciprocal business practices. Despite these leaps forward, we are at an implementation crossroad. Our mission goes further than

the brick and mortar store; it encompasses the community at large. How do we develop and support the local and sustainable food and goods economy? What is the best road to take? Our committee has struggled with this very question over the last few months, and one of the huge impediments to moving forward is capital. The infrastructure we need here on the Palouse to build resilience back into our food system takes money to purchase.

The Green Commerce Committee is having a fundraiser for a capital fund that we can use to invest in projects that support the local economy. The money raised will go into a special, marked savings account. Projects will be paid with cash in hand only, they will not add to the Co-op’s debt load. The Green Commerce Committee will work with the Board of Directors and General Manager to use this capital fund to:

- Support projects that align with the Co-op’s mission, policies and by-laws, Strategic Plan, and the Cooperative Principles and Values.
- Support projects that use holistic systems designs which benefit multiple stakeholders (the Co-op, the producers, the Palouse community).
- Support projects that will contribute to a diverse, resilient food and goods system, which includes regional food security,

food sovereignty and fair trade. We are pleased to be working with artist Brett Lysne on three beautiful, limited edition screen prints for this fundraiser. The prints will be unveiled at the annual membership meeting on Sunday, September 25;

more information about the fundraiser and Green Commerce will be discussed at the meeting as well. We look forward to seeing you there and hearing your ideas. Thank you for supporting Palouse agriculture.

Looking for local in all the wrong places?



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Staff Profile: Whitney Stoner

By Amy Newsome, Co-op Volunteer Writer

Whitney has been a deli server and sandwich maker since June 2010. For Whitney, the job isn't just a paycheck; she has a real interest in healthy food, which she attributes to her Grandpa John. Her family always had a huge vegetable garden at their home in Sweet Home, Oregon, and while preparing vegetables with her grandpa, she recalls telling him she wanted to be a "salad chef" one day.

Upon graduating high school, Whitney wanted to attend culinary school, but her parents encouraged her to get a traditional college degree first and then go to culinary school if she still wants to. Her parents were hoping that she'd attend nearby Oregon State University, but when Whitney received information on the Western University Exchange program, which would provide in-state tuition to University of Idaho, she jumped at the opportunity to expand her horizons. She was taken by surprise with the first winter in Moscow, not even owning a winter coat or boots. She started as an English Literature major but has since transitioned to Anthropology. She really loves discussing and critiquing what is going on in the world and is fascinated by the study of human nature. She'll have to decide between social anthropology and archaeology soon, which will be a tough decision since she feels drawn to both. She's liked rocks

Her family always had a huge vegetable garden at their home in Sweet Home, Oregon, and while preparing vegetables with her grandpa, she recalls telling him she wanted to be a "salad chef" one day.

since she was little and being an archaeologist was her alternative career aspiration to salad chef.

Whitney has been physically active her entire life. She started dancing at age 4 and danced five days a week until age 12. She has fond memories traveling to places such as Disneyland to perform with her dance troupe. In high school, she added volleyball, cheerleading and throwing javelin to her activities. She still dances at the University of Idaho, her favorite style being



tap dance, but she also enjoys hip hop and jazz.

Whitney met Kevin Ducar last Halloween and they started dating in November. Kevin soon had the opportunity to demonstrate his good guy qualities when Whitney was hospitalized with a serious kidney infection over Christmas break. Everyone else she knew was out of town and Kevin visited her at the hospital and took care of her in her recovery at home. Soon afterwards, they moved in together and now share an apartment with a fellow Co-op employee and Whitney's cat, Knowla, who in Whitney's estimation is the smartest and coolest cat around. Whitney and Kevin enjoy hosting friends for dinner a few times a week. They also enjoy rock

hunting together. They often visit Emerald Creek in pursuit of star garnets and hope to go on a search in Montana soon. Kevin is also a student at University of Idaho in engineering and provides maintenance for a property management company. At the time of our meeting, they were planning on having their parents meet for the first time at Kevin's family's cabin on Priest Lake early August.

While Amy Newsome was lamenting just 10 remaining days of summer break before returning to her school job, she appreciated her 14-year-old daughter's spin on it: "Mom, just look at it like you're on a 10-day vacation." Now that's looking at life with a positive attitude! Thanks Jamie.

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Local Producer: Colter's Creek Vineyard and Winery

By Johna Boulafentis, Co-op Volunteer Writer

“In this area people grow things. Looking down at a meal I think, ‘Wow, everything on my plate including what I’m drinking is local’” said Melissa Sanborn, who owns Colter’s Creek Vineyard and Winery with her husband, Mike Pearson.” Check out the Wine, Beer and Cheese Department to find their wine that the Co-op has carried for about the last two years.

The vineyard located in Juliaetta, Idaho, was originally planted in the mid-1980s. It went through three owners and lay abandoned for five years before Mike and Melissa took over the land in 2007. Two years later, after completing the arduous task of reworking and reviving seven acres of grapes, the couple had their first harvest and production of wine. Currently, the vineyard is 15 acres and 75-80% of their wine comes from their grapes, with another 10% from grapes grown in the LC Valley.

