

# ROOTED

— SPRING 2016 —

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MOSCOW FOOD  
CO+OP



FREE





121 East 5th Street  
Moscow, ID 83843  
208.882.8537  
moscowfood.coop

Open daily from  
7 am to 9 pm

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We would like to thank Bill London for his legacy of communication and cooperation. His hard work and passion remain an inspiration to all of the Co-op's publications.



Spring feels like a reward. We've made it through the shortest, darkest days—with snow, ice, and wind—and on the other side we're rewarded with flowers that begin to poke their way through the soil, trees with fresh buds, and the promise of sunshine and warmer days ahead. We shift to do more of our living outside, gathering with friends and family. Spring brings Mother's Day brunches, graduation celebrations, the start of the Farmers Market, and much more

on the Palouse. In this issue you'll find recipes featuring local eggs, reviews of wines perfect for spring entertaining, and you'll meet some folks from the Co-op Kitchen who are dedicated to creating local and seasonal menus. And in honor of Earth Day on April 22, you'll get to know the Co-op's Sustainability Committee and learn how their efforts are developing a Co-op that models environmental sustainability through our activities, facilities, and products.



## Dime in Time (DIT)

Bring in reusable grocery bags and drink cups when you shop at the Co-op and you get 10 cents, which can be applied to your purchase or donated to the charity selected for the month.

### March – *Moscow Renaissance Fair*

Moscow Renaissance Fair works to produce Moscow's annual celebration of spring (April 30-May 1). This festival provides a venue for artists, craftspeople, and musicians, as well as a fundraising opportunity for local nonprofits. Held in East City Park, the event is free and there are many activities provided for children. DIT funds raised will be used to provide a nursing and changing tent as well as provide supplemental funds for the Kid Village.

### April – *Friends of Hospice*

Friends of Hospice (FOH) is guided by the mission to ease suffering at the end of life. They engage in action to foster the awareness of end-of-life care, hospice services, advance care planning, and grief support in Whitman County. FOH provides deep sustenance and comfort to many in our community through its Music and Memory program, which brings personalized music to community members and their families. They will use the Dime in Time funds to purchase equipment for this program as well as personalized music.

## Celebrate Earth Day

**Month of April:** Moscow Food Co-op

Look for signs in the store with tips for reducing waste and your overall environmental impact. Use these suggestions to fill out a pledge for a change you can make in 2016 to help the planet. Pledges will be entered to win raffle prizes. Plus, receive double dimes for bringing reusable bags and cups.

**April 20:** U of I Commons Pavillion; 11am – 3pm

Bike Fix & Sustainability Showcase: The Co-op table will have hummus samples made from chickpeas grown on the Palouse. Learn more about the Bicycle Benefits program and enter our raffle!

**April 22:** Moscow Food Co-op; 5-8pm

Join us for an Earth Day Celebration! We will be honoring all things green with a kid's activity, a vermicomposting workshop, samples from companies that are leaders in sustainability, and more!

## Co-op Classes are Back!

The Co-op has been working hard to partner with professionals and passionate owners in our community to offer a variety of educational classes and seminars. There are classes ranging from Cooking Basics and Cooking Healthy Gourmet Indian Cuisine to an Introduction to Homeopathy, Gut Health, and more. Check out our website for a complete calendar of classes and register online or in the store for the ones that interest you today.

## Food for Thought Film Series

### *The Last Crop*

Wednesday, March 16, 7pm at the Kenworthy

FREE admission in partnership with the UI Sustainability Center (UISC)

Annie and Jeff Main own a 20-acre organic farm that serves the Sacramento/San Francisco communities. After 30 years of farming, they are finding it harder to remain viable in a rapidly changing and highly competitive environment. The film captures the intractable nature of sustaining a small family farm in contemporary California, the sacrifices farming families like the Mains must make to keep their dream alive, and the difficulties involved with passing the land to the next generation of farmer.

### *Plastic Paradise: The Great Pacific Garbage Patch*

Wednesday, April 20, 7pm at the Kenworthy

FREE admission in partnership with UISC and the City of Moscow Sustainable Environment Commission (SEC)

Thousands of miles from civilization, Midway Atoll is in one of the most remote places on earth. And yet it has become ground zero for The Great Pacific Garbage Patch, siphoning plastics from three distant continents. In this independent documentary film, journalist/filmmaker Angela Sun travels on a personal journey of discovery to uncover this mysterious phenomenon. UISC and the SEC will be present with advice on how to reduce your plastic use, free reusable grocery totes, and more!

## Board Meetings

All are welcome! All Board of Directors meeting are held at 6pm in the Fiske Room at the 1912 Center in Moscow.

Upcoming meetings:

March 8, April 12, May 10

## Annual Meeting

Sunday, April 10th, 3-5 pm, Great Room at the 1912 Center

Please join the Moscow Food Co-op Board of Directors for the Annual Owners' Meeting. Attending the Annual Meeting is a great opportunity for owners to meet the newly elected Board Representatives, get an update on the Co-op, and learn about Policy Governance. Lifetime owners who attend the Annual Meeting will receive a 20% off coupon to use toward a Co-op purchase. Light refreshments will be served.



