



"What's the Buzz?"

"Which Section of the Co-op Would You Like to See Expand?"

Asked by Ashley Fiedler, Co-op Volunteer, on November 13, 2015



"Bulk. I would like to see more pre-mixed, ready-to-eat bulk items."

*Danica Wixom, Pullman  
Campus Pastor*



"More canned soups. Different brands and flavors."

*Marcy Paul, Moscow  
Long-time Resident*



"The bakery. I would like to see more pies, tarts, and cakes."

*Isabella Watt, Pullman  
WSU Student*



"The pastry section. Everything sweet and savory."

*Nick Yap, Pullman  
WSU Student*



"I would like to see more variety of chocolate, especially white chocolate."

*Shannon Roberts, Pullman  
Campus Pastor*



"The meat section. More goat, lamb, and fish options."

*Michelle Hazen, Moscow  
Dining Diva*

## Art at the Co-op

Molly Klingler

Annie Hubble

It has become a tradition that our very own **Molly Klingler** has an art show in the month of December at the Co-op. The show will open on the evening of **Friday, December 11**, and will run through Wednesday, January 6.

Molly is now 11 years old. She had her first show here when she was in second grade. Molly was born an artist and has had the great good luck to be encouraged by her mother, Sandi Klingler, to follow her passion. Molly has always had access to art supplies and been given the time and opportunity to explore and pursue art in all forms.

Molly is a 6th grade student at Palouse Prairie Charter School. Her interests apart from art include making up plays with her friends, watching every cooking show she can find, reading voraciously, and swimming at the lake in season. From her first work with crayons and markers, Molly has moved on to other mediums. She loves to draw and paint, and has recently started sculpting with clay. She will draw people's pets on request and has great fun illustrating dreams.

Molly is selling her cards this year to help fund a trip with her class to the McCall Outdoor Science School (MOSS), for a week in January. These cards will be on sale at the opening and can also be ordered through her mom, Sandi. Prints will also be available for sale.

When Molly grows up she wants to be an entomologist, an artist, an oceanographer, or a geologist, or perhaps a combination of all of these... She hopes you enjoy her art. Come and meet Molly during the evening of Friday, December 11, starting around 5:30 p.m., and continue to enjoy the art through Wednesday, January 6.

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## December Staff Picks

Ivy Dickinson

Celeste Lourigan



The first staff-person I spoke with this month was Celeste Lourigan, who has been working at the Co-op as a Produce Stocker since July. Celeste recently moved to the Palouse from her native Wisconsin, and while she is adjusting to being here, she felt she needed to give a little nod to her homeland and recommend some cheese.

Celeste's pick this month is the **Country Classic Cow Milk Feta** that is packaged in Co-op tubs in the "cut and wrapped" cheese cooler. Celeste says she loves the saltiness of feta and finds it to be a great addition to just about any food. She also likes that this feta is packaged in the brining liquid, which contains beneficial enzymes, and that the price cannot be beat.

The Country Classic Feta is distributed to the Co-op by the Peterson Company in 28-pound blocks. The Co-op uses this cheese in nearly all of the dishes in the Deli that feature feta, and also packages it into smaller portions for the sales floor. The Peterson Company is a well-known specialty food supplier in the Pacific Northwest, and was established in 1947. They are a family-owned and operated importer and distributor of products including cheese, meat, fruit, and pasta. They started their business in the Queen Anne neighborhood of Seattle by focusing on the import of Scandinavian cheeses, which were virtually unknown in the local markets. The business later expanded to meet the growing demand for a wider variety of specialty cheeses from Europe. They get their Country Classic Feta cheese from Kronos, a Mediterranean food wholesaler out of Illinois that initially produced gyro meat cones for Greek restaurants around the country. Over the years the Peterson Company expanded their offerings to other Greek products such as pita bread, tzatziki sauce, spanakopita, phyllo dough, and feta cheese.