Owning the vineyard and winery is a perfect fit for the couple. Including Melissa, her family has been farming for four generations. Both parents were raised on farms in South Dakota. Also, her father, although now a retired schoolteacher, has farmed in the Spokane area for the last 30 years. Mike, who is from Southern Idaho, is no stranger to long hours and hot days, growing up and working with



his dad, who was a commercial beekeeper. A few years ago, elements of both of their backgrounds graced their vineyard: a third generation tractor from Melissa’s family and a couple of bee colonies from Mike’s dad.

Growing up with a family that enjoyed wine, Melissa knew as a teenager that she wanted to explore the industry. She has memories of road trips in a Volkswagen van with her parents and their friends’ families to visit the new wineries in central Washington. Weekends and summer vacations included camping,

During the summer months we optimize the growing condition of the vines, and in the winery we prepare for the crush (winemaking).

months we optimize the growing condition of the vines, and in the winery we prepare for the crush (winemaking).” However, the last two years have been particularly challenging with cooler temperatures and changing rain patterns. They, like other growers, are at the mercy of Mother Nature. “We are much more in tuned to the weather now that we are farmers. To ripen grapes, we need temperatures between 85-90 degrees. Although when working in the fields, a cooler temperature feels good; days that don’t hit 80 are not good days for us,” shared Melissa.

Melissa and Mike appreciate the support they’ve received in the Quad Cities. In spring 2012, they will open a tasting room and hope for it to become a community gathering place. Recently, Colter’s Creek, along with other LC Valley vineyards, submitted an application to designate the LC Valley an American Viticulture Area (AVA). This designation will assist them in their goal of “growing something and turning it into a product that other people enjoy,” says Melissa.



hiking and wine tasting for the adults. Her master’s degree from WSU in Wine Chemistry and Sensory Science is no surprise.

The couple finds joy in the variety and constant change of activities in running both a vineyard and a winery. Melissa explained, “They complement each other. During the summer

Earlier this summer, Johna and friends went on a road trip to the Oregon Coast. They delighted in Colter’s Creek wine while sitting along the shore.



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The Trip	September 23-25
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Announcing: Co-op Classes Fall 2011

The Co-op is excited to partner with the great professionals listed below to offer classes this fall. As of press time we're working out the final details, so for more information on how to sign up email outreach@moscowfood.coop. You can also learn more by checking out the Scoop (our community calendar) at www.moscowfood.coop, looking at the bulletin boards in the Co-op, and by liking our Facebook page.

Mon. Sept. 19 - Tessa Graham (Sprout Wellbeing) **Fast Food!: SuperSized Stirfries, Brown Bag Lunches, and other Quick Meals**
Location and fee TBA, 5:30 - 7 pm

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 - RSVP to 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 - RSVP to 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)

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, fee TBA

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

Location: Latah County Fairgrounds kitchen, time and fee TBA

Mon. Oct. 24 - Kimberly Jackson (Backroads Farm, LLC) - **Flexible, Delicious Omelettes** Breakfast, lunch or dinner, omelettes offer great protein and make use of what you have on hand!
Location, time, and fee TBA

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, fee TBA

Mon. Nov. 14 - Tessa Graham (Sprout Wellbeing) - **Step Into the Wild: Discover Unique Grains and Greens**
Location: Latah County Fairgrounds kitchen, time and fee TBA

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, fee TBA

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

Location: Latah County Fairgrounds kitchen, time and fee TBA

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.



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.



Who Remembers River Valley Natural Foods?

By Nancy Casey

Monday, February 7, 1983

On Thursday, my order comes in at the food co-op in St. Maries. A hundred pounds of potatoes and 50 pounds each of onions and carrots. Three hundred pounds of flour and 50 of pintos, soybeans, black turtles, garbanzos, peanuts, sunflower seeds and dry milk. A lot of food, huh? Also spices and rice, bulgur, millet, cornmeal, peanut butter, tahini, cooking oil, coffee, miso, honey, molasses, raisins, tomato sauce. I spent the entire bulk food budget. Once we plant a garden and get chickens and a milk goat, I think I can cook *Recipes for a Small Planet* from cover to cover.

I got three rabbits from a sign I saw at the co-op. We feed them little rabbit pellets and a bit of alfalfa hay. "Mating" takes about seven seconds. At least I think that's what they did. I'll have to check the *Mother Earth News*

article to find out where and what to palpitate to see if the

does are pregnant.

I'm feeling better about myself and other people, after having discovered the food co-op. Mostly it's a food-buying club with an address in town. They have a pretty wide range of stock of all the basic natural foods, bulk spices and treats like carob brownies and soy ice cream bars. Also a woodstove with a sign above it that says, "This co-op needs firewood." You



River Valley Natural Foods in St. Maries, ID. c. 1983. Photo by Nancy Casey

can take a shower for fifty cents (a dollar for non-members).