PRODUCT



SPOTLIGHT

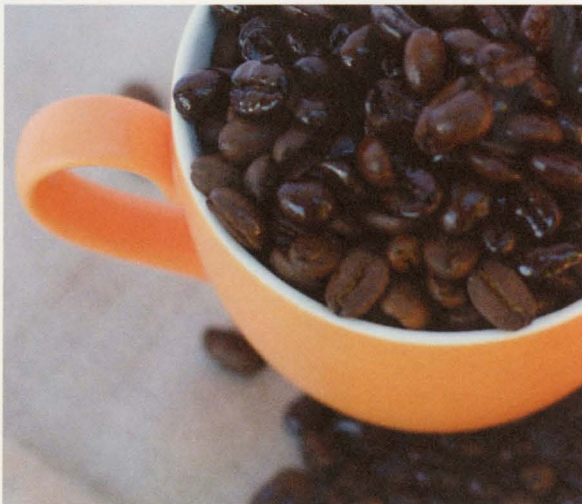
## PRINCIPLE SIX COOPERATIVE TRADE MOVEMENT

**B**etween the steamy coffee drinks, rows of hearty veggies, and the fresh-baked bread it can be hard to remember that at the core of the Moscow Food Co-op sits the 7 Cooperative Principles. This list of seven guiding values—adopted by the International Cooperative Alliance in 1895—traces its roots to the first modern cooperative developed by the Rochdale pioneers in England in 1844. These principles serve cooperatives all over the world and set the tone for a different way of doing business.

The sixth cooperative principle, Cooperation Among Cooperatives, speaks to the value we have as co-ops when we increase our power by conducting business with one another. We truly are stronger together.

This year the Moscow Food Co-op will be joining 10 other cooperative businesses in the Principle Six (P6) Cooperative Trade Movement. The P6 Movement exemplifies just and equitable trade relationships between farmers, producers, retailers, and consumers rooted in cooperative principles and values. P6 is the symbol of a growing consumer-supported food economy recognizing product grown or produced locally, or internationally, by small farmers, producers, and cooperatives.

Founded in 2009 by Equal Exchange—a company dedicated to building long-term trade partnerships that are economically just and environmentally sound—P6 represents a better way to do business.



*Photo by George Bedirian*



P6 is a designation that you will see on our shelves to tell you that:

- Members of the Principle Six (P6) Cooperative Trade Movement envision a food system in which farmers, workers, and producers are valued and compensated fairly at each step of the supply chain.
- P6 Members view consumers as powerful participants in global and local economies: engaged, educated and empowered to use their purchasing dollars as a tool for social change.
- P6 Members believe that by creating a values-based economy we contribute to healthy, just, and sustainable communities locally and globally.

As a consumer food co-op we know that joining the P6 movement solidifies our commitment to strengthening the market share of local, small, and cooperative businesses.

In order for a product to be awarded the P6 designation it must fulfill two of the three requirements: produced locally, produced by small farmers or producers, and produced by a cooperative. This means that all of the local producers you love will now be a part of the P6 Movement!

For our Co-op we will define the requirements in the following ways:

**Local-** grown or produced within 200 miles of the Moscow Food Co-op.

**Small-** a) Independently owned and operated, and b) Selling direct to store(s) or through a local distributor with a regional distribution area.

We will pay special attention to products from international sources, or whose main ingredient is from an international source (like a chocolate bar). The international ingredient must be sourced from a small farmer cooperative in order to receive the P6 designation. This extra attention is due to the high levels of exploitation in international commodity food chains.

**Cooperative-** the business utilizes cooperative ownership or is a non-profit.

While shopping, look for the P6 logo around the store to find products that qualify for the designation. Products from Organic Valley, Equal Exchange, and Maple Valley Cooperative are all a part of the P6 program, as well as items from local producers like Panhandle Bakery, Little Bear Dairy, and Namaste Foods.

We'll also be hosting events where you'll get to meet our P6 producers, taste their products, and learn from them why Principle 6 is so important to the cooperative movement. You can look forward to a kick-off event this August!

*Written by Erica Wagner*



## COOPERATIVE PRINCIPLES

1. VOLUNTARY AND OPEN MEMBERSHIP
2. DEMOCRATIC MEMBER CONTROL
3. MEMBER ECONOMIC PARTICIPATION
4. AUTONOMY AND INDEPENDENCE
5. EDUCATION, TRAINING, AND INFORMATION
6. COOPERATION AMONG COOPERATIVES
7. CONCERN FOR COMMUNITY



The Moscow Food Co-op adheres to the seven principles agreed upon by the International Cooperative Alliance.



# Why Cooperation Matters



The unique ownership structure of cooperatives guarantees that the interests of the local community are always taken into consideration when co-ops make decisions, whether those be about hiring practices and energy usage, or product sourcing and nutrition programs. These owner-driven values are stated in the Co-op's Strategic Plan.

Part of what makes a food co-op different is our foundation in the cooperative principles. The second cooperative principle is "Democratic Member Control". The International Cooperative Alliance says that "Cooperatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership". Moscow Food Co-op owners engage in this democracy in a number of ways, the most obvious of which is voting for the Board of Directors.

The Board of Directors is composed of and elected by members of the Co-op. The Board acts collectively on behalf of the members. The job of the Board is to make contributions that lead the organization toward the desired performance and assure that these outcomes occur. The Board of Directors acts as the trustees for the Co-op membership by providing direction and oversight of governance, monitoring the financial wellbeing of the Co-op, and overseeing the strategic process to ensure the future of the organization.

Per the Moscow Food Co-op's bylaws, your elected Board of Directors is required to call an Annual Meeting after the close of each fiscal year. Annual Meetings are the one time of year when cooperative leaders get to

communicate face to face with members about the state of the Co-op and its future goals. These meetings ensure that owners know the status of the business they own, and they see why ownership matters.