Sasha Wong

The next staff-person I spoke with was Sasha Wong, who has been working at the Co-op as a Grocery Stocker for about a month. Sasha's recommendation is the **Equal Exchange Mint Crunch Chocolate**. She says it is one of her favorite treats not because it is chocolate, but because of the mint that has been added to it. Sasha thinks that the mint flavor adds a brightness to the chocolate, while also making it seem smooth and creamy. She said that the peppermint crisps are perhaps her favorite part because they give this bar a really nice crunchy texture.

Equal Exchange is a company that has been around for over 25 years and was started by three fellows who were co-managers of a New England food co-op. They met once a week over the course of three years to discuss how they could best change the way food was bought, sold, and grown around the world. In the end they formed the Equal Exchange Company, which had a mission of helping farmers and their families gain control of their economic futures while also providing consumers with high-quality foods that were produced under fair trade standards.

According to the “History of Equal Exchange” section on their website (equalexchange.coop), the company struggled to succeed initially, and didn’t even break even financially until their third year. In the beginning they focused on fair trade coffees, backing a Nicaraguan-grown coffee that they called “Café Nica” in solidarity with the people’s movement in Nicaragua, which was under an embargo by the United States. The Reagan administration tried to stop Equal Exchange from distributing their coffee, seizing the product as soon as it arrived in the U.S. The government’s attempt ultimately failed, and the company and their legislative supporters were successful in establishing their business.

Equal Exchange’s coffee business eventually expanded into cocoa products, which led to the establishment of fair trade chocolate bars beginning in 2004. The chocolate bars were produced using the same rigorous standards of quality and social responsibility that defined the coffee portion of the business, and new partnerships were forged with global cocoa, sugar, and dairy cooperatives. Equal Exchange really is a company that tries to “walk the walk” and make sure that their business success is a result of the fair trade practices they employ to help enrich the farmers who grow their coffee and cocoa (equalexchange.coop, 2015).

## Co-op Business Partner Essential Art Gallery & Fine Gifts

Terri Schmidt



Essential Art Gallery & Fine Gifts' Michael McCoy and Heather McCoy Saltarella

Michael McCoy has a long family history in this region. His grandfather and great-grandfather were farmers in the Oaksdale/Rosalia area.

Michael started Essential Glass Works, the jewelry and sculpture lines of his business, in Moscow in 1992. For the past eleven years his daughter, Heather McCoy Saltarella, has been working with him. Two years ago they moved their gallery from the Silos to “uptown” (northern downtown Moscow), where the gallery is more visible and accessible.

They feel a responsibility to the community to have a beautiful storefront, and seek out quality artwork which sells at various price levels. In addition to glasswork, they also carry wood products, textiles, jewelry, and smaller items like bath salts and tea towels. The gallery and gift store contains a chocolate counter with multiple types of delicious melt-in-your-mouth homemade chocolates from the Boise Chocolat Bar, which was honored as one of the top fifty chocolatiers in America.

Michael started out doing stained glass, then evolved into making dichroic art glass jewelry. Dichroic is Greek for “two light,” a dynamic art-glass medium that transmits and reflects color. According to Michael, the crystal structure literally bends light, creating a beautiful glass that emits different colors from different angles.

Michael and Heather have sold their glass art to 200 galleries coast to coast, including many top galleries and museum shops. In addition to a full line of jewelry, they also make glass sculptures.

They are in the process of creating a studio in the back of the store where people will be able to watch them creating their art.

The gallery offers beautiful, colorful handmade art pieces from many top quality artists. Michael and Heather know over 75 percent of the artists personally. They jury the artwork before bringing it into the gallery. They say that Heather is in tune with the tastes of younger people and Michael knows what appeals to the generation ahead of hers. "Playfully elegant" is the standard they look for in the artwork they bring in.

The gallery holds artwork of nationally acclaimed artists. For example, gorgeous glass bowls with etched aspen leaves lining the edges made by Cynthia Myers are on display. Her incredibly fine-quality glassware is shown internationally and housed in private collections in Europe and Japan. Another featured glass artist is Mariusz Rynkiewicz, a Polish-born artist who now lives in Seattle. Michael and Heather also have a fruitful collaboration with the Prichard Art Gallery, noting the galleries are only 272 steps apart!

