

# MOSCOW FOOD CO+OP

**Community News  
June 2016**



## Community Events

### Night of Magic to Benefit Neill Public Library

The Friends of Neill Public Library and the BellTower Event Venue will host **an evening of magic on Wednesday, June 8, from 7 p.m. to 9 p.m.**, to raise funds to benefit Neill Public Library.

This evening event for adults will include hearty hors d'oeuvres, a cash bar, silent auction and raffle items, and a magic show by acclaimed Seattle magician G. G. Green. Doors will open at 6:45 p.m. Proceeds from the benefit will support literacy programming, material acquisition, and facility improvements. Green will also put on a **free magic show for youth at 4 p.m. on June 8 at Neill Public Library.**

Tickets for the evening magic show benefit are \$35 per person, and will be on sale from April 15-May 27. Tickets may be purchased through EventBrite.com, or by check or exact cash at Neill Public Library and the BellTower Event Venue office.

The mission of Friends of Neill Library is to supplement library materials, programs, professional development and special needs not covered by the library's regular budget.

## Board Proposes Bylaws Changes

Board of Directors

Between the April and May board meetings, the Board of Directors met for an intensive retreat, where they created a rough draft of a new set of bylaws for the Moscow Food Co-op. The proposed bylaws were drafted using a template provided by CBLD, a leadership cooperative which the Co-op subscribes to.

At the May meeting of the Board of Directors, this draft was presented, tweaked, and adopted as a working draft to submit for legal review. The Board then discussed the next steps it would take to present the draft to the members, including educating members about the role of bylaws and asking for member input.

The Board has scheduled a **member forum** at the **1912 Center in the Fiske Room on June 27** from 6:30-8:30 to discuss the bylaw revision. Please contact [boardadmin@moscowfood.coop](mailto:boardadmin@moscowfood.coop) for more information.

## Beer with the Board & June Board Meeting

**Tuesday, June 14, 5 pm Gladish Community and Cultural Center, Gold Room, Pullman**

The Moscow Food Co-op Board of Directors invites you to join them for a beer in Pullman! Meet your newly elected representatives in a relaxed social setting while enjoying a free beer brewed right in Pullman by Paradise Creek Brewery.

The **board meeting will start at 6 pm** and all are welcome to stay. RSVP by emailing [boardadmin@moscowfood.coop](mailto:boardadmin@moscowfood.coop).

Joan Rutkowski, Managing Editor; Judy Sobeloff, Issue Editor; David Hall, hardcopy layout

Moscow Food Co-op, 121 East 5th Street, Moscow, ID 83843

[moscowfood.coop](http://moscowfood.coop)

## All we needed was love...and bulk grains, and elbow grease...

Joan Rutkowski, Owner Engagement Coordinator

We had a lovely surprise the other day from one of our earliest Co-op owners and co-managers. Jim Cohen, now a Reno area resident, saw the 1974 photo we ran in the last Rooted and contacted us to talk about the Co-op's formative years. He was among a group of University of Idaho students and their friends who worked at the Co-op – first called the Good Food Store – after it opened in 1973.

"Moscow during the 70s was one of the most evolved places you could imagine," Jim shared. He came here for college from Washington D.C., sight unseen. Moscow just seemed like it would meet his desire for an affordable college in a small town that might feel a bit like Davis, California, where he had grown up before his family moved to D.C.

"Moscow was more like a miniature Berkeley back then, and the Good Food Store was a big part of that," Jim, now 62, recalled. Moscow was among the first cities in the country to have neighborhood recycling pick-up, there was a lot of yoga happening in the community, and we even had an all vegetarian restaurant on Third Street. Jim also remembers picking up hitchhikers and letting them crash at his house without any oversight or concern.

An informal community formed among those who took yoga classes and ate at the vegetarian restaurant, and many pitched in to make the Good Food Store work. For Jim and the others, the draw was that the Co-op was all bulk and all vegetarian. The small inventory was mostly peas, lentils, grains, peanut butter, cheeses, and spices.

But it wasn't long before the store was faltering. Those who were students struggled to juggle work with school, and there wasn't enough money coming in to provide anyone a living. The founders burned out and moved on to new opportunities. "It was really kind of falling apart," Jim said.

In 1974, a friend from the yoga community, Skip Crossen, encouraged Jim to join the Board and work at the Co-op. Jim recalls a Board Meeting at the Student Union Building where he recommended that the Good Food Store become the Moscow Food Co-op. "I felt that people in town needed to know that we were a Co-op and were community oriented; the old name made it sound private," Jim said.

The name changed, and with grant support from the Community Action Agency based in Lewiston, the Co-op moved to a slightly larger Main Street storefront across from the fire station. Jim became a co-manager with Sandy Ogle and someone named Michael. "I remember being there by myself late one night prior to opening, scrubbing the floors with everything out on the sidewalk, ready to move into the store," he said.

Our roots started to take hold, despite some opposition. Jim recalls a sandwich shop owner actively working against the Co-op, complaining in the *Daily Idahonian* about the Co-op being subsidized.

The Co-op found its audience, and that audience began to grow as more people became concerned about food quality, affordability, and how food practices impact the environment. Jim needed steadier income, and so he took up carpentry and left in 1979 for a job back east. "I would have lived in Moscow the rest of my life, but I had to make a

living," he said. "My years in Moscow were some of the best in my life."

We look forward to Jim's visit this summer – his first since a trip here back in 1995!



Jim remembers the first names of two people in this 1974 photo. Elaine, 4th from left, was a key player in the Co-op's survival before she moved away from Moscow. The man in the left foreground, Chris, also gave a lot of energy to the cause.

