

# ROOTED

SPRING 2015



— FREE —





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



**W**e never really know what to expect out of spring weather on the Palouse.

Will we need puffy coats and be begging for Vitamin D, or will we be able to put our hands in the dirt and begin planting? Either way, we know that new growth is around the corner and this issue celebrates that. From our feature on new products, to a guide to CSAs (Community Supported Agriculture), and an interview with a local restaurant dedicated to putting local food

on the table, our second edition of Rooted is sure to inspire you. Rooted is now our sole printed publication, dedicated to telling the stories of our community and our store. If you're looking for more information about recipes, events, or producers you can sign up for our e-newsletter, (Co)Operations, go to our website, and check our in-store bulletin board and flyers. Thank you for being a part of our Co-op and thank you for reading.

# Looking Forward

## OWNER WEEK

**March 18-24** All week long we'll be celebrating the folks who make our Co-op possible! In addition to saving 10% on all purchases, owners can look forward to raffles, giveaways and a photobooth.

## DIME IN TIME

Bring in reusable grocery bags 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:** Palouse Environmental Sustainability Coalition

PESC works to promote responsible action and provide education on environmental threats. With their Dime in Time funds, PESC will be able to host a community forum with Environmental Philosopher, Maria Talero, from the University of Colorado. Ms. Talero will talk and work with the Palouse community on "climate change education" with the goal of mobilizing citizens to seek out information and make active efforts to transition to more sustainable local practices.

**April:** Moscow Affordable Housing Trust

MAHT works to create and preserve safe, inclusive, and affordable housing opportunities for households earning 50-80% of the Area Median Income (AMI) which, in Latah County, is roughly \$30,000 - \$48,000 a year. The MAHT plans to use the funds raised through Dime in Time to help cover the costs of hosting a community gathering to inform community members of their organization, its services, and the potential that exists for families to purchase affordable houses.

## FOOD FOR THOUGHT FILM SERIES

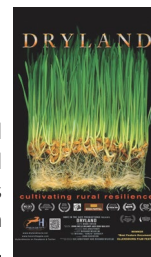
All films are shown at the Kenworthy Performing Arts Center, 508 South Main Street in Moscow.

### Dryland

**March 18 at 7pm, cost \$6**

Students & Owners get \$2 off

Filmed over a decade and set in the West, Dryland traces a young man's quest for victory in a rambunctious contest, while battling to preserve a threatened way of life. Bittersweet yet exuberant, Dryland champions hope, in a celebration of hard work and harder play, fueled by ingenuity, heart, and axle grease.



### Origins

**April 22 at 7pm, free**

Four years, 19 countries, and 24 experts in anthropology, medicine, ecology, and health have exposed the roots of our DNA. Origins is a stunningly ambitious documentary that challenges us to reevaluate our existence in the modern world, and embrace the simplicities that defined the beginnings of our species.

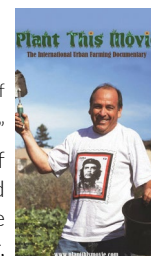


### Plant This Movie

**May 20 at 7pm cost \$6**

Students & Owners get \$2 off

"Plant This Movie" explores the zeitgeist of urban farming around the world and in the US. The film's director, Karney Hatch, was raised on a farm in Idaho and has fond memories of his grandparents' massive garden in the backyard of their home in Moscow. He'll be at the showing to answer questions.





# Product Spotlight



## 1. Chocolate Cherry Bread

Crafted by our talented bakers, this made-from-scratch bread packs a 1-2 punch of antioxidants from both the cocoa and the cherries. Try it in our Baked French Toast recipe on page 7.

## 2. Kai Tea

Cultivated using fair trade practices, a cup of certified organic Kai Tea is sure to warm your soul. Packaged in Deary, ID, Kai Tea is the perfect example of thinking globally and acting locally. Named after a transliteration of an old Japanese term meaning "community", Kai really is the community's tea.

## 3. Wildbeary Huckleberry Chipotle Sauce

In production since 1989, Wildbeary Huckleberry Products has been making jams, jellies, and sauces out of our region's most coveted fruit. Try this sauce on grilled chicken as the weather warms up.

## 4. Steptoe Butte Barley and Mushroom Soup Mix

Dedicated to preserving that made-from-scratch flavor, Rill Foods packages each of their soup mixes by hand, using the finest ingredients around. We're particularly fond of the Barley and Mushroom soup which uses filling grains and wild-foraged mushrooms.

## 5. PB2 Powdered Peanut Butter

With no artificial sweeteners or preservatives and 85% fewer calories from fat than traditional peanut butter, PB2 is a wise choice for those looking for a smarter snack. Spurred by their passion for supporting family farmers, Bell Plantation Foods has worked hard since 1991 to create innovative and healthy products that are great for camping or backpacking.

## 6. Ghost Pepper Cheese Bites

Measuring over 1 million SHU on the Scoville scale of heat units, these cheddar bites are not for the faint of heart. Created by Johnny and Sharon from Northwest Cheesecrafters, Ghost Pepper Cheese Bites are delicious on their own or melted into a dip or quesadillas. But don't say we didn't warn you!

## 7. Nutritive Body Care Toothpaste

This locally made, natural toothpaste is chock full of baking soda to prevent plaque buildup, coconut oil to gently whiten teeth, and trace minerals, which balance pH. Try it in either Mint & Myrrh or Cinnamon Clove.