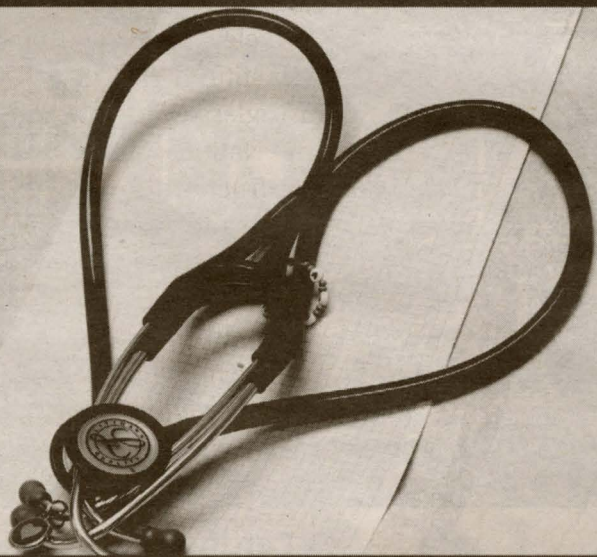
At the co-op, it's other people like us—babies and limping trucks. Most of the folks live over on the other side of St. Maries, so after we move out to the house, I won't get to see everyone so much, just whoever happens to come into town on my once-a-month volunteer days in the store. That's when I'll put a pot of beans on that stove, wash my hair, nurse Daniel, do store chores and get to visit when someone comes in to buy six oranges or a pound of granola.

EDITOR'S NOTE: This is an excerpt from Nancy Casey's memoir, *All the Way to Second Street*, in which she leaves Detroit, participates in Idaho's back-to-the land movement, and eventually moves to Second Street in Moscow. This is a short reminiscence of River Valley Natural Foods, the food co-op that was once in St. Maries.

Nancy will be reading from the book and signing copies at BookPeople of Moscow on Thursday, September 15, from 5-7 p.m.

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The Sustainability Review – Rainwater Geometry

By Mike Forbes, Co-op Volunteer Writer

I've written about rainwater systems for several years now, specifically about our experience with installing, filtering, and using it. I've received many questions in that time regarding everything about our system. There is one question that keeps rearing its head. How much water can I collect off of my roof?

I remember doing the calculations years ago and quickly realized that in our circumstance that we would have more water falling on our roof than we could easily store. Storage became our issue but for you it might not be since our roof is rather large. My point in writing this is that it's important to know what your water capture potential is and design your storage and usage accordingly. I'm not going to go through any of the techniques or roof materials of rainwater collection as I've done that in the past, this article is purely theoretical. Previous articles can be

found on the Co-op website or from me directly.

Let's walk through the math with an imaginary 20' x 20' small house. Time to put on your high school geometry thinking cap. The most important thing here is to visualize the roof area that the rain is falling on, not the length of the roof line. The slope of the roof isn't important here. The dimensions we are looking for are the lengths of the walls plus any overhang, ultimately the total roof area that the rain will see. With our house we have a 20' x 20' roof giving us an area of 400 sq. ft.

Next we need to know how much rain comes out of the sky. Where do you find this data? www.weatherbase.com. There

are various sites out there with specific data for a location but this one is a simple to use and

easy to decipher. Many other sources require you to dig a bit and don't give a good overview. Simply input your zip code and scroll down to Average Precipitation. For Moscow, Idaho, this is 23.7 inches.

Imagine a roof of 400 square feet with 23.7 inches (1.97 feet) of water

sitting on top of it. This is our potential rain resource. In order to get to something we understand better we must convert to gallons. To do this, we must convert those numbers to a volume like cubic feet by multiplying our area by the depth of water. Everything must be in feet to do this so the equation looks like this: Area (in square feet) x