## What's the Buzz?

"What is your Co-op craving?"  
Asked by Ashley Fiedler, volunteer



"The GF Mac and Cheese."  
*Megan Cosdon, Moscow, Student*



"The Build-Your-Own sandwiches.  
I crave them all the time!"  
*Robin Falvey, Moscow, Student*



"Kombucha. The tap is great, but I also love  
GT's Turmeric Carrot Ginger Kombucha."  
*Kate Shumaker, Moscow, Speech Therapist*



"The Red Curry Tofu from the Deli."  
*Sage Lewis, Pullman, Starbucks Barista*



"I love the beauty products section.  
I like to check out all of the new  
products."  
*Mary Maus, Moscow, UI Student*



"The coffee is the best in town.  
also love the salad bar."  
*MaryBeth Bratrud, Moscow,  
UI Student*

## Ask a Dietitian

Alice Ma

**I see so many stone fruits this time of year — cherries, apricots, peaches — are there any health benefits unique to these summer staples?**

If you've ever been told to "Eat a rainbow of fruits and vegetables," or to include a variety of colors in your diet, this is because every color found in plants is associated with a different type of substance, or phytochemical, that provides a specific health benefit. While stone fruits are similar to other fruits in that they contain fiber, vitamin C, and potassium, the unique colors of cherries, apricots, and peaches each represent a different phytochemical.

Dark red, blue, and plums, contain anthocyanins, a preventative properties that may The red/orange colors of come from carotenoids, a health, reduces inflammation,

That being said, as each good (and much more your diet. Touting one fruit as trying to compare apples to oranges (see what I did there?).



purple fruits, such as cherries and phytochemical with cancer-also slow memory loss as we age. apricots, peaches, and nectarines all phytochemical that supports eye and controls blood sugar. fruit differs in their nutrient profile, it's interesting) to include a variety in healthier than another would be like

Send Registered Dietitian Alice Ma your nutrition and food questions at [nutrition@moscowfood.coop](mailto: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.

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## Art at the Co-op: Yvonne McGehee

Annie Hubble, Art at the Co-op Coordinator

It is almost time for the wonderful annual treat of ArtWalk, hosted by the City of Moscow, with an opening night on **Friday, June 17**. ArtWalk is such a great experience. Most businesses, including the Co-op, display the work of one or more local artists. During the opening evening Main Street is closed off to traffic, art lovers of all ages wander around downtown, music plays, side shows happen, and all is celebration.

The Co-op is hosting two special artists: **the first artist is Yvonne McGehee, and her show will run from June 17 through July 27**. Yvonne McGehee's beautiful photographs of dogs have appeared in many publications, including the American Kennel Club Gazette and Hare 'n Hounds, and has also been featured in calendars such as those of the Washington State Employees Credit Union and the Borzoi Club of America. She won first place in the Chippewa Boot 'Call of the Wild' photo contest.

I feel lucky to be able to show her art at the Co-op, and happy that she is being recognized in the city's ArtWalk. Yvonne loves the Palouse, loves her dogs, and loves photography, all three loves evident in her art. She took her first photos in the 1960s, using a little Brownie camera. Her first subject was her collie Donnie, taken in a setting of Eastern hardwood forest. At that time, she lived in New Jersey and would take long walks in the Watchung Mountain Reservation, a 2,000 acre preserve.

In the 1970s Yvonne acquired her first borzoi, and moved to this area in order to attend Washington State University. In the 1980s, she had her first borzoi litter, three male puppies, and she kept them all. She loved their athletic grace, their beauty, and their interactions as they raced each other over the land, and was inspired to keep a photographic record. She then used a manual Olympus camera.

Today, still living on the Palouse, Yvonne now uses a Canon DSLR camera. She walks every day on the land just outside her home, and has gotten to know it deeply and well over the decades. She experiences this land, and watches her dogs experience this land, every day in all seasons and in all weather. Generations of her dogs have enjoyed the daily walks and the resulting photographs are warm, insightful and gorgeous.

Come and meet the artist during the evening of Friday, June 17.

## Staff Picks: Lemonade and Night Cream

Ivy Dickinson, Volunteer Newsletter Writer



The first staff-person I spoke with this month was **Patrick O.**, who has been working at the Co-op as a merchandiser in the Bakery since August 2015. Patrick chose **Hubert's Lemonade** because he was actually a big soda drinker until he started working at the Co-op and became aware of the many healthier beverage options.

He no longer drinks soda, but he is still frequently likes to enjoy something besides water, and the Hubert's Watermelon Lemonade is one of his favorite options. He says it has a very refreshing flavor and is a nice balance of sweet yet tangy. Patrick says that instead of turning to caffeine in the afternoon when he is losing steam, this juice seems to give him just the little jump of energy he needs.

The foundation of Hubert's Lemonade was laid quite some time ago. In 1935, Hubert Hansen decided to fill his truck full of his homemade natural juices and drive around the California film studios and sell his delicious drinks to thirsty workers and celebrities on the sets, under the Hansen name. In the 1970s, the grandson of Hubert developed a variety of sodas and juices, which he also sold under the Hansen's label. The company became Hansen's Juices, and later changed their name to The Fresh Juice Company of California. After filing for bankruptcy in 1988, the company was acquired by the California CoPackers Corporation and renamed Hansen Natural Company, which later became Monster Beverage Corporation.



The Monster Energy Drinks generate the lion's share of revenue for the company (Wikipedia, 2016), but they still offer a diverse range of products, including Hubert's Lemonade, which comes in a variety of flavors including, original lemonade, mango, strawberry, raspberry, and watermelon (Patrick's personal favorite). A quick scan of the ingredient list on the bottle shows that this drink is sweetened with a mix of cane sugar and Stevia extract, which helps to make the 70 calories per serving quite a bit lower than other commercial lemonades that don't contain Stevia.

