

ROOTED

FALL 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.



looking forward

Owners Week

September 10-18

From September 10-18 Co-op owners will automatically receive one 15% off shopping trip that will apply to almost everything in the store. If you are not yet an owner, this is a great time to join and invest in the development of your Co-op. We'll also have raffles and activities to promote and celebrate the benefits of a cooperatively-owned and democratically-guided grocery store.

Fall Gathering

Monday, September 12, 5-7pm
Maialina Pizzera, 602 South Main Street in Moscow

Join us for a FREE happy hour to celebrate the season. The Co-op is getting in on Buy Local Moscow's "Eat Local Week" to celebrate food and farming on the Palouse with a community gathering. We'll have local and cooperatively-produced beer, wine, and appetizers featuring local ingredients.

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.

September: Moscow Middle School McCall Outdoor Science School (MOSS)

MOSS provides a broad spectrum of exciting STEM (science, technology, engineering, and math) focused hands-on learning experiences. All funds generated through Dime in Time will be used to provide need-based scholarships and transportation funds for the entire 6th grade class trip to MOSS.

October: Casting for Recovery in Northern Idaho & Eastern Washington

Casting for Recovery enhances the quality of life for women with breast cancer through a unique program that combines education and peer support with the therapeutic sport of fly fishing. They use instruction in fly-fishing, combined with counseling and medical education to promote healing. Dime in Time funds will be used to help cover the costs for 14 women from our area to attend the annual Casting for Recovery retreat.

Food for Thought Film Series

Films are shown in partnership with the University of Idaho Sustainability Center at the Kenworthy Performing Arts Center, 508 South Main Street in Moscow.

Bikes vs. Cars

September 21, 7pm, free

Bikes vs. Cars investigates the daily global drama in traffic around the world. From bike activists in Sao Paulo and Los Angeles, fighting for safe bike lanes, to the City of Copenhagen, where 40% commute by bike daily, *Bikes vs. Cars* looks at both the struggle for bicyclists in a society dominated by cars, and the revolutionary changes that could take place if more cities moved away from car-centric models.

Connected: An Autoblogography About Love, Death & Technology

October 19, 7pm, free

Connected explores the connections linking major issues of our time—environment, consumption, population growth, technology, human rights, and the global economy. *Connected* illuminates the beauty and tragedy of human endeavors while boldly championing the importance of personal connectedness and coping with today's global conditions.

The Starfish Throwers

November 16, 7pm, free

Worlds apart, a five-star chef, a twelve year-old girl, and a retired schoolteacher discover how their individual efforts to feed the poor ignite a movement in the fight against hunger. Despite being constantly reminded that hunger is far too big for one person to solve, they persevere and see their impact ripple further than their individual actions.

Crop Mobbing at Pokey Creek Farm

Sunday, September 18

Crop Mobbing is a program of the Moscow Food Co-op that lets community members get a little dirty by helping our local farmers with hands-on projects. Celebrate Organic Harvest Month by helping our friends Greg and Leah from Pokey Creek harvest their garlic and potato crops and plant the next one while you learn all about their farming methods along the way! Join us for some fun on the farm with lunch and cookies provided by Pilgrim's Market. For more information contact Leah at (208)245-4381.

Tasteful Thursdays

Tasteful Thursdays are back! These annual tasting events showcase the sights, sounds, and flavors of the season. Join us in the store from 5-7pm each Thursday evening from November 3-December 22 (excluding November 24). The aisles will be filled with seasonal samples, local vendors, holiday gift ideas, and more.

Board Meetings

Co-op owners welcome! All Board of Directors meetings are held at 6pm in the Fiske Room at the 1912 Center in Moscow.

Upcoming meetings: September 13, October 11 (in Pullman; location TBA), November 8

Beer with the Board

Tuesday, September 13, 5pm
1912 Center Arts Room

The Moscow Food Co-op Board of Directors invites you to join them for a beer! Meet your newly appointed representatives in a relaxed social setting while enjoying a free beer brewed in Moscow by Hunga Dunga Brewing Co. Locally made appetizers and refreshments will be available as well. If you plan on attending, please RSVP to boardadmin@moscowfood.coop

2017 Board of Directors Election

Applications for the 2017 Board of Director Elections will be available mid-October at the Customer Service Desk and on the Co-op website. There will be two director positions up for election the spring of 2017. Any questions can be emailed to boardelections@moscowfood.coop.