The Annual Meeting is your opportunity to interact with your elected representatives, to learn more about the Co-op's performance, to ask questions, and to hear about the Co-op's long term goals. In addition to being a business meeting, this is also about building community. It is your opportunity to interact with one another, to share food and to share stories.

Research into the economic impact of food co-ops supports what many food co-op owners know from personal experience: cooperatives create more jobs per square foot, use less energy, recycle more materials, and locally source more of their products than conventional grocery stores. At the 2016 Moscow Food Co-op Annual Meeting you'll have an opportunity to hear how your Co-op directly impacts your community. In addition to the financial report about the Co-op's performance during the 2015 fiscal year, you will learn about the Co-op's progress on the recently adopted strategic initiatives.

Please mark your calendar for Sunday, April 10th from 3-5pm at the 1912 Center. Lifetime owners who attend the Annual Meeting will receive a 20% off coupon to use toward a Co-op purchase. Light refreshments will be served. Bring your family and join us for good food and good conversation!

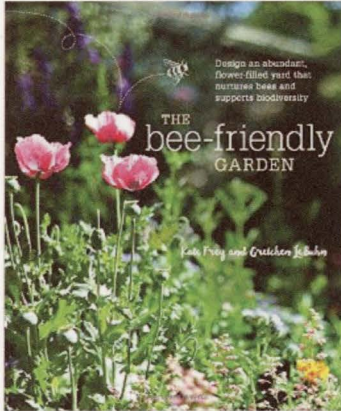
*Written by Melinda Schab and Dena VanHofwegen*



# library PICKS

Enjoy these tasty selections from the Moscow Public Library, located at 110 South Jefferson Street.

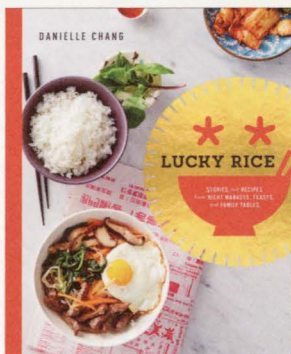
Written by Breanna Salzsieder



## The Bee-Friendly Garden: Design an Abundant, Flower-Filled Yard that Nurtures Bees and Supports Biodiversity

Kate Frey and Gretchen LeBuhn

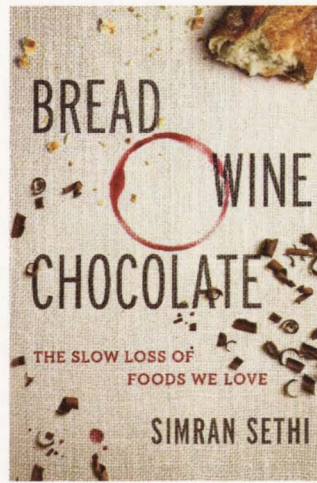
Frey and LeBuhn's book helps readers do their part to help bee populations by designing bee-friendly spaces using bio-diverse plants that attract pollinators, creating nesting cavities, and matching soils to climate type. "This guide will benefit novice and seasoned gardeners who wish to provide habitats for bees and other pollinators." – Library Journal



## Lucky Rice: Stories and Recipes from Night Markets, Feasts, and Family Tables

Danielle Chang

Focusing on street food, Chang introduces readers to a variety of Asian recipes. Short stories are interspersed throughout the book, acting as cultural explorations and insights into the background of the dishes that follow.



## Bread, Wine, Chocolate: The Slow Loss of Foods We Love

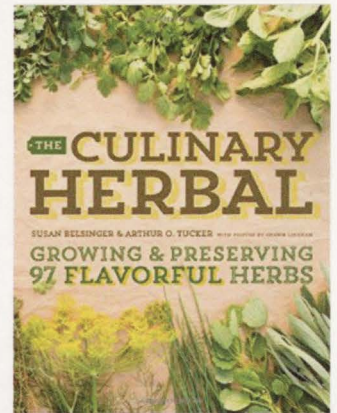
Simran Sethi

Sethi examines the important role food plays in our lives and how homogenization is a detriment to the diversity of our food supply. Throughout the book, she highlights both our personal connections to food as well as reasons for increased homogenization and potential impacts this could have on our health and culture.

## The Culinary Herbal: Growing and Preserving 97 Flavorful Herbs

Susan Belsinger and Arthur Tucker

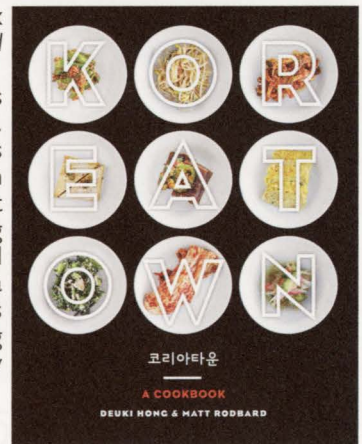
The Culinary Herbal addresses how to grow, preserve, and use a wide variety of popular and lesser known culinary herbs. This title works well as a practical guide and includes a resource list and photos throughout.