The next staff person I spoke with this month was **Marcia Z.**, who has been working at the Co-op as a cook for two years. For her pick, Marcia chose the **Andalou 1000 Roses Heavenly Night Cream for Sensitive Skin**. She says it is literally the first moisturizer she has used that doesn't irritate her skin. She finds that she can use it as a night cream or a day cream, and that this product just fits her routine nicely. She also says it has a very nice smell that is not overpowering. I will add that I too have complicated combination skin and have had very good luck with this brand (different product line).

Andalou Naturals was founded by Stacey Kelly Egide and Mark A. Egide, both of whom worked in the skin care and beauty industry for over two decades before setting out on their own. A relative newcomer on the scene, the company was founded in 2010, out of Novato, CA. Their goal was not only to offer their customers a wide range of organic products, but also to do so in a way that was socially responsible. Their products are all 100% Non-GMO Project Verified, which is a rigorous certification standard that required the company to confirm that more than 200 source ingredients, as well as the complete manufacturing process for each ingredient, did not include GMOs of any kind. In 2011, they became the first personal care brand to achieve this certification on every product in their line (Andalou Naturals, 2016).

The company has successfully wedded their ethical base with a solid scientific base. They utilize plant stem cells in their products, which are undifferentiated cells found in the meristems of vegetation. These plant stem cells are cultured in labs segregated from pollution and pesticides, giving their scientists more control over the quality and quantity of the repairing and anti-aging properties of the particular plants being used. The active ingredients in plant stem cells "often contain a concentration of antioxidants that is 1,000 times great than other botanical extracts," making them more potent than traditionally extracted raw materials (Andalou Naturals, 2016).

#### References

- Andalou Naturals. (2016, May 15). Our Choices. Retrieved from Andalou Naturals: [andalou.com/our-story/about-us](http://andalou.com/our-story/about-us)  
Wikipedia. (2016). Monster Beverage. Retrieved from [en.wikipedia.org/wiki/Monster\\_Beverage](http://en.wikipedia.org/wiki/Monster_Beverage)

## Co-op Kids

Rebekka Boysen-Taylor

The month of June is one of transitions. Families are adjusting to having school age children back at home and everyone is taking advantage of the longer, sunnier days. Each summer we have a few changes at Co-op Kids as Heather runs away to summer camp in the wild woods of Maine. We welcome a new summer volunteer to hold down the fort while she is gone.

This year our summer volunteer will be the talented and joyful Katie Sorenson. Katie is an avid bird watcher, kindergarten teacher at Palouse Prairie Charter School, and I know she will make a fun addition to our Tuesday mornings.

**June 7:** Shape Exploration -- learn about basic shapes with Heather before she runs away to camp.

**June 14:** String a Snack Necklace -- perfect for keeping little hands busy and tummies full.

**June 21:** \*Meet at Friendship Square to play together and meet Mrs. Sorenson -- we will bring coffee and a snack, you just bring the kids.

**June 28:** Eating the Rainbow -- sample yummy red food.

At Co-op Kids we facilitate simple, earth friendly activities for young children and their families. Our activities are designed with children ages 3-5 in mind though all ages are welcome to attend. Co-op Kids meets weekly each Tuesday morning from 9 until 10 a.m. in the Co-op Cafe unless otherwise noted.

## Co-op Business Partner Profile: Yarn Underground

Terri Schmidt, Co-op Volunteer Writer



Shelley Stone

Shelley Stone and Marisa Gibler opened Yarn Underground almost six years ago. They both had the same idea at the same time and that gave them the courage to pursue opening the business.

Shelley said, "It's funny, the more we talked, the more we realized we wanted to do different things." Shelley wanted to do the ordering, accounting, and market research. Marisa wanted to do graphic design, marketing, and social media. So they were a good fit, each pursuing their own strengths. About three years ago, Marisa left the business and Shelley took over full ownership.

The store is a very colorful and inviting place to shop and knit. There are walls and walls of gorgeous yarn and samples of pre-made sweaters, scarfs, and other items around the store, providing inspiration to customers. The samples are not for sale; most customers are handy with yarn and want to create their own clothing items. In addition to yarn, the store also sells fiber for spinning, spinning wheels, hand cards, needles, tools, and a soap that is gentle on handmade yarn items.

Purchasing the yarn is the part of the business that excites Shelley. She has a strong interest in sourcing American made and local yarns, including yarns from the Palouse. She does much research to find the best quality sustainable yarns for her customers. Shelley also dyes yarns herself at home. She tries to find the balance between local and American yarns and yarns by well-known brands that people request. Shelly also considers the animals yarns are derived from. She will only stock local angora fiber because she knows the rabbits are raised in good conditions and are well loved bunnies.

Yarn Underground is a small business run by Shelley, who works really hard, and a handful of dedicated employees. Shelley said there is a big difference between ordering yarn on-line, and walking into a local store where helpful workers are available to help customers figure out how and why to use certain yarns and help them pick out the best quality product for their needs. She is doing her part to build community with her downtown store. Money that is spent locally circulates around the local area rather than being removed from our community.

This month **Yarn Underground is sponsoring the Palouse Fiber Arts Festival, from June 17 to 19 at the 1912 Center.** At the festival will be great Northwest local vendors, such as Jenkins Yarn Tools, Greensleeves Spindles, and Greenwood Fiberworks, along with "Awesomely Talented Teachers," including Sarah Swett, a local fiber artist. This year there will be a free lunch with registration and on site coffee with the South Fork Public House Food Truck. To learn more about the festival go to [www.palousefiberfestival.wordpress.com](http://www.palousefiberfestival.wordpress.com)

Shelley is married with two children. When not working at the store, she enjoys fun in the outdoors. She likes being in the woods, hiking, riding her bike, camping, and river rafting. She also loves visiting her family in Maine, where she and her family will be going again this summer.