Principle Six

co-operative trade movement PRODUCT SPOTLIGHT staff picks

Joe Norris, Beer Buyer

Grand Teton Brewing Co. Brewer's Series No.3 - Farmhouse

Grand Teton is known for making great beer all-around, but in the last few years they've stepped up their game. Their Brewer's Series are some of the most artisanal beers to come out of Idaho, and Farmhouse is right up there with the rest of them. Smooth and delicate, with a complexity that goes on, seemingly, forever. Earthy and somewhat funky, fruit flavors blend seamlessly with herbal undertones and red wine barrel character. High alcohol content will help with aging this in your basement for years. small local



Wade, Assistant Deli Manager

Landgrove 8199 Espresso

I love this espresso blend. It was developed directly by our own baristas, and delivers a bold and rich flavor certain to please. It's also wonderful to work with and always consistent. If you need a wakeup call, look no further!

small local



Chris Stordahl, Body Care Buyer

Wild Carrot

Wild Carrot is a small, family owned and operated business in Enterprise, Oregon. The ingredients used in their small batch, hand-poured products are grown or wild-crafted in the surrounding area, and organically sourced whenever possible. I'm sure you'll find their products rich and luxurious. The Baby Carrot line is amazing, too! And check out the Gaia Goo Healing Salve for any summer-time skin irritations. small local



Bill Bonner, Facilities Manager

Country Natural Beef Ribeye Steaks

These are consistently the best ribeyes—flavor, marbling, and cut are consistently "10s". And Country Natural is a close-to-home co-op that creates quality cuts for culinary crafters. You can't get a better ribeye anywhere! small local cooperative

Logan, Produce Stocker

Alter Eco 70% Deep Dark Sea Salt chocolate bar

This is one of my favorite chocolate bars. The packaging is naturally beautiful and recyclable. The decadence inside is a balance of Fair Trade cacao from a small cooperative in Ecuador, and some of the world's finest all natural sea salt. I'm equally impressed with the company's efforts to maintain a delicious, environmentally conscious product while supporting direct relationships with the growers. In my opinion, any high quality chocolate like this is legitimate health food. Please eat responsibly!

small cooperative



Misty Amarena, Education + Outreach Coordinator

Pokey Creek Huckleberry Gold potatoes

I love Pokey Creek Farm's Huckleberry Gold Potatoes! I first learned about this unique Idaho variety when I went to a Crop Mob at the farm. We helped harvest these deep, royal purple potatoes and fell in love with the color immediately. They are the most versatile potato we've cooked with; we use them to make mashed potatoes, baked potatoes, and more. Not only are they amazing, beautiful potatoes, but I know they are grown with love and lots of care coming from Pokey Creek Farm! small local

P6 is an educational and marketing initiative based on the sixth cooperative principle, *cooperation among cooperatives*, which strives to increase our economic impact by directing more of our purchasing dollars to local, small, and cooperative producers.

P6 is a way for us to highlight and support those producers who are building an alternative to a corporate controlled food system.

Why You Should Own Your Co-op



Owners shape your Co-op. Making your own equity investment at the Co-op grants you a vote in Board elections and a greater voice in Co-op democracy. Every owner gets one share and one vote—no more, no less. Your investment builds our community.

Updating and revising the Co-op Bylaws is part of our expansion preparation plans. During the process the Board learned that it is a violation of securities laws to transfer Co-op equity shares between owners. This means a member of an owner's household cannot inherit equity in a co-op from that owner, or receive it from them as part of a divorce settlement. This causes confusion and sometimes frustration, especially in the case where a household member shares the ownership with a primary shareholder. Further, the Co-op has offered types of memberships in the past that were identified as "household", though there was only one equity share involved. The Board of Directors is working hard to find solutions that are fair to everyone who owns a part of their local co-op, or shops while sharing a "household" membership.

Because of the securities laws forbidding the transfer of shares from one person to another, the Board has decided that when a patron purchases an equity share in the Co-op, they are purchasing an individual ownership. All Co-op owners who invest in an equity share will still be able to add family and household members to that account, allowing them to receive the same benefits as the primary owner. In addition to updating and revising the bylaws as part of the expansion preparation plans, the Board of Directors has recently adopted a new set of governance policies. The policies were rewritten during the Board's spring retreat in April 2016 under the guidance of a consultant from CDS Consulting Co-op.

In accordance with the newly updated policies, we are asking Co-op owners to provide the Co-op with, and to update as needed, an accurate and current email address,

phone number, and mailing address. This information becomes part of each owner's record at the Co-op. Having a current email address on file makes voting in the annual Board of Directors election easy, provides an opportunity to enroll in "e-receipts," and keeps owners in the know through our e-newsletter.

Owners of cooperatives provide ongoing support for the business with their equity investments and patronage, and in return the cooperative provides benefits to owners.

Patronage dividends are one benefit. They tangibly provide the primary economic return on owner investment and use of the Co-op's services. Annually, the Board of Directors votes to issue patronage dividends based on the Co-op's performance. Some years we have enough profit to return a portion to owners, and some years we do not. In November 2015, the Board voted to issue dividends for owners' 2015 activity. These dividends will be distributed in September 2016. When patronage dividend checks are issued, their amounts are based on the total spending credited to an ownership account during the previous fiscal year, and checks are payable to the primary account holder. Accurate contact information ensures that patronage dividends (which are sent by postal mail) reach the correct owner.

Our Co-op offers additional benefits and incentives to attract new owners, to communicate the value of ownership, and to thank owners for their continued patronage. Having accurate contact information allows us to contact owners about Co-op business, such as elections, meetings, and other events. For example, our Co-op holds—and wants owners to know about—owner appreciation events, access discounts and case discounts, and regular sales and promotions.

