

ROOTED

WINTER 2015-2016

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.



Winter days on the Palouse can feel painfully short. And though we may be seriously lacking in Vitamin D, think of the sun's early setting as encouragement to cook and share food with friends, neighbors, and family. If you're going to spend so much time indoors, why not fill your home with the scent of a baking cake (page 15) or freshly brewed coffee from the local roasters at Landgrove (page 11)? It's also a great time to curl up with a new book and we have some great suggestions from the Moscow Public Library (page 5).

This issue marks the one-year anniversary of *Rooted* and we're so grateful for our community and readers. We're passionate about telling the food stories of our community and the history of our cooperative. In this issue you'll learn who Hannah and Jon

Binner from Landgrove Coffee believe deserves the most credit in the coffee industry and why quality is of the utmost importance to Coco and Karl Umiker at Clearwater Canyon Cellars. You'll also learn how the Co-op is making healthy food available to all and which local farm is providing us with hearty greens throughout the winter—something brand new to the Produce Department.

Speaking of anniversaries, the coming year marks the 25th anniversary of one our most dedicated employees, Annie Hubble. You can read more about Annie's work over the years and her fond memories from our last three locations in *From England with Love* on pages 22-23. And because this season is home to the holidays and Valentine's Day we're giving you four different fair trade chocolate recipes to celebrate with.

Dime in Time

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.

December

Circles of Caring Adult Day Services

Since 2001, Circles of Caring Adult Day Services has provided community-based health and wellness enhancement for adults and elders with specialized needs, such as those living with dementia. They also provide a daytime care alternative for families and caregivers. Funds raised by Dime in Time will help this organization purchase medical supplies for health and materials for crafts and games.

January

Community Action Center Food Bank Garden Program

Since 1988 the Community Action Center (CAC) has been a primary resource for the more than 14,000 people living in poverty in Whitman County. CAC invests in people and communities to reduce poverty and build strong independent families. The mission of the Food Bank Garden Program is to increase access to nutritious and affordable produce at food pantries in Whitman County. Dime in Time funds will be used to design and deliver free community gardening and nutrition education for families.

Food Summit 5.0

The Palouse-Clearwater Food Summit 5.0 will be Friday, January 29, 2016 from 9am-4pm at the Banyans Conference Center in Pullman, Washington. The theme of this year's summit is Feeding Ourselves: Collaborations for Increasing Local Food Access. Food Summit 5.0 will feature over 15 speakers working in the areas of seed saving, local food production, market development, farm-to-school, and community food security. The afternoon session will provide opportunities for developing and enhancing regional collaborations in all of these areas. The cost to attend is \$15 and includes a catered lunch. To register or apply for a scholarship, visit pcfoodcoalition.org.

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: December 8, January 12, February 9
***The December meeting will begin at 6:30 due to Beer with the Board earlier in the day.**

LOOKING FORWARD

Beer with the Board

DRINKS ARE ON US!

Tuesday, December 8, 5-6:30pm

Owners are invited to join the Board of Directors for Beer with the Board in the 1912 Center Arts Room. This is a relaxed opportunity to meet your elected representatives and talk about what matters to you as a Co-op owner. Owners will receive a ticket redeemable for one free beer or drink of their choice. Appetizers will be served. For more information, email boardadmin@moscowfood.coop. The 1912 Center is located at 412 E 3rd Street in Moscow.

Board Elections 2016

Four seats are open for owners to fill in the 2016 election. Serving on the Co-op Board is a powerful way to shape our democratically controlled cooperative. Please check out the application at moscowfood.coop/boardelection to learn more about the Board and the professional support and development we provide directors. Hard copy applications also are available at the Customer Service Desk. Application packets are due January 8, 2016. For more about the election turn to page 8.

Change the Way You Give with the Seed Sowers Fund

The Moscow Food Co-op Seed Sowers Fund (SSF) is our Co-op's Cooperative Community Fund (CCF). A CCF is an endowment food co-ops can sponsor for the purpose of more effectively managing and growing their giving programs. Contributions to the fund double the strength of a donated dollar. Earnings on the SSF have the potential to make our donations to local nonprofits even more meaningful, while the principal provides loan capital to other cooperatives. The interest earned on the principal donated to our fund will be returned to us each year to award to local organizations—the more money we raise for our fund, the more we can donate to our community. You can now round up your grocery bill and have the remainder donated to our fund. To learn more about the Seed Sowers Fund visit moscowfood.coop/seed-sowers-fund.



Product Spotlight

Looking to stretch your grocery budget? So are we! That's why we're pleased to introduce our new Co+op Basics program. Co+op Basics offers everyday low prices on many popular grocery and household items. From beans to beef, you'll find new low prices on some old favorites as well as some new high-quality products. Plus, all special discounts such as FLOWER (Fresh, Local, and Organic Within Everyone's Reach), Wellness Wednesdays, Senior Thursdays, and Student Fridays will stack with the low prices for even more savings!

Moscow Food Co-op is able to offer this program not by paying farmers or employees any less, but by working with a network of other cooperatively-owned food stores across the country to negotiate lower prices on value brand organic and natural products.

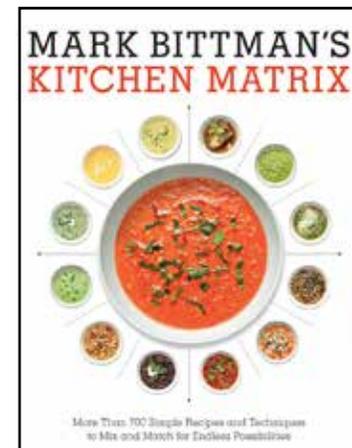
The Co-op will also continue to offer great prices on items like house-made Daily Wheat bread and organic bananas. Look for the purple Co+op Basics signage on items in the store for savings!