To learn more about Yarn Underground, check out their website: [www.yarnunderground.com](http://www.yarnunderground.com)

### YARN UNDERGROUND IS A MOSCOW FOOD CO-OP BUSINESS PARTNER

- Through our Business Partner Program, Co-op owners receive a discount at locally owned businesses that partner with the Co-op, and the Co-op promotes our locally owned partners.
- At Yarn Underground Co-op owners receive a 10% discount on purchase of \$100 or more.
- Yarn Underground can be reached at 208-882-7700 or [shelley@yarnunderground.com](mailto:shelley@yarnunderground.com)
  - For more information about the Co-op's Business Partner Program, please ask for a brochure and/or an application at the Customer Service Desk.

## Company Profile: Manitoba Harvest (Hemp Hearts)

Amy Newsome, Co-op Volunteer Writer



Have you ever noticed a mysterious item near the recognizable nuts and seeds at the end of the salad bar? You were likely looking at Hemp Hearts -- raw shelled hemp seeds.

These nutrition packed bits are manufactured by Manitoba Harvest and are a good source of protein and essential fatty acids. I haven't focused on a product made in Canada yet, but I'm not surprised that we'd need to go to a Canadian manufacturer to find hemp since it became illegal to grow in the United States in 1970. This is in spite of the fact that hemp is much more valuable to grow than corn and soy, is excellent for soil remediation and pollinators, and requires no

synthetic pesticides or fertilizers to grow.

Our country's history with hemp has been an interesting one. Industrial hemp was grown by European settlers since the 1600s and by the 1800s hemp had become a food staple. But in 1937, hemp was placed under the same category as its cousin, marijuana, even though hemp isn't psychoactive. After that, farmers who wanted to continue to grow it had to purchase a cost prohibitive "tax stamp," and so most farmers stopped growing it. Then came WWII and with the hemp products we had been importing now under the hands of the Japanese, the US government pleaded with U.S. farmers to again start growing hemp for the war effort and waved the cost of the tax stamp. Hemp was needed for rope, twine, thread, fire hoses, and even for parachute webbing, ship rigging, and sails.

But in 1970 the love affair again ended and poor misunderstood and underappreciated hemp was classified as an illegal drug. Thankfully, hemp is making a slow comeback in the states. In 2014, Kentucky, Vermont, and Colorado started to allow the farming of hemp for industrial research. Advocates of hemp continue to fight to make growing hemp legal again and June 6-12 marks the seventh annual Hemp Week. This week is an effort to share information about the many benefits of hemp, clear up any negative myths about it, and urge the legalization of growing hemp in the states once again.

The Co-op carries Manitoba Harvest's Hemp Hearts in bulk as well as in packages. We also carry their Hemp Protein Powders. If you're feeling at a loss about how to add hemp to your diet, other than simply sprinkling it on your salads or making a smoothie with it, Manitoba Harvest's website offers many delicious recipes such as: Spicy Hemp Hummus, Mushroom Hemp Tartlets, Portobello Hemp Melts, Hemp Hearts and Coconut Bars, and Vanilla Chai Energy Cookies.

Manitoba Harvest's mission is "To manufacture and market the highest quality hemp food products, to educate on the health and environmental benefits of hemp, and to strive for sustainability in all that we do."

*Amy Newsome found it a fun fact that the Declaration of Independence was drafted on hemp paper!*

### Manitoba Harvest Company Snapshot

Founded in 1998

Headquartered in Winnipeg, Manitoba, Canada

Non-GMO Project Verified

Certified B Corporation

Organic Trade Association Member

## Dime in Time: Swimming Under the Stars with Families Together

On July 29, families with children with disabilities are encouraged to attend a swim party at the Hamilton-Lowe Aquatic Center in Moscow, Idaho. The swim party is free and everyone is encouraged to bring a snack to share.

The center is located at 830 North Mountain View Road. The Family Unity Recreation Activity (FURA) program will provide families with the most difficult children an opportunity to increase family unity through recreation. Parents will be able to network with other parents and observe healthy family interactions in a relaxed, recreational setting. Specific activities build unity and cohesion as they are inclusive of all family members. Families who have a child with a disability are a very vulnerable population. They have few opportunities to strengthen their family unity due to the difficult behaviors of their child.

“...it is not the child’s disability that handicaps and disintegrates families; it is the way they react to each other” (Dickman, I.R. and Gordon, S. 1985. *One Miracle at a Time: How to Get Help for Your Disabled Child - From the Experiences of Other Parents*. Simon & Schuster, p. 109). The Family Unity Recreation Activity includes and supports vulnerable populations by helping families include their children with a disability into family activities and by providing support to families with information and activities that enhance family cohesiveness. Families need support to cope with the daily stress and maintain cohesiveness. Marsha Seltzer, PhD., of the Waisman Center at the University of Wisconsin found parents of children with disabilities had a greater number of stressors and a higher number of days where they had at least one stressor.

In an interview with Scene Newspaper ([www.scenenewspaper.com](http://www.scenenewspaper.com)), Dr. Seltzer stated, “Families can’t be left alone to do this on their own. The service system has to be in partnership with the families.”

Families that are given supports and positive role models can change over time. It is our hope that vulnerable populations will be strengthened through our programs, and that abusive behaviors will decrease as families are supported through healthy recreation. Families Together is a nonprofit organization that believes family involvement and support are essential for individuals with disabilities to reach their potential and maintain a life that is secure and meaningful.