## 8. Kimberly Vincent's jewelry

Made locally from collected sea glass and gemstones, Kimberly's jewelry is beautiful and understated. Head to page 22 for more about this local artist.

## 9. Quinoa Asparagus Salad

Nothing says spring like asparagus. Pair it with protein-rich quinoa in a salad prepared by our kitchen and there's no better way to celebrate the season.

# New Brew News

with Joe Norris, Co-op Beer Buyer

Joe is currently registered and enrolled in the Cicerone Certification Program. This three-tier program, similar to the Sommelier Program for wine, educates and certifies beer professionals in all parts of the beer industry. As of December 2014, Joe passed the first stage, Certified Beer Server, and is currently studying and planning to test for the Certified Cicerone within the next year. For more information visit [cicerone.org](http://cicerone.org).

## Sucaba 2015 Vintage: English Barleywine (13.3% abv)

### Firestone Walker Brewing Co. (Paso Robles, CA)

Maybe it's just me, but whenever I see a bottle of this I always think of a succubus, a beautiful demon that seduces you and eventually drains you of any life-force you have. Funny thing is, I think this beer actually may be a succubus in liquid form. Only instead of draining you of your life-force, it just makes you want to take a nap, because it's 13% alcohol. This creature begins its persuasion with a hearty, American oak smell combined with dried fruits, bourbon, and just a touch of chocolate underneath everything. Then it stares you down with its devilish ruby-brown gaze, and surely you are no longer able to resist its temptations. As you imbibe you will taste more of the strong oak accompanied by complex malt flavors, toasted coconut, vanilla, a little bit of dark cherry, and a hint of chocolate to carry you to a dry, bourbony finish. A full-bodied and velvet-like ale that is not for the faint of heart. With incredibly strong alcohol flavors, it would be best to let this one age for a year or more to help balance everything out.

## Space Dust: India Pale Ale (7.2% abv)

### Elysian Brewing Co. (Seattle, WA)

Space Dust, not actually made with anything from space (unless you want to get super scientific and/or existential about it), but it may as well be. This citrus and piney aromatic concoction is like pure star-power harnessed in a little brown bottle and, until very recently, was treated by most as such a valuable commodity because we could only get it once a year. But, as you may have noticed, it sits there on the shelf, in all its solar glory, and now you can have it WHENEVER. YOU. WANT. The hazy deep copper/amber colored beverage rests peacefully, like a distant nebula through the eye of the Hubble Space Telescope, not giving any hints to the brilliant supernova of flavor it's about to unleash. In just one sip you start with the meteoric crash of hop bitterness to the taste center of brain, which creates a shockwave of unripened tangerines and malty sweetness. It seems to take another billion years to settle down to a balanced, grapefruity, and resinous finish that lingers on the back of the tongue, creating the perfect conditions necessary to harbor life, or maybe just another sip. Either way, I want to live there. This medium-bodied IPA is a little light for the style, which is great because it makes it a kind of session IPA before session IPAs were even a thing, and you still get the high ABV. Like our own sun, this beer is a yellow dwarf in the ever-expanding universe of big IPAs, but it's still a large body of mass whose gravity will keep many of us in its orbit.

## Hennepin: Saison/Farmhouse Ale (7.7% abv)

### Brewery Ommegang (Cooperstown, NY)

This beer is named for the French explorer Louis Hennepin, the first European to visit Niagara Falls (it says so right on the bottle), and what a perfect name it is. This saison is an exploration of not only your taste buds, but possibly even your emotions. At the forefront of this journey you are greeted with the sweet, floral, and spicy notes you might expect from most French/Belgian ales. This seemingly liquid gold topped with a light, sudsy white head then catapults you across the flavor frontier with big orange and spice notes in the front, and is then accompanied by some fruity esters that resemble dried apricot, and some not-quite-resiny, not-quite-citrusy hop flavor that dries up the back-end, giving it a pleasantly crisp finish. With the effervescent strength of a good bubbly, this courageous, but delicate farmhouse ale will carry your thirst in its sweet and creamy arms all the way to the edge before it drops in a piney, hop flavored canoe and sends you up river with a flavorful, lingering memory and keeps you in waiting for the next adventure, er, sip.



# Spring Brunch Recipes

## Baked French Toast

6 slices Co-op Salted French Bread (or Brioche, or Chocolate Cherry Bread)  
6 eggs  
3 cups whole milk  
½ teaspoon cinnamon  
¼ teaspoon nutmeg  
1 teaspoon vanilla extract  
¾ cup huckleberries (or other fruit)

### FOR THE CARAMEL SAUCE

¾ cup brown sugar  
½ cup unsalted butter  
¼ teaspoon sea salt

### PREHEAT OVEN TO 350°F

1. Grease a 9x13 inch baking dish.
2. Cut bread into cubes and arrange in a layer in the bottom of the pan.
3. In a medium bowl, whisk together eggs, milk, cinnamon, nutmeg and vanilla and pour it evenly over the bread. Let bread soak for 15-20 minutes.
4. Arrange fruit evenly on top.
5. In a small saucepan over medium heat, combine the brown sugar, butter and salt and whisk until the butter is melted. Drizzle mixture over the top of the bread.
6. Cover pan with foil and bake for 30 minutes.
7. Uncover and continue baking for an additional 15 minutes.