Look for the following items and more in the Co+op Basics program:

Field Day Organic Peanut Butter	\$4.99	Field Day Organic Canned Beans	\$1.49
Field Day Organic Fruit Spreads	\$3.49	Co-op-made Daily Wheat Bread	\$2.99
Field Day Organic Pasta Sauces	\$2.69	Organic Bananas	\$0.99

library PICKS

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



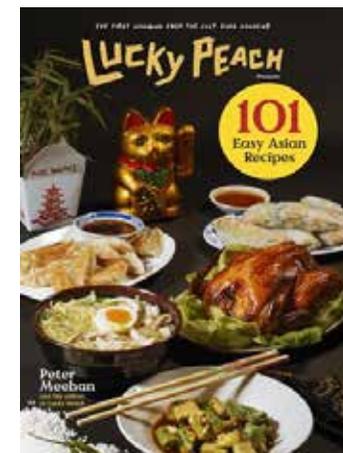
Mark Bittman's Kitchen Matrix: More Than 700 Simple Recipes and Techniques to Mix and Match for Endless Possibilities
Mark Bittman

Bittman's Kitchen Matrix takes recipes down to their base elements and arranges them in a grid layout, showing the reader how making slight alterations can provide extremely different final products. Examples include recipes for basic cookie dough or vegetable soup. "This unconventional cookbook can help proficient cooks develop ideas for creating their own recipe variations." – Library Journal

Tacos: Recipes and Provocations
Alex Stupak and Jordana Rothman

This book shifts the focus on the taco back to the tortilla, emphasizing how important a good tortilla is to an excellent taco. The book still celebrates the taco itself and goes beyond traditional recipes to more adventurous fillings, like fried oyster and wild spinach.

Written by Breanna Salzsieder

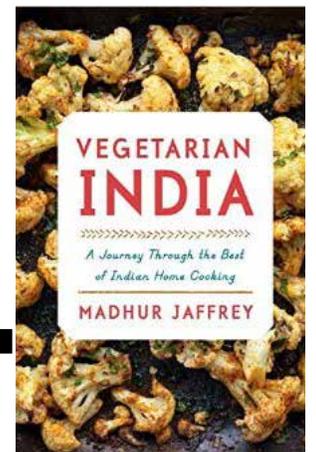


Lucky Peach Presents 101 Easy Asian Recipes
Peter Meehan and the Editors of Lucky Peach

From the creators of the popular Lucky Peach magazine, this cookbook introduces readers to Asian and Asian-inspired food. It is perfect for reluctant cooks, featuring no frying, no subrecipes, and an introduction to common ingredients.

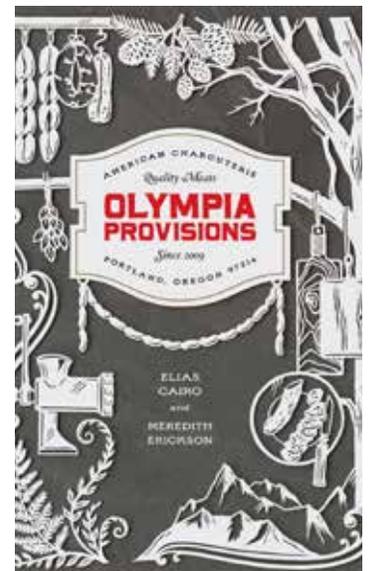
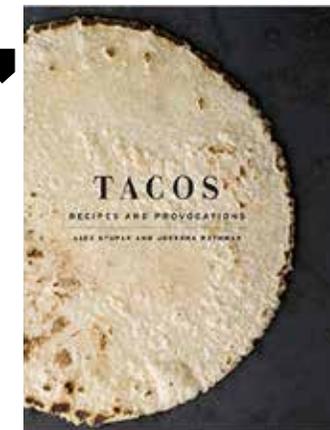
Vegetarian India: A Journey Through the Best of Indian Home Cooking
Madhur Jaffrey

This cookbook presents traditional Indian dishes using a vast array of photos that will encourage readers to take the extra step and try new things. "Jaffrey's fresh compilation features extraordinary variety and achieves approachability without oversimplification. Highly recommended for vegetarians and Indian food enthusiasts." – Library Journal



Olympic Provisions: Cured Meats and Tales from an American Charcuterie
Elias Cairo and Meredith Erickson

Cairo, cofounder and co-owner of Portland's Olympic Provisions, and Erickson delve into charcuterie in a way that is accessible to readers. "With all the different styles of charcuterie then applied to different meals of the day, this book serves as a great basis for anyone interested in learning how the sausages are made and how to expand his or her meat palate." – Publishers Weekly



HOLIDAY GIFT GUIDE



1. Locally made jewelry from **Mountain Blue Eye**
2. Kitchen towels and pouches from **Danica Home**
3. Organic cotton socks from **PACT**
4. Locally roasted coffee from **Landgrove** and **DOMA**
5. Pour-over coffee system from **Chemex**
6. Specialty cookbooks
7. Handmade, local rolling pins from **Olive + Elm**
8. Moscow Food Co-op logoed merchandise from **Alternative Apparel** and **Klean Kanteen**
9. Pots and pans from **Le Creuset**
10. Kitchen goods from **Stitch & Shuttle**
11. Locally made wine from **Clearwater Canyon Cellars**
12. Candles from **Big Dipper Wax Works**
13. Cards, calendars, and prints from **Idlewild Co.**
14. Locally made cutting boards from **Moscow High School**
15. Soaps and salves from **Orchard Farm**
16. Coasters, books, and calendars from **Alison Meyer**
17. Toffee and other treats from **Amy E's Bakery**



The Moscow Food Co-op's Board of Directors election process is underway! Now is the time for interested Co-op owners to submit their Board applications. Being on the Co-op Board is a great way to get involved and Board service is a vital part of the democratic control of our Co-op. Serving on the Board is exciting, rewarding and it takes time—generally 12 to 20 hours a month. This time commitment will probably increase as our Pullman expansion project gets rolling. In addition to monthly meetings, Board members participate in two retreats (spring and fall) and annual conferences and trainings. As a thank you for their service, Board members receive a discount on purchases at the Co-op.

There are four seats up for election in 2016. Voters can vote for one, two, three, or four candidates. In the event of an uncontested election (four candidates for four seats) there will be a Yes/No option for voters on each candidate.

The requirements for running for the Board are to: 1) submit a complete application; 2) be an owner of and have patronized the Co-op in the last year; 3) have no convictions or pending legal cases that would jeopardize the Co-op's licenses and permits; and, 4) have no overriding conflict of

interest or a pending legal issue with the Co-op.

New to Our Election Process:

- We will be offering electronic voting for the second time in our history. Electronic voting has been shown to increase turnout and diminish election costs to the Co-op. Absentee requests for a printed ballot also will be available.

2016 Election Timeline
 Deadline for application submissions **January 8**
 Candidate statements due **January 8**
 Candidate eligibility submitted to Board **January 12**
 Candidate statements published **February 1**
 Request absentee paper ballots **February 15-March 4**
 Candidate Forum **March 6, 4-6pm in the 1912 Center Great Room**
 Elections week March **5-13**
 Absentee ballots must be received in store by **March 12**
 Ballots counted + election results announced **March 13**
 New Board members seated at Board meeting **April 12**

- Recordings of the candidate forum will be posted on the Co-op's website (moscowfood.coop) for those unable to attend in person.
- The voting period has been expanded to include two weekends.