## Koreatown: A Cookbook

Deuki Hong and Matt Rodbard

This cookbook focuses on the flavors found in Koreatowns across America. The authors supplement their recipes with photos, essays, and interviews. "An inspiring section is handed over to guest chefs who have found ways of adding Korean flavor to their dishes: Daniel Holzman, of the Meatball Shop, creates a Korean barbecue flavored ball, and Texas chef Paul Qui concocts a comforting kimchi grilled cheese." – Publishers Weekly







## Is your Olive Oil Real?

Did you know that authorities in the US and Italy believe that 75% of all olive oil imported to our country is fake? We want you to know that all of our extra virgin olive oil we sell at Ampersand is 100% certified as DOP, short for Denominazione di Origine Protetta (Protected Designation of Origin). You can be confident in the quality you are purchasing by knowing that the base of our infused oils is a DOP Colline Soleritane EVOO and infused with all natural ingredients. We know it costs a little more, but we also know that the taste is superior and the quality is guaranteed! You can be confident you are getting the best flavor and health benefits when buying your olive oil from Ampersand. We invite you to come in and taste the difference.

We have over 40 olive oils and vinegars on tap as well as, hand crafted Italian pastas, GF Italian pastas, sauces, dips, herbs, spices, teas, desserts, GF items, household and kitchen items and fabulous gifts! We also offer wonderful cooking classes that are entertaining, educational and delicious. Come on in and be inspired!

**AMPERSAND**  
oil & vinegar tap house

519 S. Main Street Downtown Moscow  
ampersandoil.com 208.883.3866

## Roasted Beet, Pear, & Hazelnut Salad

- 4 - 6 medium beets
  - 1 Tbsp Olive Oil (*Blood Orange or Wild Rosemary*)
  - 3 Tbsp *Crisp Anjou Pear Balsamic* Sea Salt (*Murray River or Rosemary*)
  - Fresh Ground Black Pepper, to taste
  - 1 Ripe Pear, sliced
  - 1/4 cup Hazelnuts, toasted
  - 1/4 cup Feta Cheese, crumbled
  - 1 cup Salad Greens (Arugula or Spinach)
1. Preheat oven to 350 degrees F.
  2. Wash each beet and slice in to wedges.
  3. Line baking sheet with foil, and place the beets on top. Drizzle with the olive oil and 2 tablespoons vinegar, and then season with salt and pepper.
  4. Cover with more foil and roll edges to create a pouch for beets. Roast 45 minutes.
  5. Layer the beets on a bed of salad greens.

\*Items in Bold & Italics can be found at Ampersand



*Coming Soon!!!*





# let's toast

## SPARKLING WINES

Written by Peg Kingery, Moscow Food Co-op Wine Buyer

Spring is a time for celebration. We honor moms and graduates, extend our living space to include the patio, and savor the first taste of vegetables from our gardens. A velvety Cabernet Sauvignon enhanced the flavors in winter's stews, but when considering wines for celebratory brunches and al fresco meals, it's time to look for light and refreshing wines with appetite-stimulating bubbles.

Whether imported or produced in the United States, sparkling wines can enhance a wide variety of food, and certainly add to a festive atmosphere. Our Co-op carries sparkling wines from several different countries, made from a variety of grapes and finished dry or with a touch of sweetness. Here are several to consider when planning your next springtime celebration.



### **Mamamango, Misa Imports**

Its name is fun and what better wine to serve on Mother's Day?! Mamamango is a sparkling moscato wine from Italy that is naturally infused with mango puree. It is deep yellow in color. The mango harmonizes well with flavors of tropical fruits, coconut, honeysuckle and apricot jam. Its texture is rich and creamy.



### **Evolution Sparkling Wine, Sokol Blosser Winery**

Evolution is produced by Sokol Blosser Winery in Dundee, Oregon. This winery became a Certified B Corp in April 2015, which means it uses sustainable practices in all aspects of its operation. It is USDA Certified Organic, uses 50% biodiesel in its farm equipment, uses solar and wind power, and uses low impact packaging. This wine is made from muller-thurgau, white riesling, semillon, pinot gris, gewürztraminer, muscat canelli, and chardonnay grapes, using methode champenoise, which is the method used to make Champagne. It is dry, creamy, and crisp on the palette, with notes of apricots, green apples, pears, and peaches.



### **Bosco de Gica Prosecco Brut, Adami**

Another Italian import, Adami is a family-owned winery in the Veneto region. Bosco de Gica is the ancient name of the family's first vineyard, planted in 1490. The wine is made from the glera, a white grape with lower acidity levels, using the Charmat method or metodo Italiano. With this method the wine undergoes a secondary fermentation in stainless steel tanks covered with clear enamel, rather than in individual bottles, and is bottled under pressure in a continuous process. It is semi-dry on the palette and tastes of honeyed apples and meadow flowers—balanced with a lively acidity.



### **Reserva de la Familia Brut Cava, Juve y Camps**

Juve y Camps is also a family-owned winery near Barcelona, Spain. They grow native grape varieties—parellada, macabeo and xarel-lo— on 2700 acres of vineyard. The wine is made using metodo tradicional (as is Champagne); it is bottle-aged 18 months after the second fermentation. It is a rich wine, pale gold in color, with aromas of peaches and green tea, and hints of lemon and apricots.



# being green: MEET THE SUSTAINABILITY COMMITTEE

In 2015, a handful of Moscow Food Co-op employees met for an hour or two each month to dive deeply into our environmental sustainability concerns. These passionate employees first built a mission statement—to promote and implement environmentally sustainable policies and procedures through our operations, facilities, products and services—to guide their efforts. Then they agreed upon using SMART (Specific, Measurable, Attainable, Realistic, Timely) goals as the method of approaching their work. Each department represented assessed their own department's processes, methods, and procedures and ultimately selected an issue they believed they could effectively plug into the SMART goal format.

Here is a quick snapshot of where each goal is taking us.