## Asparagus + Potato Frittata

1 pound asparagus, ends trimmed and cut into ½ inch pieces  
1 pound fingerling potatoes, sliced ½ inch thick  
½ pint grape tomatoes, halved  
10 eggs  
1 cup whole milk  
8 ounces provolone cheese, grated  
2 teaspoons sea salt  
2 teaspoons black pepper

### PREHEAT OVEN TO 400°F

1. Place the sliced potatoes in a small pot and cover with water.
2. Bring to a boil and cook until fork-tender. Drain and let cool slightly.
3. Grease either a pie plate or a baking dish and distribute the potatoes and asparagus evenly among the bottom of the dish.
4. In a medium bowl, whisk the eggs with the milk, salt and pepper until well combined. Stir in the grated cheese.
5. Pour mixture over the potatoes and asparagus and place tomatoes on top.
6. Cover with foil and bake for 30 minutes.
7. Remove foil and continue baking for an additional 15 minutes, until the top is golden brown. Let cool before serving.

## Co-op Granola Parfait

4 cups rolled oats  
1 cup unsweetened coconut chips  
½ cup cashews  
½ cup sunflower seeds  
½ cup chopped walnuts  
¼ cup sliced almonds  
¼ cup whole almonds  
½ cup local honey  
¼ cup safflower oil  
½ cup apple juice

### PREHEAT OVEN TO 325°F

1. In a large bowl, combine the oats with the coconut, nuts and seeds.
2. In a small sauce pan over low heat, combine the apple juice, honey and oil.
3. Warm the mixture just until the honey has softened and everything is well combined.
4. Remove from heat, and pour the mixture over the oats and nuts. Stir until thoroughly mixed.
5. On a baking sheet lined with parchment paper, spread the granola mixture in a single layer. If there is too much piled onto the baking sheet, the granola won't become crunchy. You may need to bake the mix in two batches depending on the size of your baking sheet and oven.
6. Bake for 30-40 minutes total, stirring every 10 minutes to make sure the granola browns evenly.
7. When the granola is an even golden brown, remove from the oven and let cool completely on a wire rack.
8. To make parfaits, layer with Greek yogurt and fresh berries.

Baked French Toast

Asparagus + Potato Frittata

Co-op Granola Parfait





# Deeply Rooted: Maialina Pizzeria

## Putting Local Food on the Table

“I can’t control what food people buy or what they eat outside of the restaurant, but I can guarantee that when they eat a meal here they’re going to eat local food.” Carly Lilly shies away from the phrase “farm-to-table”, but one conversation with her and it’s plain to see that she’s maintaining the integrity of the local food movement. She’s co-owner of Maialina Pizzeria and Sangria Grille, both in Moscow, and she and her business partner, George Skandalos, share their passion for local food in every dish. Kelly Kingsland and Russell Poe from Affinity Farm in Moscow, one of Maialina’s local suppliers, say it best, “Maialina’s commitment to buying locally produced ingredients enhances the entire local food system- supporting local growers and providing diners a place to eat out while staying committed to the local system.”

During the height of farmers’ market season, Carly spends roughly \$1500 per week on ingredients from local farmers. She walks through the market, talking with each producer, learning about the bounty they’ve brought with them. When asked why she runs her business this way she simply answers, “Because it’s the right thing to do.” She continues, “It’s good for the health of our economy, our community, the environment and the animals. It’s just the right thing to do.” Carly understands the daunting task of sourcing directly from so many vendors, but has learned to strike a delicate balance. “We have to not mind making a little less money. We have to balance the scales with what our customers will pay and what we can afford to pay so we can maintain this business model. If we can’t pay ourselves and maintain the model, then we’re not doing anybody any good.” Supporting local producers is just one piece of Maialina’s successful puzzle. Their employees receive health coverage, paid time off, and plenty of opportunities to learn about the food they prepare and serve.

As Maialina has grown over the past several years, Carly’s passion for sourcing local ingredients has skyrocketed. And because it hasn’t always been easy to source items from local producers, she, along with Adam Reed, owner of Moscow Urban Farm Company, developed their own Restaurant Supported Agriculture model to support farmers and the needs of both restaurants. Like a traditional Community Support Agriculture (CSA) model, the restaurants are investing in local farms up front, often providing them some of the much-needed infrastructure to produce the quantities necessary to supply their needs. While they can’t share in all of the risk like a CSA usually does, they are there to leverage some of the costly items

needed to grow and raise items like veggies, eggs, and meat for their menus.

In order to keep 100% of their egg purchases in Moscow, the restaurants made an investment in the 250 chicks needed to provide up to 75 dozen eggs per week for both restaurants, and Charlene Rathbun and her family from Meadowlark Heritage Farm raise them. Because Carly is so determined to use local ingredients, she and Charlene worked out a system that was beneficial to both the restaurant and the farm. “Within three months the advanced payment was paid back in full and we have continued selling eggs to them the last 18 months. It has been a great example of local businesses helping each other to succeed and I am very grateful to them,” Charlene says. And to bring things full circle, the restaurant saves their food scraps so the chickens have the tastiest meals in town. “When you know who’s raising your chickens and what it costs to raise a farm-fresh egg,” Carly says, “you think twice about dropping it on the floor.”

Pam and Glenn Holloway from Tourmaline Farms & Feed are one of the restaurant’s partners and they whole-heartedly believe in what Maialina and Sangria are trying to accomplish. “They are truly leading the future of local farming with their willingness to invest in the farm and our Sosoni Institute farm interns,” says Pam.