On a personal note, I have found my time on the Board to be one of the most rewarding activities of my recent life. To be involved with a business that has a firm ethical base and is one of the best places in Moscow to work is very satisfying. And it is exciting to be involved at a time when we are going to be working on a major growth project.

I encourage anyone who has a current or even a future interest in serving on the Board to fill out an application.

Written by Kurt (Sam) Obermayr

EXPANDING OUR IMPACT

Food co-ops around the world are on the forefront in supporting local food systems, providing high quality employment, keeping money in their communities, sustaining the environment, and promoting healthy and sustainable foods. In fact, for every \$1,000 a shopper spends at their local food co-op, \$1,604 in economic activity is generated in their local economy (2012 Food Co-op Impact Study). The Moscow Food Co-op impacts our community in many positive ways and we are looking to expand our impact by adding a second location in Pullman, WA.

The Moscow Food Co-op creates high quality employment opportunities in our community. We currently employ over 120 community members, provide a significant staff discount on groceries, offer health insurance to full-time employees at no cost, and award profit sharing.

We support our local food system and work to keep money in our community. In 2014 we spent over \$450,000 purchasing food and goods from local producers, artisans, and farmers all within a 100-mile radius of Moscow. In addition, we donated almost \$19,000 back to community organizations through our Community Contributions Program.

Why Pullman?

In 2013 we gathered data from our owners in order to update the Co-op's strategic plan. As part of that process, we asked you about growth and how you would like to see your Co-op grow. The majority of survey respondents indicated that the Co-op should grow by adding a second location in Pullman!

After we received the strategic plan data, we mined our own Point-of-Sale system data and discovered that our sales trends support Pullman growth. We can attribute 26% of our sales to owners to those owners who reside in Pullman. That equaled about \$2 million in 2014.

In December 2014 we hired a consultant to do formal market research for us. She evaluated the Co-op's trade area, our sales data, and our competition in order to provide sales projections for our current location and an additional

location in Pullman. Although the Market Study is confidential, it was favorable enough for the Co-op's Board and Management to take the next step.

Learning about Growth

In the 42 years our Co-op has been in business, we've only ever operated one store. Expanding to a two-store operation brings its own unique challenges. For the last 18 months or so the Co-op's Board and Management have been learning from our peers at other co-ops around the nation, from industry experts, and from consultants. We've asked hundreds of questions about growth, about operating two stores, about competition, about the expansion process, and about the experiences our fellow co-operators had during their own expansions. We have done our research.

An expansion to Pullman will enable the Co-op to increase its impact. Opening a second store means more co-op jobs that pay a liveable wage, more money flowing into the local economy, and increased financial support for more community organizations doing good work.

Thank you to all of the community members who joined us at the two community forums. We appreciate your encouragement and your feedback and we look forward to many more conversations.

If you have questions about this next phase of growth please email growth@moscowfood.coop.

Written by Melinda Schab, General Manager and Colette DePhelps, Board President

get to know

LANDGROVE COFFEE

Coffee has always been at the center of Jon and Hannah Binninger's relationship—a small drive-through coffeehouse owned by Jon called Java Detour is where it all began. In 1995 Hannah worked for the Peregrine Fund in Boise, rearing young falcons, and would spend early mornings transporting birds to the airport to be shipped off to release sites. Drives like that at such an early hour could only be alleviated by hot beverages from a friendly place on her route.

In 1998 Jon and Hannah moved to Sandpoint, ID. The area is home to Diedrich Roasters, manufacturers of some of the best roasting equipment on the market—so they bought their first roaster and started roasting their own beans. After a series of moves to McCall and then Salmon—all with their roaster in tow—they settled in Troy in 2003 and have been roasting coffee in their shop there ever since.

From the sourcing of their beans, to the ways they include their children, Flora (10) and Clem (7), to the customer service approach they take, it's clear that personal connection is at the heart of Landgrove Coffee. Jon is most proud to say that in the 17 years they've been in business they have never lost a customer. And when it was time for them to bring in an employee to help with the day-to-day tasks of roasting, packaging, and delivering beans, they knew that Chris Malberg was the right



person for the job. Chris, a former Moscow Food Co-op employee, is not only knowledgeable about coffee, he's passionate too. Both Hannah and Jon believe that adding Chris not only balanced their workloads, it expanded their family.

Roasting coffee is an art form

Landgrove Coffee was born out of a love and appreciation for the daily ritual that is coffee drinking. Hannah says, "The thing that I like most about it is the connection with everyone—just making people aware that a good cup of coffee means something."

Jon explains that the flavor you taste when brewing their coffee is a product of the beans' origin, seasonality, and roasting time. At Landgrove they've discovered how to bring out the best flavors in coffee from Peru, Ethiopia, Colombia, Costa Rica, Mexico, and Indonesia. "We deserve a little credit, but the credit belongs to the producers as far as I'm concerned," says Jon. All the coffee that Landgrove roasts is handpicked around the globe. Hannah says, "It takes a lot of work to get the beans to your cup. It's kind of humbling to think of where it all comes from. And they're all touched by people all over the world."

The beans Landgrove provides to the Co-op are certified fair trade and can be traced back to cooperatives—traits important to both our business and theirs. Jon says, "Co-ops help farmers get better prices and invest back into the growers." Because of this model, sustainable and cooperatively produced beans mean more stable prices.

You can find Landgrove's beans in the Co-op's Bulk Department and brewed to perfection in the Deli on Mondays, Tuesdays, Wednesdays, Fridays, and Saturdays.