Written by Kurt Obermayr, Laurene Sorenson, and Dena VanHofwegen



Every Day Low Prices for EVERYONE

Co-op Basics offers every day low prices on many popular grocery and household items. for every Co-op shopper. 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!



Earth's Best
Organic Baby Food
Sweet Potato & Beet Puree

\$1.49 /each



Equal Exchange
bulk coffee
select varieties

\$8.99 /pound



Field Day
Organic Chicken Broth
32 ounces

\$2.29 /each

from the GM's kitchen

Fall is always just a little bit bittersweet. I'm never quite ready for the long, hot days of summer to come to an end, for the gradual yet noticeable loss of daylight, or for our children to return to school. As reluctant as I am to say goodbye to summertime, the truth is that I love the changing of the seasons; fall brings with it so much to enjoy!

This time of year, the Schab family kitchen turns into a bona fide food preservation operation. Our goal is to put up as much as we can while wasting the least amount of usable food possible. We completely take over all the available space in the kitchen and dining room for the food dehydrator, the food processor, all the clean and sanitized canning supplies, as well as a number of crocks for fermenting. But we can't be contained indoors: after a few seasons of subjecting the rest of the family to second-hand pepper spray exposure, my husband Aaron invested in a three-burner propane-fueled camp stove that allows him to make his hot sauce on our back patio without the attendant runny eyes and noses (well, except for the hot sauce chef). As an added bonus, we're able to start our water bath canning while the garden produce is peaking in the warm days of late summer and early fall without overheating (or steaming up) the inside of the house.

Although we have practical reasons to cook and do our canning outdoors, the truth is that we simply enjoy being outside together as a family, and our outdoor kitchen area gives us a bit of the best of both inside and out, at least in dry weather. The kids can run around and graze while the adults chat and listen to music and prepare food. Our dog always keeps a lazy supervisory eye on the goings-on in the backyard.

The approach of fall means the return of football and I must admit, I love football.

Some of my fondest childhood memories involve watching football with my dad and my grandfather – at first, I didn't



really even understand the game, I just wanted to be included in this mysterious culture. Although Aaron is a bit less enthusiastic in his football fandom, we love spending Saturday afternoons in autumn listening to University of Idaho and Washington State University football games on the patio while grilling and enjoying what is usually a most delightful season on the Palouse.

We try to cook and eat outside as long as the weather and daylight are tolerably comfortable. Some years, we are able to stretch our outdoor dining season all the way to Halloween, but ultimately fall's progression means we must begin our reluctant shift towards a more indoor life for the winter months.

And every year I find myself wondering what on earth to do with all of these zucchini.

Here's our go-to skewer recipe, perfect for watching those fall football games:

Garden Vegetable Skewers

Sweet onions

Sweet peppers

Zucchini

Tomatoes

Flat iron steak, tossed with olive oil - salt - pepper

Co-op chorizo links or other Co-op sausage of your choice

Cut all the veggies and the meat into bite-sized pieces and build skewers any way you like. Brush the skewers with a little olive oil to prevent sticking and grill them until the meat is done to your preference.

Serve plain or with the condiment of your choice. We like a little hot sauce!

Written by Melinda Schab, General Manager



library PICKS

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

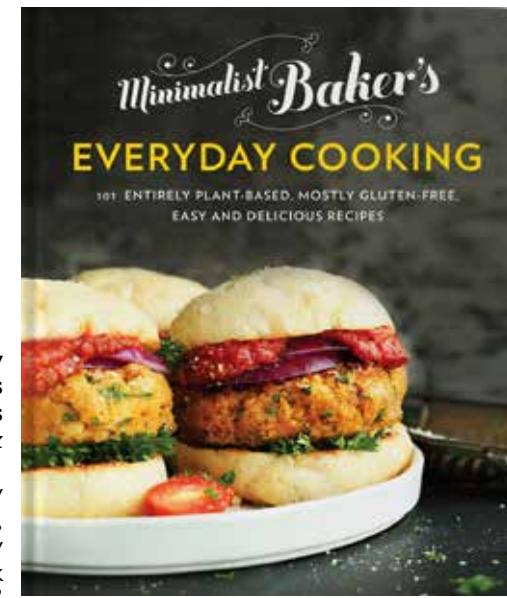
Written by Jessica Bowman

Minimalist Baker's Everyday Cooking: 101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

Dana Shultz

"Very vegan and often gluten-free Minimalist Baker's Everyday Cooking doesn't miss a beat in delivering approachable, comforting, and reliable recipes for the serious vegan or hungry cook who just happens to be out of eggs and cream. This book is a new staple in my kitchen."