They create a joint monthly newsletter and a blog featuring various artists. In December they are doing a holiday ornament promotion together. Each person who makes a purchase at either store will get an entry to win an ornament and a \$5 coupon to use in either store. The galleries' joint website is <http://finestgiftsonmain.weebly.com/>. One of Michael and Heather's customers was having a rotten day, but just seeing the cheerful colors in the store, she couldn't help but grin; being there changed her whole outlook.

#### **ESSENTIAL ART GALLERY & FINE GIFTS IS A MOSCOW FOOD CO-OP BUSINESS PARTNER**

- Through our Business Partner Program, Co-op owners receive a discount on locally owned businesses that partner with the Co-op, and the Co-op promotes our locally owned partners.
- At Essential Art Gallery & Fine Gifts, Co-op owners receive a punch card and a punch for each purchase of \$25 or more; after 6 visits owners receive \$10 off a purchase at Essential Art Gallery.
- Essential Art Gallery & Fine Gifts is located in Moscow at 203 South Main Street | 509-338-3694 | [www.essentialglassworks.com](http://www.essentialglassworks.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.

## A Dime in Time: *Circles of Caring Adult Day Services*

Hollie Mooney, RN, ED

Community Article



Circles of Caring Adult Day Health Services, the Co-op's December A Dime in Time recipient, is a non-profit organization in Pullman that strives to enhance the quality of lives for adults and their families who are living with chronic disease, dementia and/or mental health deficits.

We accomplish this through creating a safe, healthy, and social day environment. Our registered nurse provides health assessments and regularly coordinates care with physicians, families, and therapists. Our nutritious noon meals and afternoon snacks provide energy to fuel the body, and our social service staff helps participants and family members who might require support or guidance through life's changing seasons.

At the core of Circles of Caring is the life enrichment program, with activities that enhance cognition, coordination, and socialization. These include chess, Bingo, daily exercise, music, adult coloring, board games, and craft projects. Circles of Caring is also a certified Music and Memory facility, and uses music as a means to enhance the quality of life for all participants. The A Dime in Time donations will be used for medical supplies, nutritious noon meals as well as snacks, and general operating expenses for the winter months ahead.

Circles of Caring is truly grateful for the support of the Moscow Food Co-op and the A Dime in Time program.

### DIME IN TIME

Through our Dime in Time program customers are given a 10-cent refund every time they bring in a reusable tote bag or drink cup. Cashiers will ask these customers if 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 choose 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.

## Company Profile: Andes Gifts

Amy Newsome

If you're looking for fun but practical gifts this holiday season be sure to check out Andes Fair Trade Gifts.

Their handmade hats, gloves, and scarves are made from colorful, sustainable alpaca wool. Check out their "glittens," fingerless gloves with a little mitten flap that you can fold back. The other day at the Co-op, I saw one of their knit caps which was made to look like a monster with one of its eyes dislocated—that might sound horrible but it was actually adorable. These are truly one-of-a-kind items that allow the personality of the knitter to show through.

According to the company's website, [andesgifts.com](http://andesgifts.com), founders Nick and John Terlecky first went to Bolivia in 1998 to play professional soccer. They were immediately impressed by the amazing knitwear that women were selling in the street markets. They were so amazed by the quality and beauty of the garments that they felt these items deserved a larger audience. They also realized that a developed country such as the United States could vastly improve the lives of those in the developing world just by purchasing their unique wares.

So in 1999, they founded Andes Gifts and made it a priority to see that these incredible craftspeople would be paid a fair wage and be able to choose where and how much to work. This was important because they had learned that mothers often had to leave their children and cultures behind to go work in factories in urban centers. Andes Gifts provides a way for these mothers to stay with their children in their villages and earn a good living by knitting.