Written by Erica Wagner

BREWING THE PERFECT CUP

Jon and Hannah both acknowledge that approaching coffee as a beginner can be intimidating. The descriptions can be flowery and there is an abundance of options. Jon explains that the description of the flavor notes are just to give you an idea of whether or not the coffee is floral, fruity, or full-bodied. Here are Jon's tips for brewing the best cup of coffee at home:

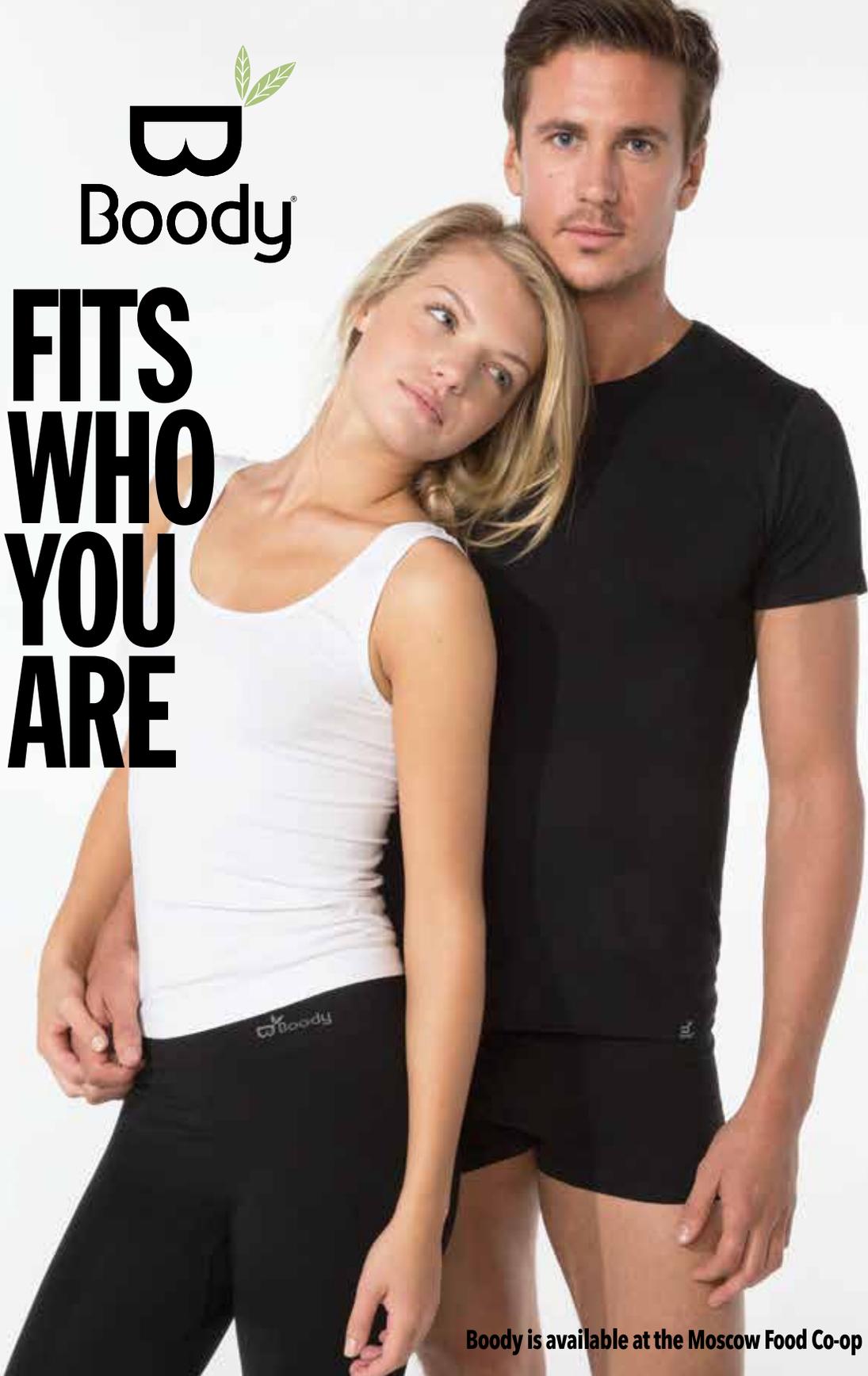
1. Determine which kind of beans you like from a certain area of the world. If you like one company's Ethiopian beans, chances are you'll like another company's.
2. Do some taste-testing to figure out how dark a roast you like. Keep in mind that the darkness of the roast does not necessarily determine how strong the finished product will be. You can brew a medium roast into a really strong cup of coffee by increasing the amount of grounds you use.
3. Grind your beans fresh each time. He recommends keeping whole beans in the freezer to preserve their freshness.
4. Use water that is just shy of boiling.
5. Find which brewing method you like best. Jon is partial to pour over, but also likes the French press.
6. Still have questions? Call your roaster and talk to them. Jon says, "Call us! We love to talk to people."



BOODY BODYWEAR



FITS WHO YOU ARE



ORGANIC BAMBOO ECO WEAR

boodywear.com

Boody is available at the Moscow Food Co-op

WINTER GREENS ^① *guide*

With the tender lettuces of spring nearly six months away, the craving for green veggies can hit pretty hard. Calorie for calorie, dark green leafy vegetables provide more nutrients than any other food. They are often lumped together and can be consumed raw, steamed, sautéed, or braised. Although the greens below are all known to help alleviate oxidative stress caused by excessive inflammation, there are some important differences between these five nutrient-rich greens.

1. Spinach

One new category of nutrients found in spinach is called “glycoglycerolipids”, which help protect the lining of the digestive tract from damage. Spinach is also rich in iron which plays a key role in the function of red blood cells transporting oxygen around the body, in energy production, and in DNA synthesis. Look for local varieties from the WSU Organic Farm throughout the season.

2. Collard Greens

While they share the same botanical name as kale, Brassica oleracea, collard greens have their own distinctive qualities. Collards are a good source of omega-3 fatty acids and a wide array of B vitamins that are important in controlling cardiovascular disease risk. They also contain phytonutrients that can help activate and regulate detoxification. Collards have a very mild and almost smoky flavor.

3. Beet Greens

While many people cut off these greens and only consume their root portion, beet greens are actually the most nutrient-rich part of the plant. They are an excellent source of minerals including copper, potassium, manganese, magnesium, and calcium. Beet greens have a higher iron content than spinach and their rich concentration of beta-carotene and lutein is known to play an important role in eye health. They're milder in flavor than most greens which make them very versatile. Try them in stir-fry.

4. Kale

Nutrients in kale called flavonoids help our body deal with toxic exposure, whether from our environment or from our food. If using a raw preparation try massaging kale with salt and rising well before making your dish; it will help break down the strong fibers making the end product less chewy. Look for local varieties from the WSU Organic Farm throughout the season.

5. Chard

One of the primary flavonoids found in the leaves of chard is called syringic acid, and it has received attention in recent research due to its blood sugar regulating properties. With a good supply of calcium and an excellent supply of magnesium and vitamin K, chard provides standout bone support too. Large, hardy chard leaves are also a nutritious alternative to lettuce wraps.

Written by Misty Amarena

ALL'S FAIR IN *love* AND CHOCOLATE

Chocolate makes us happy. It can add a joyful flair to celebrations as well as lift our spirits on days that don't go so smoothly. Over the past 4,000 years cocoa has been valued for a multitude of purposes including religious rituals, medicinal applications, and currency. Native to Mesoamerica, cocoa was introduced to Europe in the 1600s, then taken to western Africa, which today produces two-thirds of the world's cocoa supply for this \$74 billion dollar industry. The world loves cocoa!