Regarding how their relationship with Carly has impacted their work, farmers Marci Miller and Greg Freistadt from Deep Roots Farm remark, “We have worked closely with Maialina for three years and have built a strong relationship over the seasons. The consistency in which they order fresh produce has helped us create a year-round direct market system on our farm. Because of their willingness to use new or unusual foods that store well over the winter months and crops that work well in our northern climate, we have both seen the benefit of open communication and planning in advance of the growing season.”

When things cannot be sourced from a local purveyor, Carly makes it her mission to dig up as much research about a potential vendor as possible. She doesn’t stop at who they are and where they’re located, but pushes deeper into the company’s history, if they’re independent or owned by a larger company, who their other customers are, and if they have any outstanding EPA violations. Some might call it obsessive, in fact, Carly may have called it obsessive, but as passionate eaters, we’re grateful for her dedication.



# Single-Pot Spring Supper

## with Carly Lilly

The key to eating truly local is cooking with ingredients that are in season. Eating what is seasonally available within your community is a wonderful way to discover new and tasty ingredients, support local farmers, and get the most nutritionally rich foods to your dinner plate. One of the best things about cooking with seasonal ingredients is their amazing flavor; a simple preparation allows these wonderful, natural flavors to shine through. Think of this recipe as a Mad-Lib for local food. Ingredients can and should be switched out to reflect the local harvest so you can enjoy each new season's combination!



### INGREDIENTS

- 4 tablespoons olive oil
- 2 sausage links, hot Italian from the Co-op, cut into 1" pieces
- 4 cups mixed local radishes (leave small red radishes whole and chop the rest to match)
- 2 local turnips, chopped to match the radishes
- 6-7 small to medium local carrots, scrubbed not peeled, cut into thirds
- 3 local potatoes cut to large bite-size pieces
- 4 fresh bay leaves
- 1 small local apple, sliced
- 1 spring onion, baby leek OR bunch of chives (whichever has been harvested), chopped into 2-3-inch lengths
- 1 cup prosciutto stock (chicken or veggie stock may be substituted)
- 1 handful local spring spinach
- Kosher salt and pepper to taste
- lemon wedges

### DIRECTIONS

1. Heat 2 tablespoons of oil in a large, heavy bottomed sauté pan or skillet with deep sides over medium heat. Sear sausage pieces until they have a rich brown color. Watch to make sure the fond (brown bits on the bottom of pan) doesn't burn, as this will be deglazed later.
2. Add radishes, turnips, carrots, potatoes, bay leaves and 2 more tablespoons of olive oil. Stir ingredients to mix and allow to cook, undisturbed for 2-4 minutes or until roots on the bottom have seared to a golden brown. Stir and sear once more.
3. Add apple slices, spring onion and stock. Toss to combine. Place lid on pan slightly ajar and cook until potatoes are cooked through. About 5 minutes. Add more stock as needed to prevent contents from burning.
4. Once potatoes are cooked through, remove lid and allow excess moisture in pan to cook off if contents look at all soupy.
5. Salt and pepper to taste.
6. Before plating, toss in fresh spinach so as to barely wilt.
7. Finish with more olive oil, a squeeze of fresh lemon and your favorite salt.





## Are chickpeas and garbanzo beans the same thing?

The simple answer, yes. The two most common names for this legume, chickpea and garbanzo bean, each have their own history and have been used interchangeably to identify this fibrous protein powerhouse. It seems that garbanzo bean is the more common term used in the United States though, so we'll stick with that for now.

Today, the garbanzo bean is the world's second most widely grown legume after the soybean, and is considered by some to be one of the eight founder crops of the origins of agriculture. Garbanzo beans were grown by the ancient Egyptians, Greeks and Romans and were very popular among these cultures. During the 16th century, garbanzo beans were brought to other subtropical regions of the world. And now we have several varieties growing right here on the Palouse. Many of these growers belong to the Pacific Northwest Farmers Cooperative (PNW), from which the Co-op sources many of its garbanzo beans and lentils.

## What are the health benefits of garbanzo beans?

Garbanzo beans, like most legumes, have long been valued for their fiber content. Two cups provide the entire Daily Value for an average diet. In a recent study, it took only one week of garbanzo bean consumption to improve participants' control of blood sugar and insulin secretion. This is partly because the soluble fiber in these little guys helps stabilize blood sugar levels. If you have insulin resistance, hypoglycemia, or diabetes, garbanzos can help you balance blood sugar levels while providing steady, slow-burning energy as they have a low GI value of 28 – 32.

While containing small but valuable amounts of conventional antioxidant nutrients such as vitamin C, vitamin E, and beta-carotene, garbanzo beans also contain more concentrated supplies of antioxidant phytonutrients. Additionally, just one cup of garbanzos can provide you with nearly 85% of the Daily Value for manganese. The nutrient profile of garbanzo beans and other legumes also have implications for reducing the risk of coronary heart disease. As little as 3/4 cup of garbanzos per day can help lower LDL-cholesterol, total cholesterol, and triglycerides in about a month.

## How do I cook with them?

You can purchase garbanzos either dried or canned.

Before washing dried garbanzos, you should spread them out on a light colored surface to check for, and remove, small stones, debris or damaged beans. After this process, place them in a strainer, and rinse them thoroughly under cool water. From here you can prepare the beans two ways: the first method is to boil the beans for two minutes, take pan off the heat, cover and allow it to stand for two hours; the alternative method is to simply soak the garbanzos in water for 4 hours and up to overnight. Before cooking, skim off the any skins that floated to the surface, drain the soaking liquid, and then rinse them with clean water.