- **Grocery**—Separating plastic pallet wrap lets us fine tune our recycling effort so that when we find a way to recycle this waste product, we are already in the habit. Currently, we are searching for a viable solution to reroute this recyclable waste. Our geographical isolation and the quantity of plastic wrap we generate are the limiting factors.
- **Kitchen**—Reduction of water consumption in our Kitchen through outreach and education was our goal last year and will continue as a goal in years to come. We have continually used low-flow pressure sprayers and our water is heated with tankless heaters (meaning lower water and fuel consumption), but we want to find further ways to use less where we can.
- **Front End**—Our cashiers have many tasks to complete while checking out customers including promoting customer use of 'e-receipts'. The paper waste created with traditional receipts adds up quickly, so we are campaigning to let our customers know they can save paper waste by signing up for e-receipts! If this is news to you, ask a cashier or email the sustainability committee. Or both!!
- **Produce**—The daunting task of finding a way to reuse and recycle waxed cardboard boxes is seemingly impossible. Even though we offer these



Committee members from left to right: Bill, Deb, Mike, Misty, Joseph

boxes to local farmers for feed containers, etc., many still end up in our dumpster because the recycling center cannot take them. Through conversations with other businesses and institutions in our region, we have learned there are no suitable, traditional solutions for this waste. If you have any information to the contrary or any ingenious ideas, please email our committee at [sustainability@moscowfood.coop](mailto:sustainability@moscowfood.coop) and let us know.

- **Finance**—The Finance folks do many things to reduce paper waste and are committed to seeking out additional ways of reducing waste in their paper-driven world.
- **Bakery**—After all the sales of fresh bread made from scratch in our bakery, we do have a few remaining

loaves that are past their sell-by date. We donate these to area Food Banks and we hear they are quick to be taken home.

- **Facilities**—With all the use our walk-in coolers see each day, the door gaskets do wear out. The Facilities department regularly examines these gaskets to determine replacement needs and, in 2015, installed many new, tight seals. According to statistics, up to 20% more energy is used when a cooler has poor seals and, with the great amount of

energy it takes to keep our many refrigerated items cool, we realize tremendous savings by employing this simple routine maintenance schedule.

In 2015 the committee enrolled in a national program called Co+Efficient. Through this program with National Cooperative Grocers (a cooperative of co-op grocers!), we have many tools to help measure and improve our sustainability efforts.

One feature shows our data in graph format to help us clearly see where we shine and where we need more effort. For example, we can see that we efficiently use water, electricity, and gas. In 2016, we want to work more on landfill diversion. We will use our "SMART" goal framework for this project and the many others that will be the focus for the Sustainability Committee in 2016.

Written by Bill Bonner and Deb Reynolds





# 2015 BY THE NUMBERS

## OUR STAFF

**\$308,128**

spent on employee healthcare

**\$28,236**

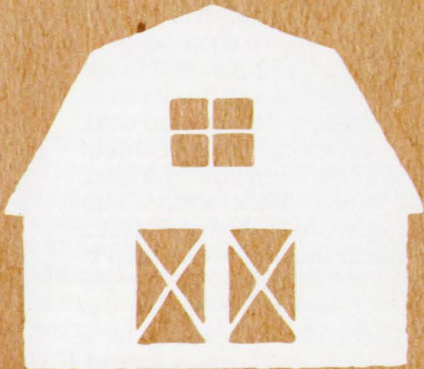
contributed to employee retirement

**\$11,955**

invested in employee training + development

**78%**

of salaried managers hired from within



**78,257**

bags + cups reused with the Dime in Time program

## *sustainability*

**12,000**

pounds of compost generated

**98,000**

pounds of cardboard recycled

## WE ♥ LOCAL

**\$556,602**

spent with local producers and farmers



**7,298**

DOZEN EGGS purchased locally

**197**

local producers worked with

## *community*

**\$19,419**

donated to local nonprofit organizations through the Community Contributions program

**1,600**


NEW OWNERS

**\$65,748**

made in owner equity investments







### Easter Egg

Similar to a common summer red radish, Easter egg radishes are slightly spicy and crispy.

The greens of these and most other radishes, besides Daikons, are great in salads and packed with vitamin C and other nutrients. Try making the greens into a pesto for pasta or soup while baking the root in to thin slices for radish chips.

# various radishes

### Black Daikon

Under the deep black matte flesh of this radish is a white flesh with a crisp peppery flavor. The pungent flavor of the Spanish black radish can help clear a head cold, while its high water content will help keep you hydrated. Spanish black radishes also contain phytochemicals called glucosinolates which help in protecting the bone marrow against toxicity. Try treating this radish like horseradish for a spicy spread.

### Watermelon

This Chinese heirloom daikon is slighter spicier and tougher than the purple daikon. Behind the sweet taste and beautiful color of watermelon radishes is a high phytochemical profile, including zeaxanthin, lutein, and beta-carotene, which are important for eye health. They are commonly pickled and served as a colorful condiment. For a simple snack, try these on top of an avocado on toast.

From black to white, from sweet to spicy, radishes offer a wide variety of flavors for chefs in the know. They also offer a range of important health benefits, including high levels of vitamin C, zinc, phosphorous, fiber, and antioxidants. They are also low in calories and high in water content, and all varieties contain phytochemicals called isothiocyanates, which help prevent and combat certain kinds of cancer. Although marred by a bitter reputation, radishes from the sweet purple daikon to the spicy black Spanish offer something for everyone.

Store radishes in the crisper drawer or if you have an older fridge, try storing radishes in a plastic bag or glass jar with wet paper towels to keep them for up to a week or longer.