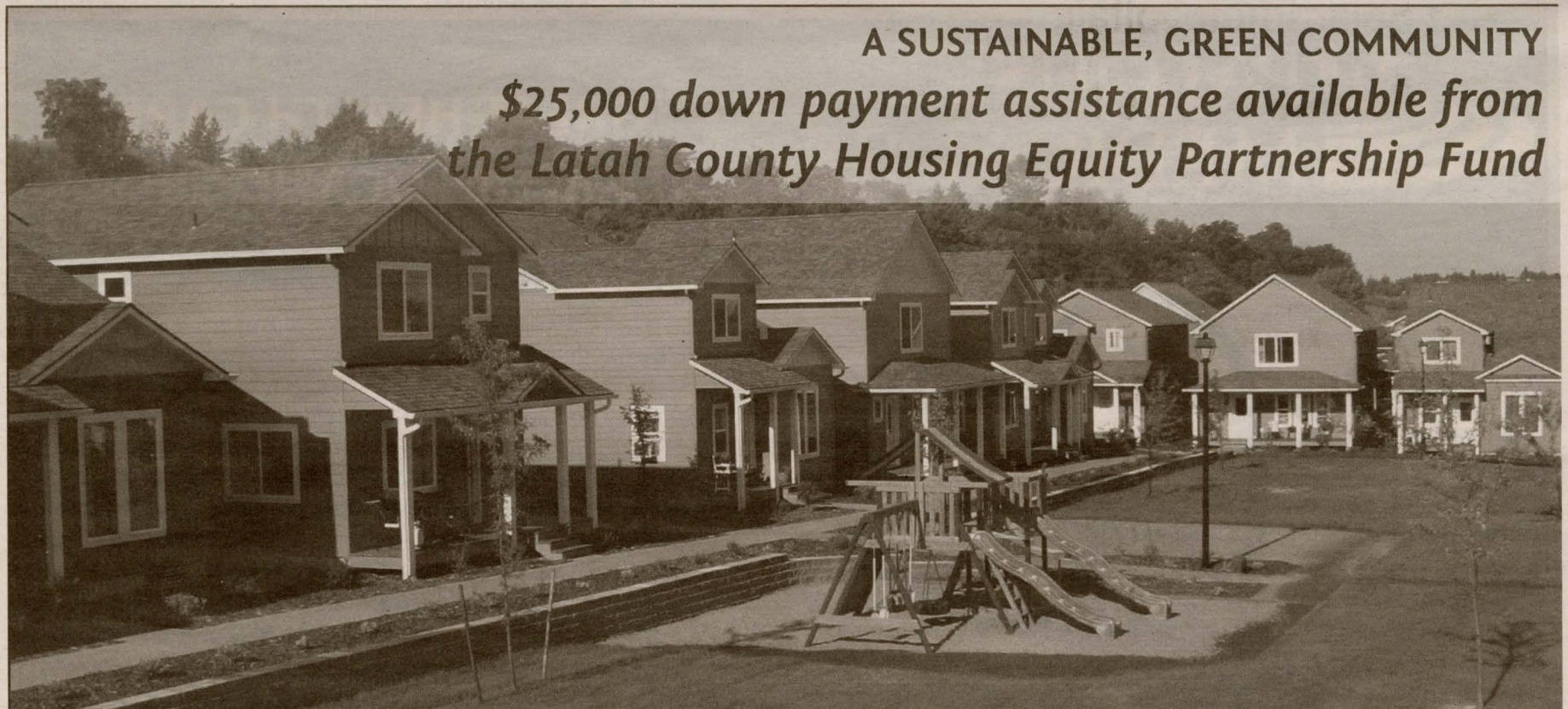
depth (in feet) = cubic feet. Our example: 400 square feet x 1.97 feet = 788 cubic feet.

Now we can convert this cubic foot measurement to gallons. Looking this up we find that there are 7.48 gallons per cubic foot. Multiplying we get a grand total of 5,894 gallons falling on our roof. This is a lot more than most people can easily store and this is for a small roof.

What do we do with this number? We start the design process of storage and usage. In our next article we'll talk about the design process and walk through the steps. I've created a spreadsheet that looks at monthly rainfall and usage to assist in this process.

I think it is common to think we live in a dry area and that rainfall isn't a significant source of water for us on the Palouse. The math doesn't lie, and it will become quite apparent after doing the math that we do have a good resource by which we can offset our use of precious groundwater.

Mike enjoyed the cool summer and can be reached at mike@technical-rescue.net.



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.

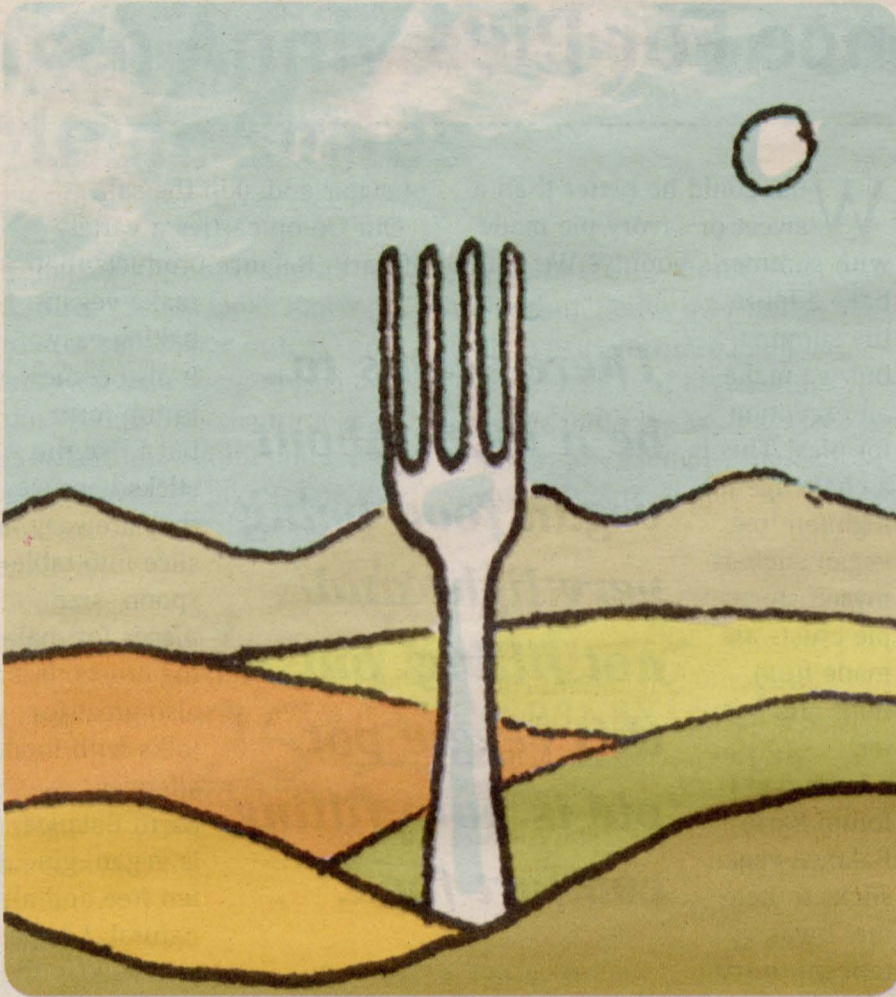
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Hungry for Dinner on the Farm?