—Joy Wilson, author of Joy the Baker Cookbook

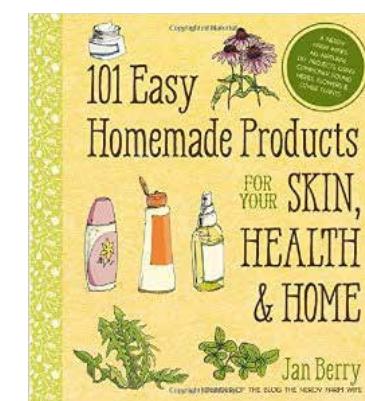


101 Easy Homemade Products for Your Skin, Health & Home: A Nerdy Farm Wife's All-Natural DIY Projects Using Commonly Found Herbs, Flowers & Other Plants

Jan Berry

"If I could only choose one book to lead me from garden to kitchen to make my own body care products, this would be the one. This book is a keeper!"

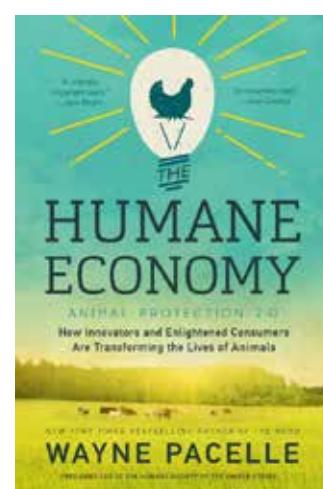
—Marlene Adelmann, founder and director of The Herbal Academy



The Humane Economy: How Innovators and Enlightened Consumers Are Transforming the Lives of Animals

Wayne Pacelle

"[An] excellent new book. ... This is a humane revolution, and Pacelle... has been at the forefront of it. ... At a time when the world is a mess, Pacelle outlines a hopeful vision." —Nicholas Kristof, New York Times



Join the Co-op's Good Food Book Club in reading the following selections:

September: *The Billionaire's Vinegar: The Mystery of the World's Most Expensive Bottle of Wine* by Benjamin Wallace; meeting September 25

October: *A Widow's Walk Off-Grid to Self-Reliance* by Annie Dodds; meeting October 30

November: *The Weekend Homesteader: A 12 month Guide to Self Sufficiency* by Anna Hess, meeting November 27

GOOD
FOOD
book club

All Book Club meetings are held from 7-8:30pm upstairs in the Co-op mezzanine. Book Club members can either check out selections from the public library or purchase them at a 10% discount at BookPeople in downtown Moscow.

With fall's first frost, and the scent of wood smoke from fireplaces filling the air, cozying up inside with warming foods and wines is irresistible. Picnic blankets are replaced with wool blankets, and the kitchen is now the main stage for preparing meals. The garden produce is tucked away in the freezer or canning jars, at the ready for use in stews, casseroles, and sauces. Hearty meals call for bold and robust wines to match the rich flavors in the food. These wines are guaranteed to warm the coldest day.

Willamette Valley Vineyards Whole Cluster Pinot Noir

Oregon's Willamette Valley is the state's largest wine region; pinot noir is the most widely-planted varietal. This region has an ideal climate for growing grapes, providing a perfect balance of temperature, humidity and soil type. Willamette Valley Vineyards

practices environmentally sustainable farming and helped develop the Low Input Viticulture and Enology program (LIVE). Their 2015 Whole Cluster Pinot Noir was awarded 90 points by Wine Enthusiast magazine. The wine has been described as "liquid fruit salad in a glass", with aromas of cherry, blackberry and cocoa. It is juicy and fruity, accented by bright acidity on the finish. The wine is versatile enough to be enjoyed with appetizers, sushi, or roasted meat.



Colter's Creek Winery KoosKoosKia Red

Located within the Lewis Clark Valley AVA, Colter's Creek Winery was founded in 2007 when owners Mike and Melissa Sanborn purchased an abandoned vineyard in Juliaetta, ID. They produce high quality estate wines from grapes grown locally in the Lewis Clark Valley and from the Snake River Valley. Colter's Creek incorporates sustainable practices in all aspects of its operation to reduce energy needs, minimize or reuse waste, and maintain soil productivity. Their 2013 KoosKoosKia Red is a blend of cabernet sauvignon, merlot, cabernet franc, malbec, and petit verdot. It tastes of bright berries and pumpkin pie spices, with hints of vanilla and leather on the finish. Try this wine with lamb and beef dishes, rich cheeses, and smoked salmon.



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

let's toast.

Waterbrook Reserve Cabernet Franc

Waterbrook's namesake vineyard was planted in 2009 in the northeastern corner of the Walla Walla Valley AVA in Washington, but the winery has been making wines since 1984. This region's climate is well-suited to growing grapes—long sunny days, long cool nights, and soils that retain moisture and add herbaceous notes to the fruit. Their 2013 Reserve Cabernet Franc contains licorice aromas with cherry, currant, and cola flavors. It is medium-bodied and finishes with cedar, white pepper, and caramelized sugar notes. The wine is delicious with a variety of roasted meat or stews, creamy cheeses, bean dishes, and earthy vegetables.