You can either cook them in a large pot or use a pressure cooker according to the manufacturer's directions. You want to add three cups of fresh water or broth for each cup of soaked garbanzo beans. The liquid should be about one to two inches above the top of the legumes. Bring them to a boil, and then reduce the heat to simmer, partially covering the pot for about one to one and a half hours. If the beans are still hard and



no more water remains, add 1 cup of hot water and continue to cook until soft. Cooked garbanzo beans will keep fresh in the refrigerator for about three days if placed in a covered container.

The alternative to dried garbanzo beans is canned ones. Unlike canned vegetables, which have lost much of their nutritional value, there is not a large difference in the nutritional value between canned garbanzo beans and those you cook yourself. An important exception here is folate, which is decreased by about 40-45% during canning.

Another great thing about garbanzo beans is their versatility. You can do so many different things; you can: puree them to make an easy hummus spread (like the ones our deli makes); add them to your green salads; or even add them to your vegetable soup to enhance its taste, texture and nutritional content. Other ideas include a Middle Eastern-inspired pasta dish or a dal-type dish with garbanzo beans in a sauce of tomato paste and curry spices served with brown rice. Or you can use the recipe here to make a quick, crunchy snack!

## Roasted Crispy Chickpeas

- 3 cups prepared chickpeas
- 2 tablespoons olive oil
- 2 teaspoons sea salt
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- zest and juice from 1/2 lime
- 2 tablespoons cilantro, minced

Preheat oven to 400°. In a large bowl toss all ingredients except the lime juice and zest. Place coated chickpeas on a baking sheet and roast for 45-50 minutes, stirring occasionally. Remove from oven and sprinkle with lime juice and zest. Let cool before serving. Store in an airtight container.





# Food Access Blossoms

## Introducing FLOWER

**B**oth the story of our Co-op's past and our Co-op's future are rooted in the cooperative values and principles expressed through the seven cooperative principles. For over 40 years we have promoted our cooperative identity by being good stewards of the earth and each other. Through providing healthy food, we have created a healthier planet and a stronger, healthier community. We have built our cooperative community based on the recognition that we are stronger together. Our mission has recently been updated to read, "working together to nourish and nurture our community." And now we want to take that one step further.

Although we have a community garden program, have recently revamped our Co-op Essentials program, and have added a variety of discount programs aimed at creating more opportunities for access such as our 10% off for seniors on Thursdays and for students on Fridays, the Co-op is so very proud and excited to introduce a new owner discount program designed to directly increase food access to those most in need as well as provide them with educational resources. On April 1st, we will begin accepting applications for **FLOWER** (Fresh Local and Organic Within Everyone's Reach).

We first learned of the FLOWER program from Greenstar Co-op in Ithaca, New York and have adapted their program to fit our needs at the Moscow Food Co-op. This is a very big step in helping us fulfill our mission of nourishing and nurturing our entire community. It does so by providing us an avenue to extend a 10% discount to owners that have limited resources to allot to natural, wholesome food and eco-friendly products. Owners qualify for FLOWER if they currently receive assistance from any one of the following programs: Food Stamps/ EBT, TANF, WIC, Medicaid, or the Free School Lunch Program. We will have application packets for FLOWER in various locations around the Palouse by April 1st including our website, the Customer Service desk, and the local food

banks. These will have application instructions as well as extended details on the program.

We expect it to take about two weeks to get our first series of applicants signed up and ready to go, but once an owner is approved and enrolled in FLOWER, the discount will automatically be attached to the owner's account. This means participants will not need to identify they are FLOWER recipients and allows us to respect the privacy of our valued customers. As the program rolls out, we'll be continuing to make improvements to ensure it is as beneficial for all involved as possible. One way we hope to do this is by offering a store tour that is centered around saving while you shop and shopping on a limited budget. Additionally, we are working to create resources and guides to further support our customers and their access to fresh, local, and organic products.

We look forward to seeing FLOWER blossom this Spring and continue to grow throughout the season. If you have any questions or are interested in getting more information, please contact our Education & Outreach Coordinator, Misty Amarena by calling the store or e-mailing [mamarena@moscowfood.coop](mailto:mamarena@moscowfood.coop).



# The Healing Power of Flaxseed Lignans

by Herb Joiner-Bey, ND

## WHAT ARE LIGNANS?

Lignans are under-appreciated fiber compounds found inside oily seeds. Flaxseed is our best and most thoroughly researched commercial source of lignans. The principal lignan in flaxseed is SDG (secoisolariciresinol diglycoside). A large amount of scientific evidence documents the surprising ways flaxseed lignans are powerful agents for reducing disease risk.

## MORE THAN JUST "ROUGHAGE"

Lignan dietary fiber is far more beneficial than serving merely as "roughage" to maintain bowel regularity. Lignans and other dietary fiber are key macronutrients missing from the refined Western diet. Even though our human digestive enzymes cannot metabolize fiber, our colon bacteria can convert fiber compounds into substances very useful to our well-being.

## PHYTO-ESTROGENS: PROTECTING YOURSELF FROM HUMAN AND FOREIGN ESTROGENS

Colon bacteria convert flaxseed lignan SDG into what are termed mammalian lignans. Why would such a term exist? The term "mammalian lignans" exists because all mammalian herbivores (animals that eat plants, rich in lignin fiber similar lignan) have high blood levels of by-products (mammalian lignans called enterolactone and enterodiol) of lignin metabolism by their digestive bacteria. It has been this way for millions of years, reflecting a critical relationship between dietary fiber and plant-eating animals, including humans.