Besides amazing quality, why would we seek out fair trade brands when shopping for chocolate? Most cocoa farms are small family operations that are labor-intensive. The colonial division of labor in developing nations where cocoa is grown keeps conventional cocoa workers marginalized, unable to impact their industry. Exploited by brokers paying substandard prices, poverty and child labor is institutionalized; farmers and workers are unable to earn a living wage. This conventional model accounts for 95% of global cocoa sales. Should our chocolate happiness come at the expense of enslaving another?

This was the impetus for the fair trade movement that began in the 1960s when global social injustice was brought to the world's attention. Fair Trade certifies that small-scale farmers are paid a fair and dependable price for their crops on the world market. Workers are able to invest in their company and have a democratic voice in operations. Farmers have greater access to credit and a stronger voice in negotiating prices. This model accounts for only 5% of global operations, but that is still over \$3.5 billion of cocoa sales.

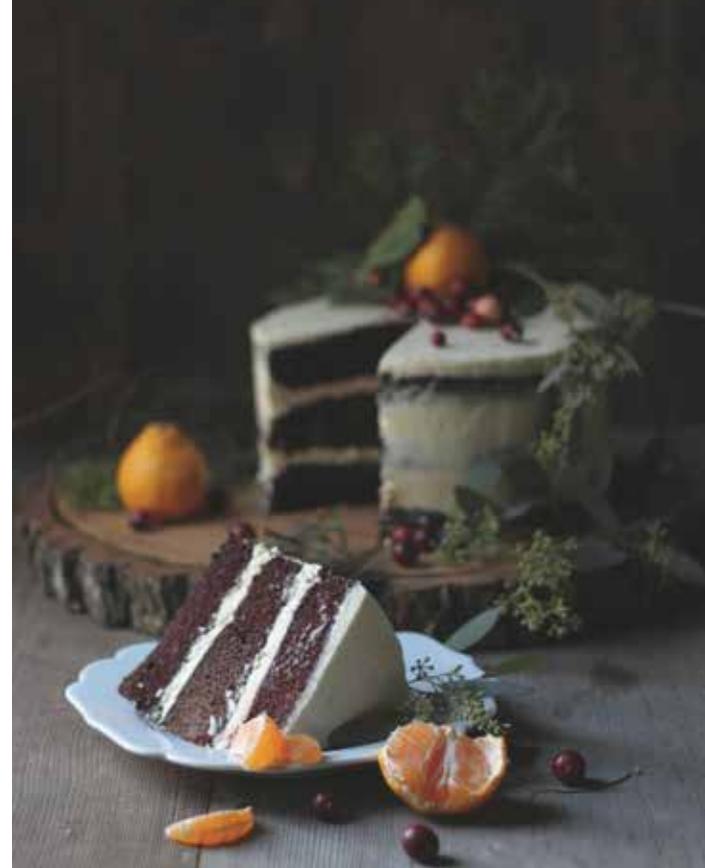
Equal Exchange was one of the first companies founded on fair trade and sustainable principles. It began in 1986 when three friends asked the question: what if food could be traded in a way that is honest and fair, a way that empowers both farmers and consumers? Equal Exchange believes that they should expect no less from themselves and each other than they demand of their farmer partners. For that reason they are organized as

a democratic worker cooperative, one of the largest in the country. A worker cooperative is not designed to maximize profits, nor returns to investors, but rather to bring to the workplace many of the rights and responsibilities that we hold as citizens in our communities. These high standards make their Panama extra dark bar seem even more delicious.

Alter Eco also produces delicious happiness-inducing chocolate, including non-dairy truffles. This company was founded over a decade ago by two friends with a mission of global transformation through ethical relationships with small-scale farmers and sustainability at every point of the supply chain. Alter Eco is based on the premise that food is fundamental to life – and whole, healthy, delicious food can make life better for people. The achievement they are most proud of is the family they've created. With farmers, employees, investors, and customers they are on an adventure through food, striving to create a vision of the future that's fair, prosperous, and healthy for all.

Divine Chocolate is co-owned by 85,000 farmer members of Kuapa Kokoo, the cooperative in Ghana that supplies the cocoa for each bar of Divine. The government laws that were changed in the early 1990's allowed for the creation of this worker-owned company. As owners, they now have a share in the profits, a say in the company, and a voice in the global marketplace. Kuapa Kokoo, which means good cocoa growers, has a mission to empower farmers in their efforts to gain a dignified livelihood, to increase women's participation in all of Kuapa's activities, and to develop environmentally friendly cultivation of cocoa. These chocolates live up to their name – totally divine. Check out the dark chocolate with raspberries bar when you need some happiness. When you choose fair trade you not only make yourself happy but also the workers who produce it for you—a small choice with a large impact.

Written by Joan McDougall



Chocolate Salted Nut Bites- GF

1 cup whole almonds
1 cup sliced almonds
½ cup walnut pieces
½ cup pepitas
½ cup dried cranberries
coconut oil to grease pan
¼ cup shredded coconut

¼ cup honey
1 teaspoon vanilla extract
¼ teaspoon fine sea salt
1 teaspoon coarse sea salt
6 ounces dark chocolate, melted

Preheat oven to 350°. In a mixing bowl, combine the nuts, pepitas, and cranberries. Set the mixture aside. Line a 9 x 13 baking dish with a piece of parchment paper that is large enough to cover the bottom and go up the sides. Grease the paper with coconut oil, and sprinkle it with the shredded coconut. Set the dish aside.

In a small saucepan over a medium-low heat, warm the honey, vanilla and the fine sea salt, until it begins to simmer. Pour the honey mixture over the nut mixture and stir to combine. Pour mixture into the prepared baking dish and spread evenly with a spatula. Bake for about 20-22 minutes. Remove from the oven and allow to cool completely. Slice into squares.

Slowly melt the chocolate over low heat in a small pan on the stove, stirring continuously. Dip the bottom of each square into the melted chocolate. Place onto the parchment lined tray, chocolate side up, sprinkle the coarse sea salt on top and place them in the refrigerator to set.

Mexican Hot Chocolate- GF, V

1 ½ cups coconut or almond milk
3 tablespoons cocoa powder
1 ½ teaspoons vanilla extract
2 tablespoons real maple syrup
Pinch of sea salt
1 teaspoon ground cinnamon
Pinch of cayenne pepper

In a small saucepan over medium heat whisk all ingredients together until warm and well combined. Garnish with cinnamon sticks and vegan marshmallows.