Clearwater Canyon Cellars Petite Sirah

Clearwater Canyon Cellars, located in Lewiston, ID, has been releasing top-quality, award-winning wines since it was founded in 2004. Owners Karl and Coco Umiker are fourth generation farmers in the Lewis Clark Valley. They source almost all of their grapes from vineyards within 20 miles of the

winery—including on their own. In 2015, Clearwater Canyon Cellars was awarded Idaho Winery of the Year. Their 2014 Petite Sirah is a full-bodied wine, dark ruby in color, with aromas of lush, dark berries and figs. The wine is satiny and earthy, and finishes with a touch of oak and tannin. Pair this wine with hearty beef dishes, aged cheeses, and savory vegetable dishes.



Savor the Homegrown HARVEST



Food tastes better when it's grown with love, right here at home.

We've called the Palouse home for 100 years, and we're proud to work with Moscow Food Co-op.

Our family farms:

- Are located within a 60-mile radius of Moscow-Pullman
- Use low-till or no-till methods to nurture and protect the soil
- Promote soil conservation, sequester carbon and reduce fossil fuel usage
- Grow legumes, wheat and barley that are Non-GMO Project verified and Kosher certified

Look for our local lentils, garbanzo beans & green split peas in the Bulk Department.



Want more info & recipes? Visit EatRealPNW.com

Amber waves of (organic) Grain

A Look at Harvest Ridge Organics



Art McIntosh and family



Doug McIntosh and family

We are no strangers to amber waves of grain on the Palouse.

Every spring the hills turn bright green with crops of lentils, chickpeas, and wheat as far as the eye can see. And by mid-July, golden wheat waves in the summer wind ready to be milled into flour. Much of it will be exported around the globe.

But not 100 certified organic acres in the heart of Lewiston, ID. Those 100 acres are grown by fourth generation farmers Doug and Art McIntosh of Harvest Ridge Organics. Much of it is now reserved for the Moscow Food Co-op scratch bakery, and has been for about five years.

In fact, their relationship with the Co-op was the reason the McIntosh brothers bought their mill in the first place—the same type that Bob Thomas from Bob's Red Mill uses.

The McIntoshes grew up farming regional staples—wheat and green peas—with their father. And when asked why he still farms, Doug says, “We do something different every

day. It’s always something new—it’s not a factory job.”

In the land of conventional farming it’s easy for organic farmers to stick out like a sore—if green—thumb. Harvest Ridge transitioned to growing organic crops in 2005 and became officially certified organic by the USDA in 2008. The transition was cause for some conversation among the farmers in their area.

Art says, “We get talked about a lot. Nobody likes change.”

But there is humbleness to the work they’re doing. They are quick to talk about the pros and cons of the way they grow wheat, acknowledging that organic wheat production isn’t without its flaws. For instance, their crop yields are lower than conventional growers, oftentimes the result of not using chemical fertilizers. The McIntoshes also mentioned that while conventional growers have higher fertilizer costs, organic growers have higher fuel costs.

Even given the challenges to organic farming, they encourage other wheat growers to make the transition

as well. Their hope is that more conventional farmers will make the shift to organic, so they can make more use of their mill.

And while the production of organic wheat in our region is slow-growing, the Co-op’s commitment to sourcing flour from Harvest Ridge is strong. The Co-op Bakery solely uses whole wheat flour from Harvest Ridge to make our Daily Wheat loaves—a staple around here. But in the coming months customers can also expect to see more bakery items made with new soft durum flour from Harvest Ridge. This flour will be used in many of the pastry items customers enjoy.

Flour and steel cut and rolled oats from Harvest Ridge are also sold in the Co-op’s Grocery Department.

Not only are Art and Doug master grain growers, they’re also accomplished winemakers. They, along with their wives Michelle and Brenda, opened Lindsay Creek Vineyards in 2013. Art studied enology and Doug studied viticulture at Washington State University. Since beginning

their winemaking journey in 2007 they’ve increased their grape production from 150 grape sticks to over 15 acres of grapes, which are used to make their seven different varieties of wine. Three of their wines are available for purchase at the Co-op: petite sirah, cabernet sauvignon, and Riesling.

You can stop by the winery, meet the McIntosh family, and taste their wine Thursday-Saturday 1-9pm and Sunday 1-5pm. Small-plate food items are also available for purchase. Their winery is located at 3107 Powers Avenue in Lewiston.

Written by Erica Wagner

McIntosh family photos courtesy harvestridgeorganics.com.



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

A: It's a pro-community organization, which is great. I'm from Moscow and I'm all about supporting the local community.

Dexter: I love the people I work with!

What baking experience did you bring to the Co-op?

A: I had three years of experience working at Wheatberries on Main Street and another three years of experience as a home-baker. I also had a small cupcake business baking custom orders for people.

D: I did a lot of personal research about bread baking and was a home-baker, but I learned on the job. I find the book *The Bread Bible* to be really useful.

What is your favorite thing about baking?

A: I like the finesse that it takes. Working here, I like

walking around looking in people's shopping carts thinking, "I made that!" It's really satisfying.