Written by Celeste Lourigan

### Purple Daikon

A little sweeter than most other radishes, purple daikons are perfect for people who dislike the strong, spicy flavor of most radishes. The bright purple flesh of the radish makes them perfect for showcasing color on top of a salad or in traditional Asian dishes, including sushi and sashimi. Try them in a stir-fry or adding them to a chicken taco for a little extra crunch.

### White Daikon

This dynamic radish is packed with vitamin C and is milder tasting than most radishes. While daikon radishes can grow up to 18 inches, only young daikon under 8 inches should be consumed raw. They're great roasted with other vegetables, but save the smaller ones for a salad or a sandwich. Look for local varieties from Deep Roots Farm throughout the spring season.





# Dallas Sexton: A good EGG

**1,057** dozen.

That's how many eggs our kitchen lovingly whisked into quiches, scrambles, and breakfast pockets from Dallas Sexton at Sexton Farms in 2015.

Located in Harvard, ID—just 32 miles from the Co-op—Sexton farms is home to over 100 chickens, 19 ducks, a couple dogs and cats, and between 800-900 blueberry bushes.

Dallas Sexton and Judy Perkins now run the farm that Dallas' grandfather started in the 1910s. He moved back to Idaho in 1994 after having left for 30 years to manage restaurants in California. He then left again and moved to Montana, but has been back home, running the farm since 2008.

When Dallas took over Sexton Farms the land was home to chickens, geese, cows, horses, and hogs. The wellbeing of animals was always stressed by Dallas' father, Floyd. Dallas has said, "Animals are like children. You never let them get the best of you. Be firm, but don't hurt them. Don't ever let them suffer."

His chickens—a mix of Rhode Island Reds, Golden Sexlinks, Barred Rocks, and Black Australorps—roam free on between 3-5 acres of farmland. Dallas says that he likes that they have different personalities—kind of like people. "Some are docile and timid and mellow, others are outgoing. And there's a pecking order."

Dallas' chickens roam free during the day and nest in a hollowed out trailer that they return to every evening

at sundown. "Chickens are very intelligent," he says. "They know who feeds them and they look out for each other. If a hawk or crow is flying over they let the others know."

Judy says that ducks are extremely intelligent too. She talks of a time this past winter when Dallas was recovering from an illness and one of the ducks followed her around until she realized it was trying to tell her that their water had frozen over.

It's easy to tell that Dallas and Judy really love and appreciate the animals on their farm. Says Judy, "Neither of us have the heart to butcher the birds, so they die naturally." Dallas says, quoting a friend, "It's terrible to kill them when they aren't sick and didn't hurt anyone."

Dallas relates to his birds. "Some days I'm kind of like the old hens—slowing down a bit." But for now he'll continue to farm. He's out on his land from about 8am until sundown, feeding chickens and ducks, collecting their eggs, and taking care of his blueberries.

You can find Dallas' duck eggs in the coolers in the grocery department and you can look forward to U-Pick blueberries this July and August.

"The Co-op has been very good to me. I enjoy the workers very much."

We enjoy Dallas, too.

*Written by Erica Wagner*







## Egg, Avocado, and Radish Toast

4 slices of hearty bread, toasted  
1 large avocado  
4 Easter Egg radishes, sliced  
4 eggs  
Juice from one lemon  
Sea salt  
Fresh cracked pepper  
Chives for garnish (optional)

Place eggs in a small sauce pan and cover with cold water. Over high heat, bring water to a gentle boil with the pot uncovered. Remove from heat and let stand for 10 minutes. Drain water and replace with cold water to stop the cooking. Once cool, slice eggs.

Scoop the avocado into a small bowl. Add the lemon juice and a pinch of salt and mash with a fork.

Spread the avocado evenly amongst the four pieces of toast. Top with sliced eggs and radishes. Sprinkle with salt, pepper, and chives.

## Greens + Eggs (No Ham)

2/3 cup Greek yogurt  
1/2 teaspoon fresh garlic, minced  
2 tablespoons unsalted butter  
2 tablespoons olive oil  
3 tablespoons leeks, chopped (white and pale green parts only)  
2 tablespoons chopped scallions  
10 cups chopped greens (we used a mix of chard and kale)  
1 teaspoon lemon juice  
4 eggs  
1/4 teaspoon crushed red pepper  
Sea salt

In a small bowl mix yogurt, garlic, and a pinch of salt. Preheat oven to 300°. Melt one tablespoon butter with oil in a large skillet over medium heat. Add leeks and scallions and reduce heat to low. Cook until soft, about 8-10 minutes. Add greens, lemon juice, and a pinch of salt. Increase heat to medium-high and cook, turning frequently, until wilted, about 5 minutes. Transfer greens mixture to a 10-inch skillet that is oven proof, leaving excess liquid behind. Make 4 deep indentations in the center of the greens. Carefully crack one egg into each indentation, being careful not to break the yolks. Bake for 10-15 minutes, until egg whites are set.

Melt remaining one tablespoon of butter in a small saucepan over medium-low heat. Add pepper and a pinch of salt and cook until butter starts to foam, 1-2 minutes. Spoon yogurt over greens and eggs and drizzle with spiced butter.