Now, 16 years after Andes Gifts was founded, there are over 40 knitting cooperatives and 80 family-based knitting groups throughout indigenous communities in Bolivia and Peru. With the

success of the company established, Andes Gifts began providing no interest/no collateral micro-loans to individuals and groups of artists. Over the past seven years they've provided 150 loans to help establish or grow businesses, thereby increasing the recipients' standard of living greatly. They have a nearly 100 percent payback rate on these loans.

So pick up some Andes Gifts for you and your loved ones this holiday season and keep your hands, heads, and hearts warm.

### Andes Gifts Company Snapshot

Founded in 1999

Headquartered in Davis, California

Products produced in the highlands of Peru and Bolivia

Fair Trade certified

Privately held

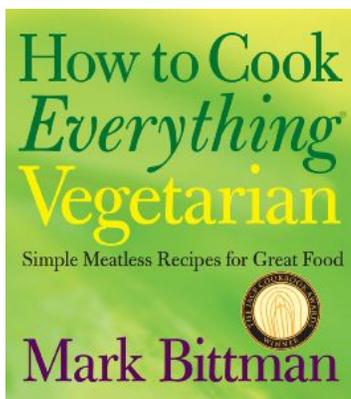
[www.andesgifts.com](http://www.andesgifts.com)



*Amy Newsome has added an Andes Gifts scarf to her Christmas wish list. She hopes her husband sees this article.*

## Burning Down the House: Mark Bittman's *How to Cook Everything Vegetarian*

Judy Sobeloff



*HOW TO COOK EVERYTHING VEGETARIAN*, BY MARK BITTMAN  
BOSTON: HOUGHTON MIFFLIN HARCOURT, 2007.

This month J.K., 13, decided to try out Mark Bittman's *How to Cook Everything Vegetarian*. As mentioned in a previous column, she loves his earlier *How to Cook Everything* (we're now on our second copy); if our family could have only one cookbook with us on a desert island, that would be the one.

While one might think that "cooking everything" would about cover the available terrain, Bittman has published approximately 20 food-related books (I'm slightly highballing that estimate because it's probably climbing as we speak). So it was no easy task to decide which of his other cookbooks to try next.

Since J.K. doesn't eat meat, one might have predicted she would love Bittman's vegetarian cookbook even more than the first one. The verdict, after trying it out this past month, is a little more complicated—J.K. said she likes the first one better because it's "more thorough" and "has more different types of recipes." When I expressed surprise that she as a non-meat-eater would prefer the cookbook with the meat, she admitted that, actually, she likes Bittman's earlier cookbook better because it's "less focused on healthy food." Aha! Of course! I get it.

What I love about Bittman's cookbooks is how, despite his eminence as a food writer, his writing is down-to-earth and straightforward, which engenders confidence in the reader that (s)he can do it, too. For example, I loved his first suggestion for "Cooking Grains, the Easy Way". He writes: "This process will allow you to cook almost any grain, perfectly, every time. You really don't even have to measure anything. I'm providing a recipe for the method, but you don't need it: Put the grains in a pot with water and cook them until they're done the way you like them. Period."

Sure enough, J.K. threw some wild rice in a pot with some water, let it boil and then simmer with the lid on, and some time later it was done. Weird. Likewise, his range of options for fried rice, which J.K. made twice this month, was similarly reassuring. ("Simplest Fried Rice with Peppers" is "mildly flavored, not earth-shattering, but very fast, very good, and a respectful treatment of a revered leftover." Of "Basic Fried Rice with Lettuce," he says, "Surprised? Try it." And I love that he says of "Basic Fried Rice with Frozen Vegetables," which will no doubt become a household staple here, "No apologies; this is better than you might think.")

The cookbook is sprinkled with helpful tips, such as "25 Great Ideas for Using Leftovers" and "21 Ingredients You Really Need." Again, these are reassuring, though I was surprised that along with the basics (rice, pasta, beans, eggs), one of the items was dried mushrooms. Which brings me to the flipside of Bittman's accessibility: many of the recipes here are more elaborate than I'm likely to make for dinner, but they do offer the possibility.