Families Together’s programs are designed to build and sustain strong, healthy, informed, and actively involved family members who can work together to improve the lifelong outcomes for their child or sibling with a disability. Contact Denise by calling 208-874-7891 or email [denise@families-together.org](mailto:denise@families-together.org) if you have questions.

### DIME IN TIME

Through our Dime in Time program customers are given a 10-cent refund every time they bring in and use a reusable tote bag or drink cup. Cashiers will ask these customers whether they would like to keep their refund or donate it to Dime in Time. A committee made up of Co-op staff, community members, and Co-op participating owners chooses one recipient for each month's Dime in Time donations.

This program seeks to benefit non-profit, non-sectarian, and non-discriminatory organizations whose goals complement or support the Mission of the Co-op.

**July:** Latah County Historical Society

**August:** Backyard Harvest

## The Five Spot: Up With Feet

Naomi Brownson, Co-op Volunteer Writer

Summer weather is here, and among the things to emerge from winter covers: my feet! How lovely it feels to walk barefoot over the cool grass in my backyard, my toes rejoicing in their newly restored freedom. Our feet carry us, uncomplaining, over terrain rough and smooth, day in and day out, yet we rarely consider them. So I've decided to show my dogs some gratitude this month. Here are five ways to treat your feet:

1. **A foot bath!** Scatter chamomile flowers, a few slices of ginger, and a quarter cup of Epsom salts into a large bin of warm water. Soak your feet for 20 minutes. The herbs and minerals will draw out impurities; plus it just feels good! If you can turn off your electronics during this rest, all the better. In case of ankle and foot swelling, such as during pregnancy or travel, add a few drops of grapefruit essential oil to the footbath, and consider wearing compression knee socks. (If your feet or ankles swell often, consult your healthcare practitioner.)

2. **Try reflexology.** Modern reflexology is based on an ancient form of therapy, evidently first practiced in China as long ago as 4,000 B.C. and at the same time in Egypt. Hieroglyphics found in the tomb of Ankmahor translate to: "Don't hurt me." The practitioner's reply: "I shall act so you praise me." Not only will your feet thank you, your whole body will!

3. **Sesame oil foot massage.** When the air temps are high and dry, we can feel a little scattered due to our easily-deranged vata dosha. For a soothing, grounding Ayurvedic remedy, massage sesame oil into the soles of your feet in the evening, then put on cotton socks and go to bed. You'll sleep well, and wake up feeling rested and more stable. The Co-op carries a couple of brands of organic sesame oil, which you'll find in the condiments aisle.

4. For cool nights in the mountains: **Socks. Socks. Socks!** The Co-op carries a couple of brands of socks made with organic cotton and/or recycled fiber. Maggie's Organics socks are made in the USA of organic cotton or wool. PACT makes organic, fair trade cotton socks, in several stylish patterns. This reporter loves her PACT purple and white floral cotton knee socks.

5. The human foot contains 26 bones, 33 joints, and over a hundred muscles, tendons and ligaments. No wonder they sometimes hurt! For relief, consider **acupuncture, massage, or Ayurvedic medicine**. Check the Co-op's Business Partner Listings, at [moscowfoodcoop.org](http://moscowfoodcoop.org), for practitioners in our area.

In ancient India, it was customary to touch the feet of one's elders to show respect and to ask for their blessing. Such a practice may be a little out of place here and now, but I'm going to take a cue from this tradition and let my feet remind me to be grateful for all that carries me along my path, from my parents and teachers to my own many-boned, ever-ready feet.

## New at the Library

Breanna Salzsieder, Latah County Library District

### COOKBOOKS

***The Basque Book: A Love Letter in Recipes from the Kitchen of Txikito* by Alex Raij and Eder Montero.**

The authors, owners of the New York City restaurant Txikito, celebrate a people, culture, and language via the distinctive Basque culinary tradition. "As much a travelogue as it is a primer, it's a perfect introduction to one of the world's most ancient and interesting culinary traditions." — PureWow

***Cooking with Loula: Greek Recipes from My Family to Yours* by Alexandra Stratou.**

Athens native Stratou presents simple Greek dishes, from classic to inventive. Recipes are accompanied by sumptuous photographs and fond remembrances of Kyria (Mrs.) Loula, her family's cook for three generations. Alice Waters praised Stratou for her "soulful and imaginative way that honors...cooks who have come before her."



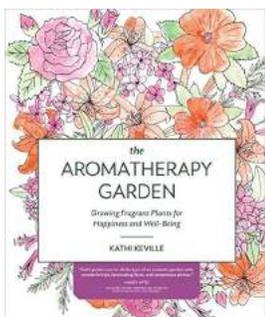
***Dinner Made Simple* by the editors of Real Simple Magazine.** Turn 35 staple ingredients into 350 quick recipes to simplify your life. "... short ingredient lists, a fresh, real food approach, minimal cooking times and uncomplicated methods... Many of the recipes are vegetarian, and others are easy to prepare gluten- or dairy-free..." — Shelf Awareness



***Foolproof Preserving: A Guide to Small Batch Jams, Jellies, Pickles, Condiments, and More* by America's Test Kitchen.** More than 100 sweet and savory recipes, with tutorials, troubleshooting tips, and equipment recommendations. "An exceptional resource for novice canners, though preserving veterans will find plenty here to love as well." — Library Journal

***The Vegetable Butcher: How to Select, Prep, Slice, Dice, and Masterfully Cook Vegetables from Artichokes to Zucchini* by Cara Mangini.** Tame your fear of proper veggie preparation while bringing out the best characteristics of vegetables through such recipes as stinging nettle pesto and crimini mushroom ragout.