In this context, lignans constitute a major source of mammalian lignan phyto-estrogens. Mammalian lignans protect us from the adverse effects of human estrogens and foreign environmental estrogens (xeno-estrogens). Phyto-estrogens have only 2% of the potency of human estrogens. This low estrogenic potency gives lignans their high potency as protective agents.

Human estrogens, from ovaries in women and fat tissue in men and women, induce tissue cells with estrogen receptors (e.g., breast, uterus, and prostate) to multiply. If those cells have

turned on cancer genes (oncogenes), estrogens can induce growth of malignant tumors. However, if far less potent lignan phyto-estrogens occupy estrogen receptors, this tendency is dramatically reduced. Lignan phytoestrogens buffer the adverse effects of human and environmental xeno-estrogens. This is one way flaxseed lignans protect breast and prostate health.

## LIGNANS AND FAT TISSUE ESTROGENS

Fat tissue produces excess estrogens in men and women. This is one reason why obesity is linked to higher cancer risk. Remarkably, flaxseed lignans can reduce estrogen release from fat cells by inhibiting the fat cell enzyme (estrogen synthase) that synthesizes excess estrogens.

## FLAXSEED LIGNANS VS. SOY ISOFLAVONES

Which source of phyto-estrogens offers better protection, especially for breast health – flax lignans or soy isoflavones? Research indicates that flaxseed lignans are superior because they support the protective, non-toxic processing and disposal of estrogens by the liver in ways not provided by soy isoflavones.

## FLAXSEED LIGNANS AND PROSTATE HEALTH

Clinical studies involving men with common prostate issues have revealed the enormous preventive and therapeutic benefit men can derive by including flaxseed lignans in their daily food and supplement routine.

## HOW MUCH OF FLAXSEED LIGNAN SOURCES SHOULD WE TAKE DAILY?

To get enough lignans, incorporate two to four heaping tablespoons of organic milled flaxseed into your food choices – for example, in hot cereal, smoothies, yogurt, soups, muffins, etc. For more convenience, consider flaxseed lignan concentrates at a starting daily dosage of 50 mg for women and 100 mg for men.





# 5 WAYS TO SPRING CLEAN (naturally)

by Sarah Quallen, Co-op Owner

The smell of clean, for many, is the smell of harmful chemical cleansers. I told this to my uncle once, said that a lot of people don't think something is clean if it doesn't smell all chemical-ly like, and he agreed saying, "I'm one of those people." Well, I'm not. Many years ago I discovered essential oils and homemade cleansers, and in the process I learned that fragrances (found in perfumes, soaps, lotions, housecleaning supplies—the list goes on) are a frequent source of allergens that can cause headaches, skin sensitivities, asthma type reactions, and can drastically affect chemically intolerant people. Fortunately, one doesn't need to forego a nice-smelling house to get it clean (though vinegar is a great natural cleaner, it does not smell pretty). As an FYI, essential oils, like the Co-op's new organic Veriditas Botanicals, should be kept in dark, glass jars to maintain their quality and effectiveness.

- 1. Bathroom Deodorizers:** They may not be cleansers, but they sure do help. Pour a few drops of your favorite essential oil into a spray bottle with some distilled water and you have a quick and lovely room deodorizer.
- 2. Kitchen cleaner:** One reason why all the chemical-ly cleansers use lemon fragrance is because lemons (and limes) are natural degreasers and have antimicrobial properties. I love to use cinnamon oil in the kitchen because it is also an antimicrobial. And because it smells so yummy. For a scrubber, shake together 1/4c washing soda, 1/4c baking soda, 8 drops of essential oil (eucalyptus, thyme—a disinfectant, tea tree are also good), then scrub. Rinse with white vinegar.
- 3. Sustainable Wipes:** Rather than waste paper towels to wipe spills or clean countertops, keep cotton rags in a container filled with a mixture of 1 cup water, 1 ounce liquid castile soap, and 6 to 8 drops of an essential oil—preferably one that's an antimicrobial. The cloths (make your own from scraps!) can be washed and returned to the jar for reuse. Cap jar between uses.
- 4. Carpet deodorizer:** Soak a disposable cloth with several drops of essential oil and place it into the collecting bag of your vacuum.
- 5. Floor cleaner:** Add 1/4 cup white vinegar, 10 drops of lemon oil, and 4 drops of oregano oil (an antiseptic) to a bucket of water.

## Baking School Whipping Egg Whites

with Rose Olson, Co-op Bakery Manager



Eggs are an important tool in any baker's repertoire. They act as a leavener, create structure, and add richness and color to many baked goods. Egg whites and yolks serve different purposes and also work well as a team. Egg yolks contain all the fat content of the egg while the whites contain the proteins. When whipped, egg whites turn into a fluffy foam that can have many practical and delicious baking purposes.

Whipped egg whites are generally classified in three stages according to the peaks formed – soft, firm, and stiff peaks. It is possible to overbeat egg whites. Egg whites have this cool ability to turn into foam when agitated because as your whisk drags through them, it is pulling and unraveling all the tiny protein strands, causing them to denature.

Many of us may feel intimidated to make a luscious chocolate mousse or an impressive pavlova when the recipe

tells us to whip our egg whites to stiff glossy peaks. How do you know when your egg whites are stiff peaks rather than soft or firm peaks?

We'll start with some general tips:

- Eggs are easiest to separate while cold, but whip best at room temp.
- Make sure your bowl and beater are clean and dry. Any traces of fat or water will prevent your egg whites from whipping up properly
- If adding sugar, do so gradually and not all at once.