## Spring Onion, Spinach, and Goat Cheese Quiche

**For the crust (makes 2):**  
1 1/2 cups all-purpose flour  
1 stick unsalted butter, softened  
4 ounces cream cheese, softened  
1/4 teaspoon salt  
2 cups fresh spinach  
1/4 cup sliced shallots  
1/4 cup green onions  
4 ounces goat cheese  
1 teaspoon salt  
1/2 teaspoon pepper  
5 eggs  
1 cup half-and-half

### For the filling:

1 tablespoon butter

Whisk flour and salt in the bowl of stand mixer. Add butter and cream cheese and mix until well combined. You should no longer be able to see butter or cream cheese pieces.

Turn dough out onto a floured surface and separate into two balls. Wrap in plastic wrap and place in the refrigerator for at least 30-40 minutes.

Remove crust from fridge and place on a flour surface. Roll out in a 10-inch circle. Place in the bottom of a pie plate, trimming edges evenly. Pinch edges up above the rim of the plate. Place crust in refrigerator while you prepare the filling.

Preheat oven to 350°. In a skillet over medium-low heat, melt the butter. Add shallots and cook until softened, about 2 minutes. Add spinach to the skillet and cook until wilted. Remove from heat and set aside.

In a large mixing bowl whisk together eggs, half-and-half, salt and pepper.

Remove crust from fridge and place spinach mixture in the bottom. Pour egg mixture over the top. Sprinkle goat cheese and green onions over the top. Bake for 45-50 minutes or until eggs are just set and crust is golden brown. Let stand for 10 minutes before serving.

## Stuffed Brioche French Toast

12 slices of Co-op Brioche or Challah  
8 ounces cream cheese, softened  
1/2 cup frozen raspberries  
1 tablespoon maple syrup  
2 eggs  
1/2 cup milk  
1 teaspoon vanilla  
Maple syrup for serving  
Butter for greasing the skillet

In a medium sized bowl stir together cream cheese, raspberries, and one tablespoon maple syrup.

In another shallow dish, whisk together eggs, milk and vanilla.

Spread cream cheese evenly on 6 pieces of bread. Place remaining bread slices on top of cream cheese.

In a skillet or on a griddle over medium heat, melt the butter.

Dip sandwiches in egg mixture, coating both sides. Place on griddle and let cook on each side for 2-3 minutes, or until golden brown.

Serve with warm maple syrup.



All it takes are four simple components to turn your table scraps into garden-friendly compost:

## AIR

Like most living things, the bacteria that help decompose organic matter need air. To help your scraps break down faster, be sure that your compost pile allows for air to easily move through it. Keep your pile fluffy and occasionally turn it to improve air flow.

## WATER

The right amount of water is really important to the health of your compost. If it's too wet, the airflow can be compromised, the pile can start to smell and the extra moisture may make the pile too cold. If the mixture is too dry, the decomposition process will be slow. Veteran composters say the mixture should feel like a wrung-out sponge.

## BROWNS

Carbon-based items, or the browns, play a significant role in decomposition. Yard scraps, saw dust, dried leaves and paper all count as browns.

## GREENS

Nitrogen-based items, or the greens, are fruit and veggie waste, egg shells, tea bags, coffee grounds and grass clippings.

## THINGS TO NOTE:

- It's important to keep chemically treated items out of your compost.
- Some people compost meat and dairy products, but keep in mind this will change the composition and smell of your mixture.
- Be careful not to add plants that are super weedy or seedy to your compost, or you'll most likely have to deal with them in your garden once you use your compost.
- While manure from livestock is great for compost, dog and cat waste should be avoided.





*get to know:*

## THE CO-OP KITCHEN

**Nathan, Evening Kitchen Lead:**

Co-op employee since 2011

**Mira, Assistant Kitchen Manager:**

Co-op employee since 2008

**Esteban, Morning Kitchen Lead:**

Co-op employee since 2010

*fun fact:*

The Co-op Kitchen proudly purchased over 20,000 pounds of local produce last year!

### **What's the best part about working at the Co-op?**

**Mira:** I really like working with local and seasonal ingredients and working with a lot of great people.

**Esteban:** Supporting our community is really important. The Co-op is essential to the community and I like being a part of that. And I love the people we work with.

**Nathan:** The peeps!

### **What role does the Co-op Kitchen play in our local food system?**

**M:** Our kitchen takes whatever we can from local farmers. Because their produce is getting cooked into most of our dishes we can be a little more lenient on how pretty some of the items we take are, which happens a lot when things are grown with organic methods. We also plan our menu as seasonally as we can, especially in the hot bar, so we're teaching customers when certain veggies are available.

**E:** I think our "Local Alerts" on different dishes also help show customers which items are local and where they come from.

**N:** We're really one-of-a-kind for our area. We're the only from-scratch, organic kitchen, which is a lot more work, but it's worth it because we work with local farmers and quality ingredients.

### **What kind of standards does the kitchen have for local food producers?**

**M:** The kitchen has the same standards as the Produce Department when it comes to local growers. We prioritize locally grown—as close to the Co-op as possible—first and we always require that items are grown without synthetic pesticides or insecticides. We look for Certified Naturally Grown and Organic certifications too.

### **What's unique about working in our kitchen?**

**M:** You have to have a good awareness of what product you have on hand. Because we work with organic produce, it goes bad a lot more quickly than conventional produce, so we have to plan carefully so that we aren't left with lots of waste to compost.

**E:** And sometimes that means creating new recipes for an abundance of product we might have—which is really fun.





**What are some of the challenges in the Co-op Kitchen?**

**M:** We have so many ingredient choices available to us that it can be a challenge to create simpler flavors sometimes. Also, at certain points in the year we'll have an abundance of certain crops, so learning to work them into different recipes can be challenging.