### OTHER NONFICTION



***The Aromatherapy Garden: Growing Fragrant Plants for Happiness and Well-being* by Kathi Keville.** Choose from 88 suggested plants to design for optimum fragrance and beauty. Harvest your plants to make comforting potpourri, wreaths, herb pillows, natural cleaning products, and teas. Publishers Weekly says Keville's rich descriptions of scents "...will make readers long for the actual aroma."

***Devoured: From Chicken Wings to Kale Smoothies, How What We Eat Defines Who We Are* by Sophie Egan.** The values that define the American national character shape our eating habits, from the 40 percent who eat lunch at their office desks to fad diets, "stunt" foods, Super Bowl food advertising, and global influences on American cuisine. Egan notes "We don't put food first. We put three main values above all: work, freedom, and progress."

## Good Food Book Club

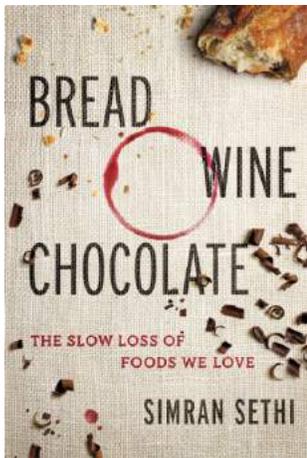
### Bread, Wine, and Chocolate: Are We Slowly Losing the Foods We Love?

Rachel Clark, Good Food Book Club Volunteer Coordinator

We've got a treat ahead of us this month! Our book club has reviewed a number of disheartening books on the state of the world's food system, some of which left us so downtrodden we wanted nothing more than to tuck in to lighter fare that avoids the elephant in the living room that is our modern agricultural crisis. But now, with her new book *Bread, Wine, and Chocolate: The Slow Loss of Foods We Love*, Simran Sethi brings her masterful reporting skills to bear on the extraordinary joy humans take from food, while also, unflinchingly, tasting that elephant.

As the reams of stellar reviews spell out over and over, **Sethi's book is a kind of literary food-writing marvel.** At once she's able to travel the world, seeking out our most precious relationships to the foods we've delighted in for centuries, while simultaneously spotlighting the epic fail of industrial agriculture, how it is specifically impacting humanity's most beloved meals, and—here is the most vital thing—what people are doing right now to change that. To stem the tide of the slow loss of these foods we love. To change course altogether.

Here's what the *Wall Street Journal* had to say about Sethi's book: "Is biodiversity the key to a better cup of coffee? And how sexy can achieving food security really be? Simran Sethi's answers are 'yes' and 'you'd be surprised.' In her book, [she] looks at ways in which monoculture and an increasingly standardized global diet put food systems in peril and leave crops vulnerable to blight and climate change. And she does so winningly, by relishing her favorite things to eat and drink, visiting the places they're produced, digging up their stories and teasing out nuances of flavor unique to individual varieties and landscapes."



Meanwhile, *Orion Magazine* offers this: "... Simran Sethi sets out to discover diversity—to find the corners of the world where the foods we cherish are thriving in multiplicity instead of surviving in monoculture. Sethi travels across six continents to talk to farmers, brewers, bakers, and winemakers working to foment more delicious food and drink and, in doing so, build resilience in agriculture."

Please join us to discuss *Bread, Wine, and Chocolate: The Slow Loss of Foods We Love*, by Simran Sethi (HarperOne, 2015) on Sunday, June 26 from 7 - 8:30 p.m. at the Moscow Food Co-op. Please note: we'll meet a week early in honor of the Fourth of July weekend. Remember to email [bookclub@moscowfood.coop](mailto:bookclub@moscowfood.coop) to receive email reminders about the Good Food Book Club. *Bread, Wine, and Chocolate* is available through your local library. If you are interested in buying the book, check out the area's local used book stores or visit BookPeople of Moscow where Book Club members receive a discount. For more information about the Good Food Book Club, check out the Outreach section of the MFC website at [www.moscowfood.coop](http://www.moscowfood.coop).

"Unlike many other recent books that cover some of the same territory, what sets Sethi's work apart is her joyous, generous attitude toward the human appetite."  
— The Boston Globe

**July:** *Eating Animals* by Jonathan Safran Faur (Back Bay Books, 2010)

**August:** *Miraculous Abundance: One Quarter Acre, Two French Farmers, and Enough Food to Feed the World* by Perrine Hervé-Gruyer and Charles Hervé-Gruyer (Chelsea Green 2016)

## Celebrate Idaho Wine Month!

Peg Kingery, Moscow Food Co-op Wine Buyer

June was first designated as Idaho Wine Month in 2009, but the state's wine industry has a much longer history. The first grapes planted in the Pacific Northwest were in Lewiston, Idaho in 1864. The wines made from those grapes won national awards until Prohibition put an abrupt halt to the industry. It wasn't until 1970 that grapes were again planted in Idaho, this time in the Snake River Valley in the southern part of the state.

In April 2007, Idaho's first American Viticulture Area (AVA) was approved in this area. Two others have followed: Eagle Foothills AVA (2015) and Lewis-Clark Valley AVA (2016). The Lewis-Clark Valley AVA is located in the canyonlands formed by the Snake and Clearwater Rivers near Lewiston and Clarkston, Washington, less than 50 miles away.

Both northern and southern Idaho offer ideal growing conditions for grapes. The soils are composed primarily of volcanic ash. Long, warm daylight hours, combined with cool summer evenings, contribute to producing quality grapes with concentrated fruit flavors and high acidities. The most common varietals grown are chardonnay, riesling, and cabernet sauvignon; however, many wineries are also successfully growing malbec, petite sirah, tempranillo and others.

Idaho's wine industry has been growing steadily for the last 30 years. Idaho is home to over 50 wineries, with 1600 acres of vineyards. Most of these wineries are located in the southern part of the state. According to a study done by the Idaho Wine Commission, the industry had a \$169.3 million dollar impact in 2013 and created 1,226 full-time jobs. They predict these numbers will continue to increase as Idaho wines gain more and more popularity across the country.