D: It's a combination of an art and a science. It's fun to have enough knowledge that I can talk to customers about their own baking.

What's unique about our bakery?

A: As far as grocery stores, we're the only 100% scratch bakery in the region. And we cater to a wide variety of special dietary needs.

D: We make some of the greatest variety of baked goods. We make breads, pastries, bars, puddings—and tons of gluten-free and vegan varieties.

What are some challenges faced by our bakery?

A: We work in a really small space. I've had some apartment living rooms larger than our bakery.

D: We do a lot in the limited time and space we have. We only have one oven that we bake everything in, so we've developed a really efficient system. Being a scratch bakery means we also have to account for human error. I get a huge thrill out of seeing and fixing problems.

*Bonus: customers can come get some of our sourdough starter to try their hand at making bread at home!

What items can folks look forward to this fall?

A: Pies! Pumpkin, apple, and pecan (which can all be made gluten-free). We also start bringing back sugar cookies, decorated butter cookies, and snickerdoodles this season.

D: The bakery will be making our Yummy Yam bread again this year. And shoppers can look forward to stuffing mix made with our bakery's bread and pre-made spice packs.

FUN FACT: In 2015 we sold 19,160 pesto rolls!

Anna made all the pies featured in *Eyes on the Pies* on page 17.



Dexter Jones, Morning Bakery Lead, Co-op employee since 2012

Anna Breed, Evening Bakery Lead, Co-op employee since 2014



Eyes on the Pies

Fall is the perfect time to get cozy in the kitchen and whip up a warm, delicious dessert. Here's everything you need to bake up pie after pie, all season long.

Classic Pie Crust

2 ½ cups all-purpose flour
¼ teaspoon salt
3 tablespoons granulated sugar
¼ cup organic vegetable shortening
12 tablespoons butter, cold and cubed
¼ cup to ½ cup ice water

Place the flour, salt and sugar in a large mixing bowl and whisk together. Add the shortening and use your hands to break it up, coating it with the flour. Add the butter and work quickly with your hands or a pastry cutter to work it into the flour mixture. It should end up resembling coarse meal.

Add the ice water, a couple tablespoons at a time, and bring the mixture together to form one large dough ball. After it comes together, stop working with the dough, making sure that pieces of butter and shortening are still visible.

Separate the mixture into 2 disks and wrap with plastic wrap. Refrigerate for 45 minutes to an hour, or overnight.

Gluten-Free Pie Crust

1 cup brown rice flour
½ cup tapioca starch
1 ½ tablespoons sugar
¾ teaspoon xanthan gum
½ teaspoon salt
½ cup butter, cold and cubed
1 egg
¼ cup ice water

In a large bowl, whisk brown rice flour, xanthan gum, and salt together until well combined. Add butter to dry mix and work quickly with your hands or a pastry cutter to work it into the flour mixture. It should end up resembling coarse meal.

Add egg and water and use hands to bring mixture together into a dough ball.

Wrap in plastic wrap and refrigerate for at least an hour or overnight.



Chocolate Cream Pie

½ cup cane sugar
 2/3 cup cocoa powder
 3 tablespoons cornstarch
 1 ½ teaspoons salt
 2 cups heavy whipping cream
 3 egg yolks
 4 oz. bittersweet chocolate, roughly chopped
 1 teaspoon vanilla

Preheat the oven to 400°. Lightly grease a 9" pie plate. With a floured rolling pin, roll one disk of pie dough into a circle, about two inches larger than an upside-down 9-inch pie plate. Place dough into plate, pressing firmly against the bottom and side. Pinch the edges to flute them. Put the lined pie pan in the refrigerator and chill for 10 minutes.

Line the crust with foil or parchment paper, and fill it with pie weights or dried beans. Bake the crust for 20 minutes. Remove from the oven and gently remove foil or parchment with the weights or beans. Return the crust to the oven for 10 to 20 more minutes, until it is golden brown. If the edges of the crust start becoming too brown, cover them with strips of aluminum foil. Remove the crust from the oven and cool completely.

In a medium sauce pan, combine sugar, cocoa, cornstarch, salt, cream, and egg yolks. Cook on medium-low heat, whisking continuously until thickened, about 10-15 minutes. Remove pan from heat and add chocolate. Whisk until melted. Whisk in vanilla. Pour mixture into baked pie shell. Refrigerate for at least 4 hours. Top with fresh whipped cream.

Maple Pecan Pie

1 cup brown sugar, lightly packed
 ¼ cup maple syrup
 ½ cup unsalted butter, melted
 2 eggs
 1 tablespoon all-purpose flour
 1 tablespoon milk
 1 teaspoon vanilla
 2 cups finely chopped pecans

Preheat oven to 350°. With a floured rolling pin, roll one disk of pie dough into a circle, about two inches larger than an upside-down 9-inch pie plate. Place dough into plate, pressing firmly against the bottom and sides. Crimp the edges. Put the lined pie pan in the refrigerator and chill for 30 minutes.