Chocolate Cake with Orange Cream Cheese Frosting

2 ¼ cups all-purpose flour
¾ cup cocoa powder
1 ¾ cups sugar
2 teaspoons baking soda
1 teaspoon salt

¾ cup safflower oil
2 cups water
2 teaspoons vanilla
2 teaspoons apple cider vinegar

Preheat oven to 325°. Line two 9-inch cake pans with parchment paper and lightly grease. In a medium mixing bowl add all dry ingredients and whisk until well combined. In a large mixing bowl add wet ingredients and whisk until combined. In several additions, add the dry mixture to the wet mixture, making sure not to over mix. Pour batter evenly into cake pans and bake for 30-35 minutes. Remove from oven and let cool in pans for 10 minutes before removing.

For the frosting:

16 ounces cream cheese
8 tablespoons unsalted butter, room temperature
2 cups powdered sugar
2 teaspoons finely grate orange zest
1 teaspoon vanilla extract

In the bowl of an electric mixer beat cream cheese and butter until well blended. Beat in sugar, then orange peel and vanilla. Use to frost completely cooled cakes

Chocolate Chunk Waffles with Whipped Honey-GF

1 ¼ cups unsweetened almond
1 teaspoon apple cider vinegar
¼ cup safflower or
¼ cup maple syrup
1 teaspoon vanilla extract
½ cup gluten-free rolled oats
1 ¾ cups gluten-free flour blend
1 ½ teaspoons baking powder
Pinch sea salt
½ cup dark chocolate chunks or chips

For whipped honey:
½ cup crystallized honey
½ cup fresh honey

Combine milk and vinegar in a small mixing bowl and set aside for a few minutes to curdle. Add oil, vanilla, and maple syrup and whisk to combine. Set aside. In a large mixing bowl add dry ingredients and whisk until well combined. Add wet ingredients to dry and mix until well incorporated. Let sit for 5-10 minutes while your waffle iron preheats.

Once waffle iron is ready, coat with non-stick spray and pour on about 1/2 cup of batter. Cook waffles according to manufacturer instructions and then remove and place on a baking rack in a 200 degree oven to keep warm. Keep them in a single layer to maintain the crispiness.

To make whipped honey, combine ½ cup crystallized honey and ½ cup fresh honey in the bowl of a mixer and whip on high for 15-20 minutes. It will turn white and increase in volume.



HEALTHY LAND, HEALTHY ANIMALS, HEALTHY PEOPLE.

Healthy Land

Country Natural Beef is raised by ranching families across the western United States in Oregon, Washington, California, Nevada, Idaho, and Wyoming. Many us have ranched for more than a century and being part of the cooperative will enable us to pass our ranches to the next generation. Perhaps better than anyone else, we understand that our future depends on healthy rangelands, streams, rivers, and open spaces.

Healthy Animals

Quality beef comes from animals that are treated right. In fact, one of the requirements of membership in Country Natural Beef is that each ranch must practice humane, compassionate handling of their livestock and be 3rd party audited to the Global Animal Partnership standards. We produce our product by grazing the natural forages of the West's native grasslands, pastures, and forests. Our cattle are fed an all vegetarian diet and are never ever given antibiotics or added hormones.

Healthy People

Country Natural Beef was founded for the purpose of providing customers with a healthy and wholesome product for their families at a price that supports sustainable ranching. Each member of Country Natural Beef is a family that maintains a distinctive and unique ranch. These ranches make up the "cooperative" of Country Natural Beef; bringing together over 100 separate families that share the same philosophies. We are focused on the sustainability of our families and communities. Our goal is to produce a product that allows us to remain on the land, that protects the open, natural spaces of the West, and that embraces the values and aspirations of people who purchase our product.

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degree in Chemistry (University of Arkansas) and a Masters in Soils (University of Idaho). Coco earned undergraduate degrees in Microbiology, Molecular Biology, and Biochemistry (University of Idaho) and a Ph.D. in Food Science (Washington State University). It is their education that has paved their way to producing great wine.

They produced their first wine, the Renaissance Red, in 2004 when they owned the winery with three other couples. That wine was made from a blend of about 100 cases of grapes harvested from the Horse Heaven Hills AVA (American Viticulture Area) in Washington. They still produce the Renaissance Red today, but have been the sole owners of Clearwater Canyon Cellars since 2010.

Since their first harvest in 2005, which yielded a Merlot made solely from grapes harvested at Umiker Vineyard in Lewiston, Karl and Coco have been dedicated to putting all profits back into their production. They are strongly focused on elevating the technology in their

winery, purchasing equipment that aids in creating better wine.

Their winery, located in the Port of Lewiston, may be considered utilitarian or even bare-bones to some, but they say that holding tastings in the same room as their production equipment means people have never been able to be distracted by anything other than the quality of the wine. “We are super passionate about always raising the bar on the wine we make,” Coco explains—and super passionate about the grapes used in their wine as well.

Three quarters of all the grapes used in Clearwater Canyon’s wines are grown in the Lewis-Clark Valley. 30% of that fruit comes from the Umiker Vineyard, a piece of family land planted with Merlot, Syrah, Cabernet Franc, and Chardonnay grapes. For grapes that aren’t sourced locally, the Umikers have built relationships with vineyards across Washington.

Phinney Hill, located in the Horse Heaven Hills (AVA)

in Alderdale, Verhey Vineyard in the Rattlesnake Hills AVA in Union Gap, and Roosevelt Vineyard in the Columbia River AVA in Roosevelt have all become like family to the Umikers. Coco says she regularly speaks with their other growers and is proud that none of their grapes ever see synthetic pesticides.

Coco acknowledges that “wine tends to be a rich man’s world”, but their wine is approachable. Their Lewis-Clark Valley series, which includes the Renaissance Red, Merlot, Lochsa, and Syrah, is made from local fruit and is a great starting point for neophyte wine drinkers. “It’s not fancy,” Coco explains, “and it doesn’t need to be dressed up.”

To taste the award-winning wines from Clearwater Canyon Cellars, Coco and Karl love to host visitors. Their tasting room is located at 1708 6th Avenue North, Suite A in Lewiston and is open Saturdays, 1-5PM.

Written by Erica Wagner

“For us it’s simple—does this make better wine?” Coco Umiker asks as she explains how quality is of the utmost importance to her and her husband, Karl. They know that it can be tough for a small winery to compete against the big guys, but Clearwater Canyon Cellars is proving to be quite the contender. They are 2015’s Idaho Winery of the Year—no small feat—and have brought esteem to the Lewis-Clark Valley.