Moscow Food Co-op carries wines from many of Idaho's wineries, including those locally-produced by Camas Prairie Winery, Clearwater Canyon Cellars, Colter's Creek Winery, and Lindsay Creek Vineyards. Throughout the month of June, winemakers and industry representatives of these and other Idaho wineries will be pouring their wines in-store for customers to taste. Plan on joining us at these tastings!

All tastings are from 5 to 7 p.m. except Lindsay Creek Vineyards which is from 12 to 2 pm.

Friday, June 10	Colter's Creek Winery and Camas Prairie Winery
Thursday, June 16	Sheppard's Fruit Wines
Friday, June 17	Cinder Winery, Hells Canyon Winery, and Zhoo Zhoo Winery
Saturday, June 18	Lindsay Creek Vineyards
Thursday, June 23	Clearwater Canyon Cellars
Friday, June 24	Ste. Chapelle Winery and Sawtooth Winery



## Burning Down the House: Superfood Snacks

Julie Morris. New York: Sterling Publishing, 2015.

Judy Sobeloff, Co-op Volunteer Writer

This month J.K., 14, chose to try out *Superfood Snacks* by Julie Morris. She and I were both drawn to this cookbook by one recipe: **Kraut-Stuffed Avocado Boats**. Our family has a thing for sauerkraut and we also love avocados, so resistance was futile.

J.K. liked the cute little symbols at the top of each recipe that indicated their superfood powers: “beauty, bone strength, heart health, immunity, low calorie, and protein.” Personally, I was eager to expand beyond my usual snack repertoire—spoonfuls of peanut butter. If eating more snacks could make one stronger, smarter, healthier, and more beautiful, count me in. (Before and after photos available soon.)

J.K. chose a bunch of recipes to make along with the avocado-sauerkraut combo: Protein Power Trail Mix, Kettle Kale Crisps, Crisp Garbanzos with Nori, Raspberry Quick Bread, and Kombucha Ice Cream Floats.

We bought many ingredients at the Co-op that we’ve never purchased before: goji berries, white mulberries, stevia liquid, coconut oil, coconut sugar, hemp seeds, and dried soy nuts. Though we’re lifetime Co-op members, I asked so many questions that I felt like a visitor to another planet.

The avocado-sauerkraut combo took about one minute for J.K. to make. We all liked this a lot, although J.K. didn’t like the hemp seeds. We made this snack again and again. The **Protein Power Trail Mix** also took about a minute to make, one of my favorite qualities in a recipe. I was surprised J.K. picked this one, and she and her younger brother didn’t like it, though Fred and I liked it a lot. Instead of the called-for dried salted edamame and unsalted pepitas, we used the Co-op’s dried unsalted soy nuts and tamari pumpkin seeds, which seemed to maintain the desired saltiness balance.

Next, I happened to call home from the Co-op when J.K. had just taken the **Kale Crisps** out of the oven. J.K. and Fred both thought it was amazing, and, in an unprecedented event, J.K. told me, “Buy more kale!”

She described the 10-minute preparation process as “easy but unpleasant. The coconut oil made my hands feel really creepy, like moisturizer.” I thought the crispy kale was like kale candy, though maybe a little too sweet.

Next up, the **Crisp Garbanzos with Nori**: Make sure to use salted garbanzos (such as canned Westbrae garbanzos), because use of an unsalted brand led to J.K. shucking the husks from every bean. Despite her excessive labor, we all liked this snack a lot. It was fantastic hot, though not a smash hit at a potluck when served later at room temperature, no longer crisp.

**Raspberry Quick Bread**: Alas, the Co-op doesn’t carry the superfood lucuma powder, so we substituted a non-superfood, brown sugar. Although J.K. accidentally substituted hemp seed for the called-for flax seed powder, and kindly used gluten-free flour on my behalf, we demolished the warm bread in a quick few minutes.

**Kombucha Ice Cream Floats**: Every time we tried out the Co-op’s fun kombucha dispenser, we seemed to make new friends, or at least learn more about kombucha. J.K. said the kombucha “tastes like wine” (i.e., not good), and her younger brother asked reasonably, “Why would anyone like this?” However, we all liked these floats, slightly preferring them with vanilla rather than chocolate ice cream. J.K. liked the “tanginess,” which she thought made them “more interesting than a root beer float, which is just too sweet.” We made these multiple times.



(To make one yourself, simply stir together 1 cup unflavored kombucha with 1/2 teaspoon of vanilla extract and 5 drops of liquid stevia. Then, in a tall glass, alternate a spoonful of frozen raspberries followed by a spoonful of vanilla or chocolate ice cream,

### Burning Down the House, continued

approximately four times. Finally, pour the enhanced kombucha over the layers of ice cream and raspberries and drink up!)

All in all, J.K. thought *Superfood Snacks* was “good for someone who wants to eat really healthy, but a little too healthy for me.” I thought it contained many novel ideas definitely worth a try. Given that some of the ingredients are somewhat pricey or not readily available, I’m not sure when we’ll be reaping all the superfood benefits, but we’ll keep downing those ice cream floats until we do.