In a large mixing bowl, beat eggs until frothy. Stir in melted butter, sugar, and maple syrup. Add flour, vanilla, milk, and pecans and whisk until smooth. Pour mixture into unbaked pie shell. Top with pecan halves for decoration.

Bake for 35-40 minutes. Let cool before serving.

Classic Apple Pie Filling

8-10 apples, peeled, cored and sliced 1/4 inch thick
 ½ cup sugar
 ¼ cup brown sugar
 1 teaspoon cinnamon
 ¼ teaspoon nutmeg
 ¼ cup flour
 1/8 teaspoon salt
 2 tablespoons butter

Preheat oven to 425°. With a floured rolling pin, roll one disk of pie dough into a circle, about two inches larger than an upside-down 9-inch pie plate. Place dough into plate, pressing firmly against the bottom and side.

In a large bowl, mix sugars, flour, cinnamon, nutmeg and salt. Stir in apples until well mixed. Spoon apples into pastry-lined pie plate. Cut butter into small pieces and sprinkle over filling. Roll the other disk of dough into a 10-inch circle. Place dough over filling and trim the overhanging edges 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal. Cut slits in the top for the steam to escape through. Cover the edge of the pie with a two inch strip of foil to prevent excessive browning. If desired, brush the top with one beaten egg and sprinkle sugar over the top.

Bake for 45-50 minutes, until crust is golden and the filling bubbles through the vents. Remove the foil during the last 15 minutes of baking. Let pie cool before slicing.

Traditional Pumpkin Pie

1 cup pumpkin puree
 2 eggs
 2/3 cup brown sugar
 2 tablespoon maple syrup
 1 teaspoon cinnamon
 1 teaspoon ginger
 ¼ teaspoon cloves
 2/3 cup half and half

Preheat oven to 425°. With a floured rolling pin, roll one disk of pie dough into a circle, about two inches larger than an upside-down 9-inch pie plate. Place dough into plate, pressing firmly against the bottom and sides. Crimp the edges. Put the lined pie pan in the refrigerator and chill for 30 minutes.

In a large bowl or in the bowl of a stand mixer, mix the pumpkin, eggs, brown sugar, maple syrup and spices together until well combined. Pour in the half and half and stir until incorporated. Pour filling into unbaked pie shell and baked for 45-50 minutes or until a toothpick inserted comes out clean. Let cool before slicing and serving.



Landgrove Coffee would like to thank the Co-op and its owners for many years of support. We look forward to many more!

Be sure to try our new 8199 Co-op Blend—created by your very own baristas!



Ask a Dietitian

THANKSGIVING edition

Alice Ma, Registered Dietitian

It seems like Halloween is the start of several months of indulging in not-so-healthy foods. I want to maintain healthy eating habits, but I also don't want to miss out on anything this season. Got any tips?

You may hear this phrase pretty often: portion control. For the Halloween candy haul, choose mini size bars over king sizes. Divide and prepackage the candy into individual bags and store the bags on a high cupboard shelf. This way, you can have some candy when you're craving it, but you'll be less tempted to go back for a second serving. For Thanksgiving dinner, use a smaller spoon to serve yourself. If you're tempted to grab larger portions, use a smaller plate—seeing the same portion of food on a smaller plate will trick your brain into thinking you are serving yourself more than you are.

If portion control really isn't your thing, filling up on more nutritious foods first can reduce the amount of less nutritious foods you eat later on. Pile your plate with fruits and vegetables first, saving a bit of room for the more indulgent foods. It takes some time for your stomach to tell your brain that you are full, so eat slowly and take some time to engage in conversation before grabbing seconds.

Lastly, whether you're hosting a Halloween party, bringing a side dish to Thanksgiving dinner, or participating in a holiday cookie swap, you're most likely going to be doing some cooking or baking this season. Take this opportunity to swap out traditional ingredients for more nutritious substitutes. Use low-fat or non-dairy milk in mashed potatoes. Brown rice or quinoa is an easy alternative to white rice as a side dish. And, my personal favorite: try replacing a stick of butter in any cake, cookie, or brownie recipe with $\frac{1}{2}$ cup of mashed avocado.

Alice Ma is a Co-op volunteer and registered dietitian who will answer your questions about nutrition and food. Alice received her Master's degree in nutrition and dietetics at the University of Utah. After spending a year serving as an AmeriCorps volunteer in Ellensburg, WA, she became a resident of Moscow and currently works at Washington State University as the Registered Dietitian for Dining Services.

Alice is passionate about food, nutrition, and sustainability and is excited about being involved with the Moscow Food Coop and local community. Send us your nutrition and food questions at nutrition@moscowfood.coop. We will do our best to answer every question, and will select for the column those that may be most useful to a larger audience of readers.

Find more answers in our online Community News at moscowfood.coop/news.

The Moscow Food Co-op's FED in Five Program (Food Education + Demonstration) is designed to teach shoppers how to make wholesome recipes with 5 ingredients or less. Stop by the Co-op on Wednesdays to sample our FED in Five recipes, then try your hand at making them at home.