Educated as scientists, Karl earned an undergraduate



5

VOLUNTEER/SERVICE IDEAS FOR THE WHOLE FAMILY

Volunteering as a family has the positive effect of developing a life-long commitment to community service. It's a shared experience that provides children (and adults) the opportunity to feel a part of a community, in part by showing children that they can make a positive difference in someone's life. The winter holiday season is a good time to get started helping others, especially considering that the colder weather and holiday expenses brings ever greater difficulty to those who struggle financially. The holiday season is also a time of increased psychological hardship, often caused by financial stresses, but also because missing family can amplify feelings of loneliness. Ideally, however, the habits and traditions of volunteering during the holidays will extend beyond into the rest of the year.

1. For holiday-specific activities, invite your children to pick a tag from one of the area Christmas for Kids trees and buy a gift. I like to choose children the same age and gender as mine because it encourages my children to consider the different needs and situations of others like them. Depending on your own financial situation, you may choose to adopt a family rather than buy a present or two. Christmas for Kids also needs volunteers to wrap and deliver gifts, which I think would be an even more rewarding experience for families. For furry children, the Humane Society of the Palouse hosts a Christmas tree as well, and their website includes a list of items they're always in need of. Unlike Christmas for Kids, the Humane Society will take used items, from towels and blankets to boxes of laundry soap. Finally, to avoid the, "What do I get the person who owns everything" question, shop at the Alternative Giving Market of the Palouse.
2. This is one of my favorite ideas, which may be more appropriate for older children and teenagers: clandestinely rake leaves or shovel the driveway and sidewalk of an elderly neighbor. Even better, get a large group of kids together and hit all the neighbors in need. Keep it up for an entire month.
3. Have children decorate a bag to fill with food bank donations, then fill the bag. Perhaps encourage them to pick their favorite non-perishable food items to include in the bag, but don't forget that things like toilet paper, sanitary napkins, and other non-food items are just as valuable (and also often left out of food bank donations, and accordingly are desperately needed). Consider foods that can be eaten without the benefit of a stove, because maybe there is no money for electricity, and include things like powdered milk, since lack of refrigeration is a reality for some. Also, if you're purchasing foods especially for the food bank, take into account the fact that many non-perishable items are high in sodium and sugar.
4. Since getting out-of-doors can sometimes be challenging, especially considering how busy children can be, check out Palouse Clearwater Education Institute's Tuesday drop-in volunteer days. They have seasonal projects needing workers from 10-4 year round. For more info visit pcei.org.
5. Finally, check with Moscow Food Co-op's information desk to see what volunteer opportunities are available. They have regular gigs, but also frequently need volunteers to help with shorter-term projects and events. For more information on volunteering with the Co-op visit moscowfood.coop/participating-owners.

Written Sarah Quallen

MEET THE *maker*

ALBER ROAD CHILDREN'S WEAR

On the corner of Alber and Bethel Church roads in Saline, MI sits a one-room schoolhouse full of memories from Sarah Bader's childhood. It's her family's former home and it's where her love for sewing began. At six years old Sarah sewed her first dress with the help of her grandmother—a glittery long-sleeved dress in blues and purples.

Sarah, the oldest of six children, moved with her family from Michigan to Idaho in 1998. She attended Moscow High School and then studied Linguistics and Arabic at the University of Idaho, but the love and appreciation of sewing never left her. Housebound while recovering from an illness, Sarah began to sew children's clothes for friends. More and more people began to ask for her designs and because the entrepreneurial spirit is deeply rooted in her family, she started considering how she could create a full-time business with her skill.

Sarah says, "We live in a throw-away culture, but I wanted this to be something that people value." She researched organic cotton producers because in Sarah's eyes the process of creating children's clothes is just as important as the resulting product. "It's amazing how connected everyone can be," she says, talking about how she knows where and how the cotton produced for her fabric is grown and milled. She notes that she can speak with the growers in North Carolina if she has questions.

Not only is Sarah concerned about the treatment of people in the cotton industry, she's troubled by the environmental implications of cotton production, as well. Nearly a quarter of the world's pesticides and insecticides are used in conventional cotton production, and the milling of cotton is considered one of the dirtiest processes in agriculture. Knowing this about the materials used to create most baby clothes, Sarah couldn't fathom creating a product with anything other than U.S. grown and milled organic cotton. She acknowledges that the use of organic cotton raises the price on her goods, but she pauses a bit before asking, "What is cheap clothing really costing us?"

The Moscow Food Co-op was Sarah's first wholesale client and she's quick to acknowledge that it's because of the support she received from Ashley Douglas, Assistant Wellness Manager and Mercantile Buyer, that she finally built the confidence to quit her job as a server at a local restaurant. Ashley says, "Carrying the Alber Road line of clothing means a lot to our Co-op. Sarah's attention to how her materials are sourced is important to our Co-op and our customers."

Sarah has also picked up wholesale clients in California and sells the bulk of her designs on Etsy, an online handmade marketplace. She ships worldwide and is excited to share her love of sewing and clean and ethically produced baby clothes with families around the globe. She hopes to eventually create her own online shop, but for now you can find Alber Road Children's Wear at the Co-op and at alberroad.etsy.com.

Written by Erica Wagner



from ENGLAND with love

On a recent rainy and cold Tuesday afternoon Front End Manager Annie Hubble sits in the deli with a cup of tea to take a break for a moment and listen to the live music. Nearby is a young boy playing the piano, entertaining customers as part of the Co-op's Tuesday Night Music event. Above him hang paintings from a local artist through a program that Annie helped establish.

"This is what I love about the Co-op," Annie says. "I love the community programs, like our live music, that make us so much more than a grocery store. We're about people."

It's this love for community that has kept Annie at the Co-op for nearly 25 years and motivated her many contributions to the "Co-op experience" that draws in so many people from the region.

Originally from England, Annie came to the United States in 1974 in search of spacious settings and down-to-earth communities. In 1991, after visiting a few Idaho small towns, she moved from Colorado and chose Moscow as her home. Annie was a single mother at that point, and she could tell Moscow would be a safe and comfortable place to raise her kids.

While in Colorado Annie worked for four years in a health food restaurant and had become more committed to healthy eating, and so when she moved to Moscow she knew exactly where she wanted to work.

Fast Food Annie spreads her wings

Within two weeks of moving here in 1991 Annie was hired as the manager of the Co-op deli. At that time, the Co-op was located at 310 West 3rd Street, in the orange brick building that many people call "the old

Kentucky Fried Chicken location."