*Sunning herself on a nearby window, Ollie, our bearded dragon, commented that every morsel that passes her lips makes her more beautiful, superfood or not. While Ollie follows a diet of greens, mixed veggies, and crickets, her current favorite snack is red crunchy pellets that bear a remarkable likeness to Cheetos. Watching us with our pinkish ice cream floats, she issued a plaintive request for more pellets.*

### Ask a Dietitian, continued

#### **I know that kale has been touted as a superfood, but I've recently heard that too much kale can actually cause harm. How much kale is too much kale?**

Like many poorly supported nutrition claims, this one probably rose from anecdotal evidence. Last year, one California researcher noticed that many of his patients who reported experiencing fatigue, foggy brain, and skin and hair issues were also eating kale frequently. Kale, as well as other vegetables, has the ability to absorb thallium, a heavy metal that can be toxic if large amounts are present in the blood. Thallium is a heavy metal that occurs in soil, and can enter our bodies through a number of ways (including exposure from hazardous waste sites and smelting plants, cocaine or heroin use, or accidentally consuming rat poison or contaminated fish). These patients had abnormal thallium levels in their blood. Thus, it was inferred that kale was the culprit for the experienced symptoms.

This one incident, however, should not be a cause for concern. As far as kale is concerned, there is currently no scientific research linking high consumption of kale, or any other vegetable, with thallium poisoning symptoms. In other words, thallium poisoning is probably not a good excuse to eat less kale or fewer vegetables. But, keep in mind that large amounts of anything can be dangerous. If kale is the only vegetable you are eating, there’s a chance you’re missing out on nutrients found in other vegetables.

As with any food, whether it be fruits, vegetables, grains, proteins, or sweets, eating a variety is key to a nutritious and sustainable diet.

**Disclaimer:** *Nutrition, wellness, and general health information is intended only to assist readers. It should not be used as a substitute for medical information. As always, please consult your physician regarding any medical condition.*

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.

## Staff Profile: T. Maxwell Newland, a.k.a. Max

Erin Rishling, Co-op Volunteer Writer



My first impression upon hearing Max speak was that he has an incredible voice--the kind you would hear on the radio or in a sports stadium--somewhat deep, with crisp articulation and a precision to his cadence that has you listening a little more attentively. And what do you know? In college, he studied acting, then communication, specifically interpersonal communication with a focus on speech analysis, speech writing, business speaking, public speaking, etc.

He's worked briefly as an NPR announcer. He would like to get a freelance voice-over career going, cartoons specifically, which is admittedly more difficult in the Palouse. His wife, Cassie, recently bought him a really great microphone so he can pursue his interest in the You Tube videogame webseries voice-over world. For those of you who aren't familiar with the You Tube phenomenon of watching others play a video game with explanations, let's take a brief interlude\*\*.

However, unlike the amateurs playing with their dolls, Game Grumps is a Let's Play webseries that is hosted by a professional animator and a musician and is currently Max's favorite. Game Grumps videos consist of varying hosts playing a video game, featuring their experiences with, and opinions of, the chosen game. Lengthy games often result in series of ongoing gameplay and commentary, until completion. (Thank you, Wikipedia!)

Originally from Louisville, Kentucky, Max and his wife, Cassie, met in Indianapolis, Indiana, and eventually drove to the Palouse after she was accepted into a Master's Program at WSU. They drove through Colorado and Nevada on this trip and Max went camping and hiking for the first time. He says he and his wife are a good team in this way, finding adventures wherever they are--he loves to navigate new cities and she is great in the outdoors.

They've been in this area for approximately two years now. Max, who likes to have two jobs at one time, works for both the Moscow Food Co-op as a cashier and at Maialina as a host. He loves both jobs. He has worked in various direct service positions since he was 17 years old. He worked for a corporate grocery prior to seeking a position at the Co-op and says there is no comparison--the Co-op position makes him happy; he feels respected by his employers and has health care/retirement/paid time off (something he had never had before in similar positions.)

Max currently hosts the Co-op's Open Book Management meetings where data about operations, sales, and other efforts is shared with employees to unite everyone in the effort to fulfill our mission and continue to improve. He feels like this is a great way to involve employees. He's been at the Co-op for a little over a year.

Pet(s)—One little, black cat name Lydia. (They have spoiled her rotten and will have to live with the consequences for a decade. She's the boss in the house.)

Superpower—Photographic Reflexes (Think the Taskmaster, a lesser known Marvel antihero who can watch someone do a task, then replicate it himself, i.e. watch someone play the piano beautifully, then possess that ability.)

Want more Max? Check him out at [thomasnewland.wix.com/vopro](http://thomasnewland.wix.com/vopro)

\*\*As you may know, you can watch people doing almost anything on YouTube as they narrate their actions, from cooking to Lego building to video gaming. (As I've learned from having two young daughters, you can watch other children playing with Barbie Dolls on YouTube. Although I find it ridiculous for my two creative daughters to be watching other children come up with mediocre storylines for their dolls, and I can be heard saying such things as, "Turn that off and go play with your own Barbie Dolls!", they really enjoy it.)

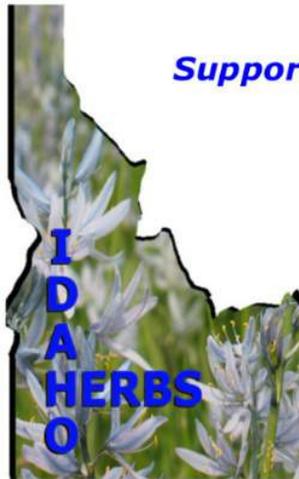
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Advertise your business in our monthly Community News! Your ad will be seen at the top of each issue. Co-op business partners receive a 10% discount! Email [ownerservices@moscowfood.coop](mailto:ownerservices@moscowfood.coop) for rate and submission information.

### EVENT SUBMISSIONS

Do you have a community event that you would like considered for publication in COMMUNITY NEWS? Please send your press release to [editors@moscowfood.coop](mailto:editors@moscowfood.coop). Information received by the 15<sup>th</sup> of the month will be considered for the following month's online issue, published on the 1<sup>st</sup>. Space is limited.

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