By Gayle Anderson, Project Director

Idaho farmwife Gayle Anderson uses her cuisine talent to teach non-farmers about agriculture. Last year, Anderson began the "Dinner on the Farm" series where she and wheat farmer/husband Joe Anderson hosted a small group of "city folk" for dinner. The event allows non-farmers a chance to learn about where their food comes from. There is no charge to attend these dinners and it is by invitation only. The dates for this year's dinner events are September 10th and 17th.

Joe and Gayle farm with his brother, Jay Anderson, and his wife, Lisa. Together the family partnership farms a total of 4,150 acres in Genesee, Idaho. They grow winter wheat, spring wheat and garbanzos beans as their main crops and occasionally raise barley, mustard or lentils.

As guests arrive on the farm for the dinner event, they explore farm machinery and get to ride in the combine. During

dinner, conversation from last year's event focused on learning/sharing about farming, the day-to-day operations, and GMO's (genetically modified organisms).

"I want to put a face to the farm," said Gayle Anderson. "We're not a huge corporation. I want to get the message out that farmers are good stewards of the land, we work diligently to provide the safest and best quality food available. As we invite people into our home who don't have a farm background, we hope we can demonstrate to them that we care for our land and our resources."

Gayle also started a blog entitled, "A Glorious Life of an Idaho Farmwife" (at idahofarmwife.net), where she shares about farm life, daily activities and some of her favorite recipes.

To apply to be able to attend the upcoming dinners, please e-mail Gayle at idahofarmwife@gmail.com, tell her a little about yourself and your choice of date.

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Vegan-esque: Earth Balance For Pies

By Caitlin Cole, Co-op Volunteer Writer



Caitlin's Veggie Pot Pie

- 3 stalks celery, chopped
- 1/2 an onion, chopped
- 3 carrots, shredded
- 3 Tablespoons Earth Balance vegan buttery sticks
- 1/2 cup flour*
- 2 cups of Pacific vegetable broth
- 1 cup plain silk soy milk
- 1 teaspoon salt
- 1 teaspoon thyme
- 1 teaspoon pepper
- 3/4 cup fresh peas
- 3/4 cup fresh corn

Saute celery, onions, and carrots in butter for 10 minutes.

Add the flour, stirring constantly for 1 minute

Add broth and milk to mixture while stirring constantly

Cook over medium heat until bubbly then stir in the peas, corn, salt, pepper and thyme

Pour into a 2 qt casserole dish and top with crust.

Bake at 375 F for 30-45 minutes.

Pot Pie Crust

- 1 cup flour*
- 1 teaspoon salt
- 1/3 cup cold Earth Balance
- 2-3 Tablespoons ice cold water

Mix flour and salt together, cut in Earth Balance with a pastry cutter, add the water, then shape into a ball and chill.

Once it's chilled, roll out the dough to fit the casserole dish.

*For gluten free pie, use Bob's Red Mill gluten free flour.

What could be better than a sweet or savory pie made with summer's bounty? We don't bake a lot in the summer, but we make an exception for pies! This is a challenge for a gluten-free vegan such as myself since pie crusts are made from flour and butter,

I am glad I found Earth Balance vegan sticks to help me. I was reticent to try them because

I had assumed they were hydrogenated fat, the way most margarine are. Earth Balance has no trans fat or hydrogenated fat. It is made from a blend of soybean palm canola and olive oils. On the front of the package, it says "great buttery taste." No one in my house thinks it is good plain, but it works great for pie crusts! I wasn't sure it would because when making pie crusts with butter, it is important for the butter to be very cold and solid. The consistency of the cold Earth Balance sticks was slightly softer than cold butter but worked just as well. I was concerned there might be an aftertaste to the crust, but it turned out fine. I made a vegan pot pie by putting the crust on top and served it to some omnivorous friends who were later surprised to find out they were eating vegan food! There seems to be a myth about vegan food being very light and not filling, but this veggie pot pie is pure filling comfort food. I have also used the crust recipe below to make sweet or fruit pies; I just add about a teaspoon

of sugar and skip the salt.

Our Co-op carries a variety of Earth Balance products that make vegan baking easy. It also comes in tub form, but I like the sticks because they are easy to slice into table-spoon -size pieces for making crusts. It is also great for folks with food allergies, as Earth Balance is vegan, gluten free and all natural. I hope you will try the recipe below,

or you can check the Earth Balance site for lots of recipes at www.earthbalancenatural.com.

Caitlin Cole is looking forward to enjoying the beautiful autumn weather with her two homegrown kids.



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25th Anniversary for Chamber Music Series

by Robin Ohlgren, program coordinator

The Auditorium Chamber Music Series looks much as it did in 1986. Four or five concerts each year draw musicians from around the country and beyond. They feature not only small ensembles performing the standard repertory, but also push the boundaries of what is considered chamber music. In the

early years of the Series, the young Kronos Quartet appeared on the stage (with their sizzling interpretation of Jimi Hendrix' "Purple Haze" as an encore), as well as the relatively unknown male vocal ensemble Chanticleer.