J.K.'s younger brother and I, beset with an unexpected tomatillo delivery, made a triple batch of tomatillo salsa, which we didn't love as much as we'd hoped (too onion-y). But later, on one of those

nights when no one knew what to make for dinner, I happened upon the recipe for “Baked Black Beans and Corn, Enchilada Style,” and mixed the salsa with canned black beans, frozen corn, and tortillas. All of us liked it. Veering into the more elaborate, J.K. made “Braised Tofu with Eggplant and Shiitakes,” which her dad and I really liked but J.K. did not, acknowledging that she pretty much doesn’t like eggplant, though she did like the mushrooms.

Ollie, our bearded dragon, had been looking out the window in another room during most of the meal, but entered the kitchen just in time to comment on the eggplant dish. “The first thing I noticed upon entering the kitchen was a suspicious smell. So I decided to investigate,” she reported. “Maybe for once, I thought, my hoomans will make a good thing and share with me. I was wrong on both fronts. Then they started passing me around the table as they usually do. Then the mom said, ‘I want to eat that with scallions.’ I thought, “I got to go! Because guess what was on the table? Some scallions. And guess what was next to it! A lizard. Me!”

### **BRAISED TOFU WITH EGGPLANT AND SHIITAKES**

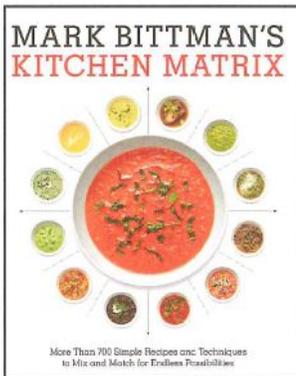


- 1/4 cup peanut oil or neutral oil, like grapeseed or corn
- 1 cup sliced shiitake caps (reserve stems for stock or discard)
- Salt and freshly ground black pepper
- 1 tablespoon chopped garlic
- 1 tablespoon peeled and minced fresh ginger (optional)
- 1-1/2 pounds eggplant, trimmed, cut into 1-1/2 inch chunks, and salted, rinsed, and dried if you like
- 1 tablespoon chile paste, or to taste (optional)
- 1/2 cup vegetable stock or water
- 2 tablespoons soy sauce
- 1 pound tofu, prepared by the methods [in cookbook] or simply blotted dry, cut into 3/4-inch cubes
- 1 tablespoon dark sesame oil for garnish (optional)
- Chopped fresh cilantro leaves for garnish (optional)
- 1 tablespoon toasted sesame seeds for garnish (optional)
- 2 tablespoons minced scallion for garnish (optional)

1. Put half the oil in a deep skillet or shallow saucepan over medium-high heat. When hot, add the shiitakes and some salt and pepper and cook, stirring occasionally, until the mushrooms are crisp, 5 to 10 minutes. Remove with a slotted spoon and set aside.
2. Add the remaining oil, and a few seconds later, the garlic and the ginger if you’re using it. As soon as it sizzles, add the eggplant. Cook, stirring every minute or so until the eggplant browns, 5 to 10 minutes. Add the chile paste if you’re using it, along with the stock. Stir, scraping the bottom of the pan if necessary to release any stuck bits of eggplant. Cook until the eggplant is really tender, 10 to 15 minutes more, adding a little more liquid if necessary (unlikely, but not impossible).
3. Stir in the soy sauce and tofu and cook, stirring occasionally, until the tofu is heated through, about 5 minutes. Stir in the reserved shiitakes and turn off the heat. Taste and adjust the seasoning, then garnish as you like and serve.

## New at the Library: Cookbooks

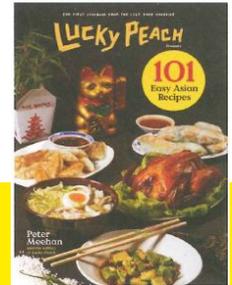
Breanna Salzsieder, Latah County Library District



*MARK BITTMAN'S KITCHEN MATRIX:  
MORE THAN 700 SIMPLE RECIPES AND TECHNIQUES TO MIX AND  
MATCH FOR ENDLESS POSSIBILITIES*  
BY MARK BITTMAN

Mark Bittman's Kitchen Matrix takes recipes down to their base elements and arranges them in a grid layout, showing the reader how making slight alterations can provide extremely different final products. Examples include recipes for basic cookie dough, or vegetable soup.