The Co-op moved from a smaller Washington Street store to this location in 1989 after it was vacated by KFC. It was our fourth home and the first place where we had the space for house-made deli and bakery items, but only for to-go food.

At that time the Co-op had only one deli worker – the manager – which meant Annie did just about everything, from prepping all deli food to washing the dishes and mopping the kitchen floor. Bakery and deli production happened upstairs, and Annie recalls hauling upstairs large bags of flours and all of the other ingredients with her colleagues, and then running downstairs with the finished product for sale. She earned the title "Fast Food Annie" for her efficiency, because each day she alone would create six sandwich specials, two salads (often tabbouleh and hummus), and soup, and eventually she also took over cookie baking.



"Fast Food Annie" at work in the bakery.

"Fast Food Annie was a joke because what we were doing was considered 'slow food,'" Annie said. "But you have to make slow food quickly, especially when you're the only one working in the deli!"

Another favorite memory from this location is the Holiday Bazaar. Each year in November and December the upstairs space was decorated with lights and filled with local and regional holiday crafts and treats for sale. "It was so beautiful upstairs during the bazaar with all the lights," Annie recalls. "It was magical."

Annie also remembers excitement and a little drama around the Co-op's purchase of its first espresso machine, around 1992 or 1993. For some, selling fancy coffee was a sign of the Co-op becoming less pure. Espresso was new to Moscow at that time, and Annie believes only one other business in town may have been selling it then. Annie began assisting with espresso service, which happened outside the store on a cart except for when it closed down during winter.

"I loved it," Annie said. "It was so fun to make people their drinks. When I was back cooking, it was just me and the vegetables and the dishes. I loved being able to talk with people."

Because of that love for talking with people, Annie

eventually began working as a cashier shortly before the Co-op moved the store up the road to 221 East 3rd Street in 1999.

Expanding service at 221 East 3rd Street

The Co-op's fifth home, which now houses Safari Pearl, offered more space for our growing Co-op. Annie was promoted from cashier to Front End Manager, which involves overseeing cashiers and front end service.

Annie fondly recalls Shawn Cernik's children helping her open the store on Mondays, which is when Shawn was in town to do laundry at the next-door laundromat. "I called them The Monday Children, and they were so sweet," Annie said. "They would help me stock and open grocery bags for customers to use later."

While administrative space was tight at this location (and Annie's desk was in the staff breakroom), there was greater retail space. The deli expanded to offer a few seats for in-store dining, and customers also could relax and eat outside on the patio that faced 4th Street and the post office.

And while the Co-op didn't yet have its own meat department then, we began selling pre-packaged organic meat, a notable and somewhat controversial change from our vegetarian roots.

At this time Annie also was a co-coordinator of the Participating Owner Program, which engages Co-op owners in volunteer roles. Her fondest memories involve the volunteer parties, which included a lasagna feast, a dance party at the 1912 Center, a potluck at the American Legion cabin, and swim parties at the public pool. Does Annie enjoy hosting parties? "Oh, I love parties," Annie says, with a devilish smile. "I love being at the parties."

In 2004 a few volunteers and staff suggested that the Co-op display local art in the deli, and Annie took on making it happen. Also around that time volunteers and staff used the deli space to launch the Tuesday Night Music program.

Grab a cart and let's move

We moved into our current home, which was once a Safeway, in October 2005. To help make the move, Annie recalls volunteers and staff loading up shopping carts with goods and pushing them down the road, across Washington, to 121 East 5th Street.

With the growth that prompted and came with each

move, Annie has seen some people get upset about changes or the growth itself. She understands the longing for the intimacy and simplicity of past, smaller stores, but she also reminds people that in those days the Co-op could not afford to offer employees' health insurance, competitive wages, or paid time off for vacations or illness. "Yes, it was cozy back then, but we now have much better working conditions."

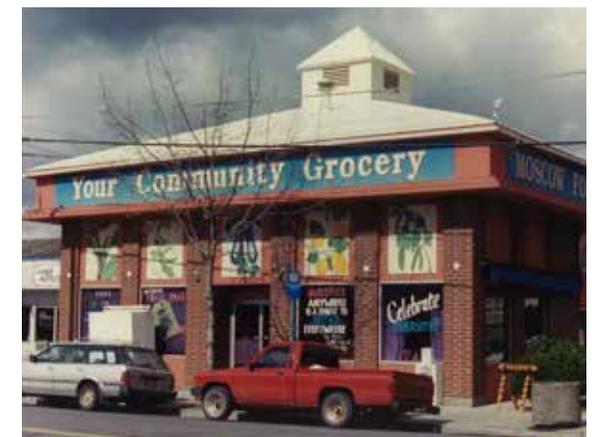
And, she notes, in earlier times co-ops were the only places that people could find such things as organic produce, miso soup, and kale. "People had to come to co-ops for these foods. Now we have competition and we have to find ways to meet people's needs," she says.

With this much larger location the Co-op was able to have a Customer Service Desk, which Annie loves because it provides a focal point for the store and for people to find someone ready to help them.

Customer Service is important to Annie, and she is careful about whom she hires and thorough with the training she provides. Her motivation is part of a deeper affection for people and community that is central to her life. Joseph Erhard-Hudson has observed this throughout the 15 years he has worked with Annie, at times as her peer and at times as one of her employees. He currently is a lead cashier and when he first met Annie he was a bakery volunteer at the previous location near the post office.

"She is universally kind and respectful," Joseph notes. "No matter what kind of mood someone comes to her in, she responds with the same cheer and respect as she would give anyone. She is always representing the Co-op. That's her concern, and it is who she is."

Written by Joan Rutkowski



The old KFC building, which the Co-op occupied from 1989-99.

Looking for more ways to connect with the Moscow Food Co-op?

CO-OP E-NEWSLETTER

Sign up for our twice-a-month e-newsletter that lets you know about Co-op news, sales, and events via our website, at the Customer Service Desk, or at community events.

BOARD NEWS

Email boardadmin@moscowfood.coop to regularly receive Board meeting agenda info and minutes. You can also read Board news on our website under the Governance tab.

VOLUNTEER OPPORTUNITIES

Visit moscowfood.coop for information about becoming a Participating Owner and for current opportunities.

COMMUNITY NEWS and EVENTS CALENDAR

Read our monthly online publication for features and briefs about our programs, business partners, new books, staff product picks, and more. Hard copies also are available at the front of the store.

BEET BOX

Check out our blog, moscowfood.coop/blog, which features recipes, DIY ideas, and other features.

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