The 25th Season offers the same range of style and ensemble of the early days. It opens on September 20 with the Callithumpian Consort from Boston.

A major change in the Auditorium Series over the years is the greatly increased emphasis on outreach of the visiting musicians into the community. Last year, for example, the Series sponsored 27 residency events

that provided stimulating musical experiences for nearly 1,500 youth of the region: from 5th grad-

ers from around Latah County, to the youth who live at the Northwest Children's Home in Lewiston, to master classes for University of Idaho and Washington State University music majors.

Season subscriptions for the 25th season of the Auditorium Chamber Music Series are now on sale at www.auditorium-chambermusic.org. Prices are \$80 for general admission, \$65 for seniors, and \$45 for students.

Auditorium Chamber Music

25th ANNIVERSARY

UNIVERSITY OF IDAHO

2011-2012 Season

Letter to the Editor

I've decided I just have to speak up. When I popped in recently to grab a bite at the Deli, the hot lunch menu included Mac & Cheese. Not only was it gluten-free, it was the best mac & cheese I've ever eaten. (Mac & Cheese is my thing. I've eaten it in every city I've traveled to.) A week later, the menu included coconut rice, topped with some sort of cooked Popeye greens. Again, blue-ribbon winner. Our new Deli management is on a roll. It's nice to see and EAT their new ideas.

- MaryJane Butters

Each of the Auditorium Series concerts is followed by an informal opportunity to meet the musicians. The Series' website has extensive information on the guest musicians and programs.

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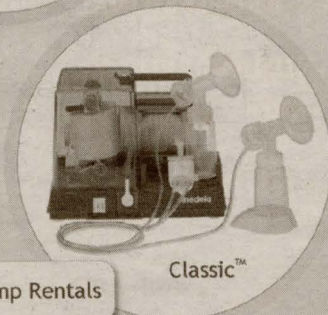
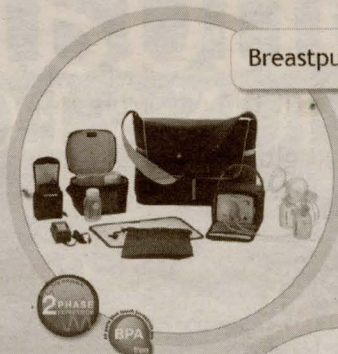
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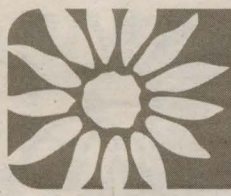
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Sojourners' Wish List

By Tara Roberts, Sojourners' Volunteer

Like many gardeners on the Palouse, the residents at Sojourners' Alliance transitional homeless shelter in Moscow got a late start planting this year.

"It'll be knee-high by the end of the year," joked one resident.

Slow-growing or not, the garden provides an opportunity for the people of Sojourners' to plant, tend and enjoy fresh produce. They grow strawberries, corn, squash, jalapeno peppers and more.

But the residents don't have access to all the tools they need to help their garden flourish. Items on their wish list include a weed eater, hand tiller and hedge trimmer.

The end of December always



brings in many donations to Sojourners' Alliance, but donations drop to their lowest point all year during late summer, though the shelter's needs remain.

The people of the Palouse can help make it Christmas in the Summertime for Sojourners'. In addition to gardening tools, the clients' wish list included:

- Outdoor equipment such as fishing poles, bicycles, Frisbees, and basketballs. Two children live at Sojourners' and others visit family members there, and they would appreciate outdoor toys. Sojourners'

youngest resident, age 5, put in a special request for dinosaur and train toys.

- Charcoal briquettes for the residents' grill. The residents of Sojourners' women's unit would enjoy a picnic table.

- Personal care and cleaning items such as dish soap, multi-vitamins, shampoo, disinfectant and other household cleaners

- Sojourners' Alliance also operates a food bank in Troy. The food bank director said a particular need is protein, such as tuna, canned meats, chili and eggs. The food bank can accept donated meat in its original wrapper and wild game that has been professionally processed.

To donate these or other items, call Sojourners' Alliance at (208) 883-3438. To learn more about how you can be involved with Sojourners', call or visit www.sojournersalliance.org.

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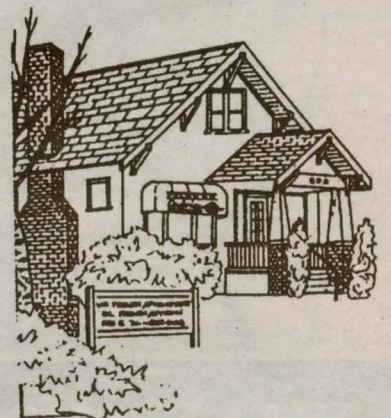
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Family Fun at the Santa Barter Faire

By Millissa Reeves, Fair Volunteer

Everyone is invited to the Santa Barter Faire, on September 10 and 11.