**N:** Being a scratch kitchen is challenging. We receive very little of our items premade, so that means we make everything from start to finish—sauces, marinades, the bread items we get from the bakery—it's a lot.

**E:** Storage is always a challenge too. We have so much local produce available in the summer, but we're not currently able to process it and store it for later use, so instead we develop recipes to use as much as we can while we have it available to us.

**What would you like customers to know about our kitchen?**

**M:** We really try to keep up with the demand of our customers and try to keep the hot bar full, but since everything is made from scratch and takes time sometimes that can be tricky.

**N:** Also, we're constantly changing and updating recipes with ingredients we have available to us.


**E:** We really do respond to the feedback we receive. Of course it's always nice to hear positive feedback when we try something new or when customers really like a dish we make, but we also know that some of the other comments we receive make us better cooks too.

*It should be noted that it takes a lot of people to keep our Co-op Kitchen functioning.*

*We have 16 cooks, 8 dishwashers, 2 stockers, and 1 person in charge of purchasing, all of whom are an important piece of the puzzle.*

*The kitchen begins their prep at 5AM and continues on until 9PM, 7 days a week. Chew on that!*





Bouquets of hopeful snowbells peek up through the earth by the side of my house, and as the daylight hours begin to lengthen, I can glimpse spring's arrival on the horizon. My pulse is beginning its annual quickening, awakening from its winter hibernation. And along with it, I feel the urge to clean out all the dust that gathered in winter's dark corners. Here are five ways to throw open the doors and let the spring energy flow, through home and workspace, body and spirit.

# 5

## WAYS TO EMBRACE SPRING

1. Check out my new favorite book, *The Life Changing Magic of Tidying Up*, by the Japanese organizing expert, Marie Kondo (available at BookPeople in Moscow). The very first step toward greater flow, she says, is to get rid of all the excess. Her criteria for deciding what to keep and what to discard is simple (simplified further here for brevity): if it sparks joy in you, keep it. If it doesn't, pass it along. Her book provides step-by-step instructions and if you follow all the way through, you'll not only be able to see the surface of your kitchen counter and your desk again, you'll also have a home filled with objects you love. The resulting uplift is a great way to move into spring.
2. Where to send those no-longer-loved items? This column has in the past suggested donations to any of our local charities or thrift stores. Choose the ones that most resonate with you, where you think the objects would get greatest use.
3. Moderate exercise. According to Chinese medicine, in spring, the Liver wakes up, and it can use a little support to get the qi flowing again. Moderate exercise helps, like walking outside for 30-45 minutes a day, or digging in the dirt to prepare your garden plot. Take your children for a hike at a favorite spot, and challenge them to find five signs of spring. Then soak your tired feet in warm water before bed, another way to support the free and easy flow of your energy. Stay well clothed, though: wait until summer arrives to kick off your shoes and toss away your long pants in favor of shorts. If you like tai chi and qigong, head to YouTube for some liver purification qigong videos.
4. A serious bout of good, old fashioned housecleaning – without the toxins! All you need is some white vinegar and citrus peels. Citrus peels contain D-limonene, an oil that is a powerful solvent for dirt and grease. Soak the peels in vinegar, letting the mixture sit for two to four weeks, then remove the peels. Add a pile of rags and you're ready to clean the whole house! Use baking soda to scrub hard-to-remove grime. And, if you want some help, hire one of our local green housecleaning services: Clean Green Organic Cleaning Services has been cleaning area homes with non-toxic products since 2008. Bonus: they are one of the Co-op's Business Partners. Head to [moscowfood.coop/business-partners](http://moscowfood.coop/business-partners) for the full listing.
5. Align your diet with the new season. In winter we eat dense, warming foods, which satisfy the body's need to burn more fuel to keep warm but can also bog down our digestion. As spring comes on, it's a good idea to begin to lighten up our diet. You may still want warm foods like soups and stews, but cut back on the creams and heavy starches and quantities of meat. Add a little sweet flavor to help your Liver keep the qi flowing, but avoid too much sour flavor and don't eat much spicy food.

Here's to clearing the way for spring's warmth and light!

*Written by Naomi Brownson*





CLEAN  
tastes  
BETTER



A delicious addition to the Garden of Life® protein family, RAW Protein & greens™ is a Certified USDA Organic and Non-GMO Project Verified combination of clean organic plant protein and organic greens. Being both Certified USDA Organic and Non-GMO Verified ensures you are getting nutrients that are grown without the use of pesticides, fertilizers, genetically modified organisms (GMOs) and more.

Providing 20g of delicious, smooth protein per serving, the RAW, organic protein used in RAW Protein & greens is derived from organic pea, organic sprouted brown rice, organic chia, organic navy bean, organic lentil bean and organic garbanzo bean.

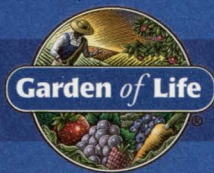
The blend of six nutrient-rich, energizing, organic greens and veggies in RAW Protein & greens is from organic alfalfa grass juice

which has six times the nutrient density of whole leaf grass. Also included in the greens blend is organic spinach, organic kale, organic broccoli, organic carrot and organic beet.

Because digestive and immune system health is so important to overall wellness†, we've also included 1.5 billion live probiotics and 13 enzymes in RAW Protein & greens, along with 3g of organic fiber.

RAW Protein & greens is ideal for anyone who wants the convenience of a clean, high-protein shake that also helps you get your daily servings of organic nutritious veggies and greens—all in one great-tasting serving!

Empowering Extraordinary Health®





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