Using the whisk attachment on your mixer, you can pull the speed up pretty high as egg whites can take quite a while to get up to full volume. The way to test which stage your whites are at is simply to lift the whisk straight out of the egg whites and take a peek at the peak that forms.



1.

1. A soft peak will barely hold its shape and will flop over immediately. At this stage, the egg whites will usually still move around and flow in the bowl when tilted.



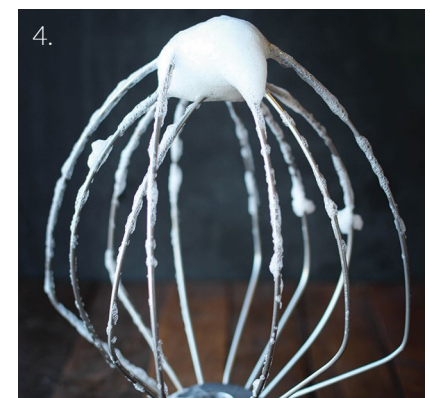
2.

2. Medium or firm peaks hold their shape pretty well, except the tip of the peak will curl under and they will stay put in the bowl if you move it.



3.

3. Stiff peaks will maintain a firm pointed shape when the whisk is lifted and will not curl around itself even when turned upside down. At this point, the egg whites have reached their maximum volume.



4.

4. If you keep whisking and the eggs begin to look dry or granular, they are overbeaten. It may be possible to save overbeaten egg whites by adding a fresh white and beat again until you have reached the desired consistency.



# pavlova

## with fresh berries

1 cup heavy cream, cold  
1 tablespoon sugar

1/2 pint fresh blackberries, hulled and sliced  
1/2 pint fresh blueberries  
1/2 pint fresh raspberries  
honey for drizzling (optional)

6 large large egg whites, at room temp  
A pinch of salt  
1 cup sugar  
2 teaspoons cornstarch  
1 teaspoon white vinegar  
1/2 teaspoon pure vanilla extract



1. Preheat the oven to 180°.
2. Place a sheet of parchment paper on a baking sheet.
3. Place the egg whites and salt in the bowl of an electric mixer fitted with a whisk attachment. Beat the egg whites on high until soft peaks form, about 1 minute.
4. With the mixer still on high, slowly pour in sugar and beat until stiff, shiny peaks form, about 2-3 minutes.
5. Remove the bowl from the mixer, sprinkle the cornstarch onto the egg whites, add the vinegar and vanilla and fold in gently with a spatula.
6. Pile the meringue into two medium, equal-size piles on parchment paper and smooth them out, making rough disks.
7. Bake for 1 1/2 hours, then turn off the oven and keep the door closed, allowing the meringue to cool completely in the oven, about 1 hour.
8. While meringue is cooling, make the sweetened whipped cream
9. Whip the cream in the bowl of an electric mixer fitted with a whisk attachment.
10. When it starts to thicken, add the sugar and continue to beat until firm. Don't overbeat!
11. Carefully remove one meringue from the parchment paper and place on a plate.
12. Spoon sweetened whipped cream over the top and sprinkle with half of the berries.
13. Place second meringue disk on top and repeat with the whipped cream and berries.
14. Drizzle with honey if desired.



# Quick-Pickled Asparagus

With just a few simple ingredients, you can quickly pickle asparagus to crunch on throughout the season— or spice up your Bloody Mary with more than just hot sauce.



## INGREDIENTS

- 1-1 1/2 pounds of asparagus
- 1 cup white vinegar
- 1/2 jalapeno pepper, sliced into rounds
- 3 cloves garlic
- 1 teaspoon whole peppercorns
- 1 teaspoon mustard seed
- 1/2 teaspoon whole allspice
- 2 teaspoons salt
- 2 teaspoons sugar
- water

## DIRECTIONS

1. Wash and dry your asparagus.
2. Trim the ends so that the whole spear fits in the jar.
3. Place asparagus in the jar with the vinegar and the rest of the ingredients.
4. Fill the rest of the jar with water until the tops of the spears are covered.
5. Place tight fitting lid over the top and shake jar until sugar and salt are fully dissolved.
6. Let sit in refrigerator for at least 48 hours. Will keep for up to 3 weeks.



# Basil, Mystery, and 25 Years of Co-op Bakery History

with Joan Rutkowski, Owner Engagement Coordinator

The Moscow Food Co-op's pesto roll has become a subject of love, lore, and a dash of mystery around here. When did we first bake up a batch of the heralded rolls? Who came up with that recipe? The quest for the Co-op pesto roll's origin offers a peek into our bakery's 25-year history.

The pesto roll is the bakery item that I've heard people express the most delight over. It's clearly an emotional pleasure, where sounds that aren't quite words are used to describe why people enjoy them. But because I've had my own favorite (our fruit strudel), I have been able to resist the temptation.

That is until one recent afternoon, when I succumbed. The basil pesto goodness, which I warmed up for maximum comfort food effect, had me at the first bite. It's a little salt, a little sweet, and a little basil, all topped off with a light and satisfying crunch of baked mozzarella. Now I understand.

As I tried to track down who first created this temptation for the Co-op, I was referred to one person after another, each thinking someone else might know for sure. Finally, I spoke with the wise Annie Hubble, who is currently our Front End Manager. "Lucy! It's someone named Lucy!" she said upon remembering. Then I was referred to Annie's son, who talked to his wife, who talked to her mother, who is good friends with Lucy...and finally I was making a call to Wisconsin to talk with THE originator of the Co-op's pesto roll: Lucy Gallardo.