At barter faires, people come from all-over to trade, buy and sell. They bring produce from their gardens, handmade crafts from their workshops, vintage items from their collections, tools from their garages, and virtually anything else.

Just as important as the trading is the fun. Saturday night brings a giant potluck dinner followed by a drum circle and music jam.

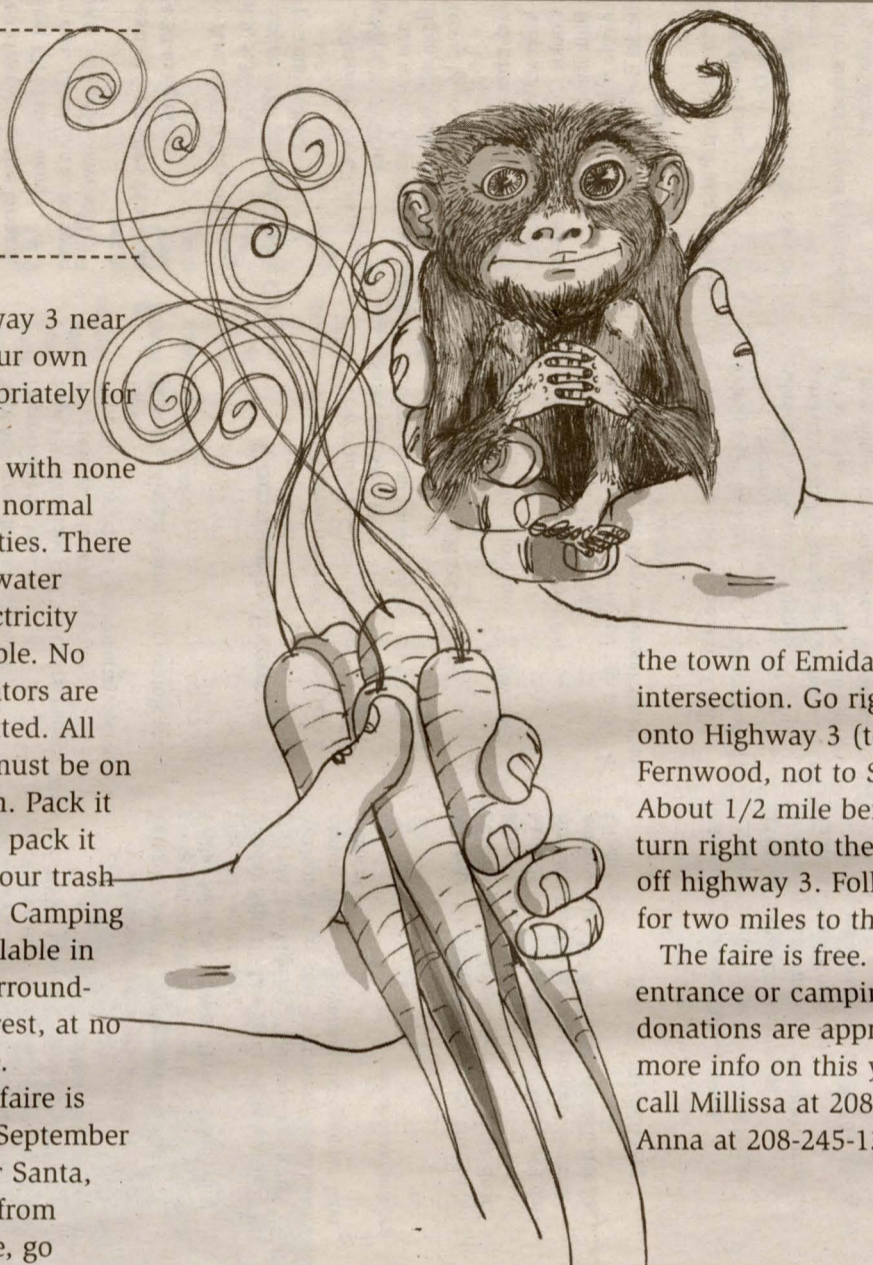
The Santa Barter Faire is a small gathering at a remote site with a family-friendly atmosphere. The faire is located in a forest meadow, two miles down

a dirt road from Highway 3 near Santa, Idaho. Bring your own water and dress appropriately for the weather.

The site is primitive, with none of the normal amenities. There is no water or electricity available. No generators are permitted. All dogs must be on a leash. Pack it in and pack it out is our trash policy. Camping is available in the surrounding forest, at no charge.

The faire is Saturday and Sunday, September 10 and 11, located near Santa, Idaho, about 60 miles from Moscow. To drive there, go north on Highway 95, then follow Highway 6 through Potlatch and over White Pine Drive past

They bring produce from their gardens, handmade crafts from their workshops, vintage items from their collections, tools from their garages, and virtually anything else.



the town of Emida to the Y intersection. Go right at the Y onto Highway 3 (to Santa and Fernwood, not to St. Maries) About 1/2 mile before Santa, turn right onto the gravel road off highway 3. Follow the signs for two miles to the faire site.