Vegan Pumpkin Rice Pudding
Serves 4

1 cup uncooked brown rice, rinsed
dash of salt
4 cups unsweetened vanilla soymilk
1 cup pumpkin puree
2 tablespoons maple syrup
 $\frac{1}{2}$ tablespoon cinnamon
Optional garnishes: cinnamon sticks, toasted coconut, almonds, golden raisins

Combine rice, salt, and soymilk in a large sauce pan and bring to a boil. Reduce heat, and allow to simmer for 40 minutes, or until liquid has been absorbed. Stir occasionally to prevent rice from sticking to the bottom of the pan. Add pumpkin puree, maple syrup, and cinnamon and stir well to combine. Add additional milk if pudding becomes too thick. Remove from heat and serve with desired garnishes.



Frozen "Boo"nana Pops
Makes 6 ghosts

2 bananas
6 popsicle sticks
1 cup plain or vanilla yogurt, or non-dairy alternative
12 chocolate chips or raisins

Slice each banana into thirds and insert a popsicle stick into each piece. Dip the banana pieces in yogurt. Dot each piece with two chocolate chips or raisins for eyes and one for the mouth. Lay finished pops on a baking sheet lined with parchment paper, and freeze until yogurt and chocolate has hardened.



the 5 spot

Boosting Yang Qi in Autumn

As I write this, the Perseid meteor shower is in full swing. Astronomers are promising a better than average show this year, with many times more matter streaking fire across the night sky. This display is the perfect example of Yang within Yin: bright fire moving fast through the darkness. And it puts me in mind of what we can do in autumn, as the Yang Qi (think heat, sunlight, and fire) of the universe wanes. Our bodies mirror the outer universe and its cycles of change. All of our healthy metabolic processes, including digestion, respiration, and immune function, are powered by our Yang qi, and we need strong Yang to keep us healthy through the dark months of the year. Autumn is the time to protect and strengthen this active, generative aspect of our bodies. Here are five ways (plus a bonus) to boost your Yang qi in autumn:

1. After breakfast in the morning, eat two to three slices of fresh ginger root and drink one cup of warm water.
2. As ever, avoid cold and raw foods. Do eat warm and cooked foods, especially high fiber whole grains. These foods protect your digestive fires, which allow you to extract nutrition from what you eat.
3. Watch the sun rising and setting. The sun is pure Yang, and watching the sun brings pure universal Yang qi into your body.
4. Soak your feet in warm water infused with the white part of one leek, for ten to fifteen minutes daily. White color is associated with the Metal element, which pertains to the Lung, one of the two organs that govern immune function.
5. In the evening, eat stewed pears and/or daikon root, with ½ cup of warm water. Pears nourish the Yin (material, moist, receptive) aspect of the Lung, for balanced Lung function. Daikon can help dry the dampness, or phlegm, that can accompany seasonal allergies and harbor microbes that cause cold and flu.
6. Plus one more! Go to sleep earlier than you did in summer. By staying quiet during the lengthening nights, we move in harmony with the universal flow of energy, nourishing Yin to provide a strong foundation for our Yang qi to flourish.

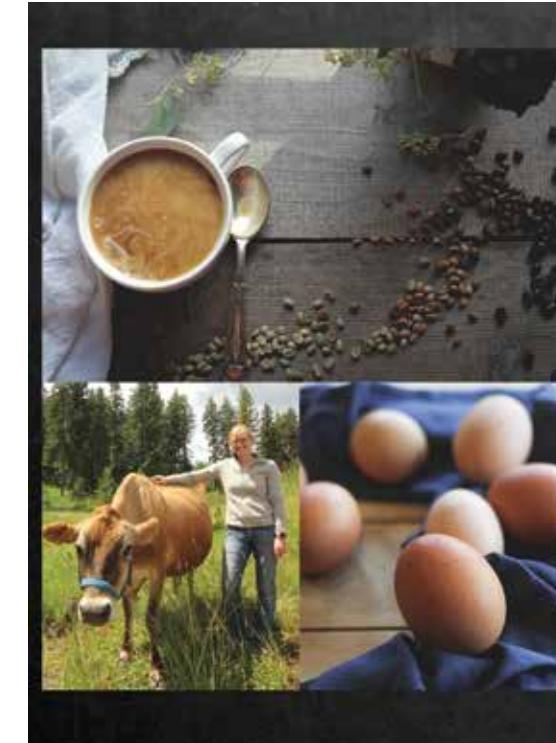
By boosting your Yang Qi in these next few months, you will enter cold and flu season with the resources to fight off pathogens and stay healthy all winter. The better to enjoy even the quietly shining stars of the winter night sky.

Written by Naomi Brownson



Fall GATHERING
Join us for a FREE local food happy hour to celebrate the season.
MONDAY, SEPTEMBER 12
5-7PM
at Maialina Pizzeria | 602 South Main in Moscow

MOSCOW FOOD CO+OP

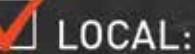


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