It all began in March 1990. Ed Clark had started what was first called the "Upper Crust Wholegrain Bakery" shortly after the Co-op moved to its third home, at 310 West 3rd (affectionately known to many as "the old Kentucky Fried Chicken"). While Annie was making all of the soups, salads, specials, and cookies, Ed and his crew were baking the breads and rolls. Annie recalls the challenge of an upstairs bakery, which required hauling all ingredients upstairs and carefully bringing all finished creations downstairs.

The exact date the pesto roll was born is still a mystery; it was probably in '92 or '93. Lucy saw Annie using pesto in a lunch special, and thought, "Why don't we use that in a roll?" She still remembers making those first rolls and using a high-protein "Cornell Bread" recipe that involved white and soy flours. "I can still smell it. They looked so inviting, and they sold like hot cakes," Lucy said. "We couldn't make enough of them."

Lucy moved on to other baking adventures in the mid-1990s, and eventually left for Wisconsin for her husband's new job. In 1999, the Co-op moved to a new home at 221 East 3rd, near Marketime Drug and Safari Pearl. The bakery dropped its name because "Upper Crust" was a play on the bakery's upstairs location

and the Co-op had returned to a one-floor operation.

Joseph Erhard-Hudson, who is now a lead cashier, first joined us in 2000 as a baker at the 221 East 3rd location. Like many Co-op bakers in the early years, Joseph started as a volunteer. He recalls bakery operations being a bit more free-wheeling and intuitive than today. Volunteers would pick any muffin recipe from a box of ideas on any day. The selection was fairly unpredictable (but always tasty).

Bakery operations became more standardized shortly after we moved to our current home in 2005. Manager Annie Pollard brought formal bread baking training and experience to the Co-op in 2007 to help us develop artisan breads. She also worked to retain bakers' individual creativity while introducing methods that produced more consistency.

The pesto roll recipe was likely tweaked over the years prior to Annie's management; then, a few years before she left in 2011, she and her team adjusted the recipe to make the roll's dough even softer. The recipe has been the same ever since.

One thing that has remained constant through the bakery's 25 years is the swarm of Moscow High School students descending upon the Co-op for lunch. For many, the pesto roll has been the draw, even when we were at "the old KFC building." Annie Hubble recalls students grabbing pesto rolls off the trays as they came downstairs, fresh from the oven. Today, the following continues.

So, what do today's Co-op bakers have to say about the pesto roll? Rose Olson, our Bakery Manager, says it's still one of our best-selling bakery items and has a cult following. "There's no way I would cut pesto rolls from production. Not in a million years!" Rose said.



Check out Rose's short fast-motion video of baker Noel making pesto rolls at [moscowfood.coop/pesto](https://moscowfood.coop/pesto)





# Meet the Maker

## Kimberly Vincent

**Y**ou'll probably recognize Kimberly Vincent because of her flowing white locks. But you may also be familiar with her because she's a former Moscow Food Co-op Board Member, current Co-op shopper, and passionate math professor at Washington State University. Add dedicated dog rescuer and talented jewelry maker to this lengthy list, and you have a pretty good idea of the kind of woman you're dealing with. Kimberly grew up in Maine, where she was naturally drawn to the ocean and the sea glass it produces. She said not only is the beauty of sea glass in its color, but that it's been etched by nature is what gives it its true appeal.

It is this love for nature, and water in particular, that has shaped her jewelry making since she was a teenager. Although Kimberly says she's known since the sixth grade that she wanted to be a math teacher, she also says that she's always been drawn to rocks and the energy they emit. When asked if she always has a plan when she begins making a piece of jewelry Kimberly says, "I look for what's in the glass," referring to the sea glass she often uses in her pieces. She also mentions that she's drawn to knowing where something comes from and lets that inform her art. When asked about the history of her jewelry making, Kimberly begins to tell stories about how she's always collected rocks. She talks of her son, Nathan, now 32 years old, and taking him to raft the St. Joe River when he was a kid. "Because his bathing suit had pockets and mine didn't, I would fill his swim trunks with the rocks I'd find."

About five years ago a friend urged Kimberly to delve deeper into her jewelry making. She took a metals class in Bellingham, WA, where she learned about heating and manipulating metal for her craft. Other than this one class, Kimberly says that Youtube, jewelry-making books, and a lot of trial and error have contributed to the beauty of her pieces. While she sells her pieces to the Co-op and at the Renaissance Fair in Moscow, she says this side business is really just fun for her. Every dime she makes selling her work goes right back into her business. She buys more metal, more gemstones and has slowly built her collection of tools. If you're looking to buy some of Kimberly's pieces you can stop into the Co-op or look for her booth at the Renaissance Fair in May.



There are myriad ways to get your hands on locally grown and produced foods. One of the most impactful ways to commit to local eating is to become a member of Community Supported Agriculture (CSA). Unlike shopping from a farmers' market, a CSA is paid for before the growing season starts. This investment provides growers with the capital to buy seeds, build hoop houses, install irrigation and more. The pay off? A box of fresh produce each week grown by someone you know and trust. The risk? Because you are investing ahead of time and the weather is so unpredictable, you are not guaranteed any one particular item. The beauty of the CSA model, though, is that you share in the bounty with your farmer and you're able to let the seasons dictate the foods you'll consume.





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