The faire is free. There is no entrance or camping fee, but donations are appreciated. For more info on this year's faire, call Millissa at 208-245-5862 or Anna at 208-245-1317

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Bulletin Board

MOSCOW FOOD CO-OP

Co-op Events

Co-op Annual Meeting

Sunday Sept 25, 5pm

In the Great Room of the 1912 Center. Don't miss this first opportunity to welcome our new general manager Seth Marcantonio! With a no-host bar, a business portion, and dinner from the Co-op will be served followed by more socializing and desserts. Children welcome with lots to do!

Board of Directors Meeting

Tuesday, Sept 13, 6:30pm

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

Breakfast with the Board

Saturday Sept 17, 11am—noon

In the Co-op deli. Come join us for some coffee, a pastry, and good conversation!

Tuesday Growers Market

Tuesdays, 4:30-6:30pm

Art at the Co-op

Friday Sept 9, 5:30—7pm

Opening reception of work by local Peace Corps volunteers, past and present.

Good Film Club

Wednesday Sept 21, 7:30pm

Truck Farm, plus talk by filmmaker Ian Cheney. Picnic at 4:30pm at Moscow Community Garden, followed by movie/ talk at Kenworthy.

Co-op Kids! Meet Tuesdays at 9am

Sept 6: Meet at Friendship Square

Sept 13: Cookie Cutter Sandwiches

Sept 20: Bulk Bin Music Makers

Sept 27: Apple Spiral Salad

Contact Rebekka Boysen-Taylor at

amamaswork@yahoo.com.

Co-op Mamas and Papas Group

Wednesdays 9:30—11am

Meet in the Co-op Deli

Sept 7: Meet at East City Park for baby fun (bring cameras)

Sept 14: Healthy snacks for your baby/toddler

Sept 21: Baby food demo

Sept 28: Free time

babies@moscowfood.coop.

Co-op Events at a Glance

Tue Sept 6—Co-op Kids—Friendship Square
Tue Sept 6—Music—Turner Jones Connection
Wed Sept 7—Co-op Mamas and Papas Group
Fri Sept 9—Art at the Co-op—opening reception
Tue Sept 13—Co-op Kids—meet in the Co-op
Tue Sept 13—Board of Directors' Meeting
Tue Sept 13—Music—Musaique
Wed Sept 14—Co-op Mamas and Papas Group
Sat Sept 17—Breakfast with the Board
Tue Sept 20—Co-op Kids—meet in the Co-op
Tue Sept 20—Music—Holy Jeans
Wed Sept 21—Co-op Mamas and Papas Group
Wed Sept 21—Good Film Club—Truck Farm
Tue Sept 27—Co-op Kids—meet in the Co-op
Tue Sept 27—Music—Michael Barry
Wed Sept 28—Co-op Mamas and Papas Group

Music at the Co-op

Tuesdays 5—6:30pm

Sept 6: Turner-Jones Connection .

Improvisational jazz.

Sept 13: Musaique. 1920s to present day American acoustic and gypsy jazz.

Sept 20: Holy Jeans. Contemporary country music.

Sept 27: Michael Barry. Original folk and country music.

Community Events

PCEI Community Celebration & Adirondack Chair Project Auction

Saturday Sept 10

Information at www.pcei.org

Santa Barter Faire

Sat/Sun Sept 10 and 11

Near Santa Idaho. More info: ☎ 208-245-5862

Book Signing

Thursday Sept 15, 5—7pm

Nancy Casey will read from and sign copies of her memoir "All the Way to Second Street" at BookPeople of Moscow.

Palouse Folklore Society Events

Friday Sept 16, 8pm: House Concert featuring Maggie Herron in the Attic
Admission by free-will donation.

Saturday Sept 17, 8pm: Contradance with Out of The Wood at the 1912 Center, calling by Larry Simmons. \$5 members, \$7 non-members. Lesson at 7:30pm.

www.palousefolk.org

AAUW Potluck Picnic

Tuesday, September 20, 5-7pm

Ghormley Park. Bring a dish to share and your questions about issues facing women in Idaho.

Auditorium Chamber Music Series

Tuesday Sept 20, 7:30pm

The season's first concert will be with the Callithumpian Consort at the UI Auditorium. Full details of season at:

www.auditoriumchambermusic.org

Fibromyalgia - Lupus - Chronic Fatigue Educational & Support Group

Tuesday Sept 27

Guest speaker on: How to talk to your children, family members, and close friends about your chronic illness. Plus other topics surrounding this issue. Family members, friends, caregivers and children (over the age of 10) encouraged to come. RSVP Jennifer ☎ 509-432-1778 or Lupushelp4u@yahoo.com

Dahmen Barn Events

Saturday Sept 10, 7:30pm: Musaique in performance. \$10 for a couple; \$7 for a single.

Friday Sept 16, 7:30pm: DaveStamey will play. \$15 at the door.

Sunday Sept 18, 12 - 3pm: "A Sunday in Autumn" booksigning. "TheShoobox Letters" by Nona Hengen and "Northwest Drylands - Seasons" by award winning photographer John Clement.

www.artisanbarn.org

UI Theater Events

Saturday Sept 10, 8pm: 24-Hour Theatre Festival. Six 10-minute plays. \$2 at the door. Kiva Theater

Sept. 29 - Oct 9: Adoration of Dora, by Lojo Simon. At the UI Hartung Theater . General admission is \$10. \$8 UI faculty/staff, free for UI students).

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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!