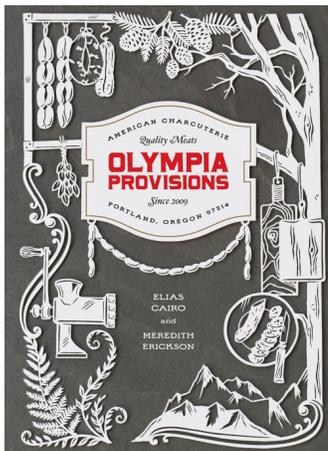
"This unconventional cookbook can help proficient cooks develop ideas for creating their own recipe variations." – Library Journal



## *LUCKY PEACH PRESENTS 101 EASY ASIAN RECIPES*

BY PETER MEEHAN AND THE EDITORS OF LUCKY PEACH

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



## *OLYMPIA PROVISIONS: CURED MEATS AND TALES FROM AN AMERICAN CHARCUTERIE*

BY ELIAS CAIRO AND MEREDITH ERICKSON

Cairo, cofounder and co-owner of Portland's Olympia Provisions, and Erickson delve into charcuterie in a way that is accessible to readers.

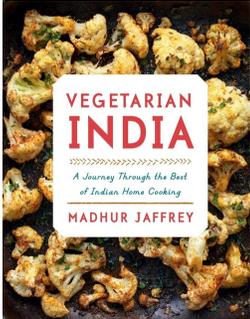
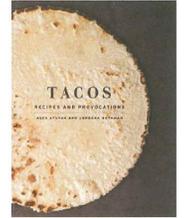
"With all the different styles of charcuterie then applied to different meals of the day, this book serves as a great basis for anyone interested in learning how the sausages are made and how to expand his or her meat palate."

– Publishers Weekly

## TACOS: RECIPES AND PROVOCATIONS

BY ALEX STUPAK AND JORDANA ROTHMAN

This book shifts the focus on the taco back to the tortilla, emphasizing the importance of a good tortilla to an excellent taco. The taco itself is still explored too, and the authors go beyond traditional recipes to more adventurous fillings, like fried oyster and wild spinach.



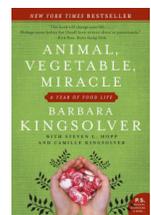
### VEGETARIAN INDIA:

*A JOURNEY THROUGH THE BEST OF INDIAN HOME COOKING*

BY MADHUR JAFFREY

This cookbook presents traditional Indian dishes using a vast array of photos that will encourage readers to take the extra step and try new things.

“Jaffrey's fresh compilation features extraordinary variety and achieves approachability without oversimplification. Highly recommended for vegetarians and Indian food enthusiasts.” – Library Journal



## December Book Club

*Animal, Vegetable, Miracle: Inspiring a Year of Local Food & Life*

Rachel Clark

Our Book Club members decided to celebrate the month of December with a beautiful treasured memoir: *Animal, Vegetable, Miracle: A Year of Food Life* by Barbara Kingsolver (with Steven Hopp and Camille Kingsolver).

Whether you've read it once already, or have yet to revel in this family's year of food and lyrical writing, please join us to read one of Kingsolver's most beloved books and a New York Times bestseller. It's the perfect "cozy up for a December read" since the narrative itself traces a year of their food journey, starting in early spring.

Kingsolver writes, "Our highest shopping goal was to get our food from so close to home, we'd know the person who grew it. Often that turned out to be ourselves as we learned to produce what we needed, starting with dirt, seeds, and enough knowledge to muddle through. Or starting with baby animals, and enough sense to refrain from naming them."

The New York Times said this upon the book's release in 2007: "There are many ways for a writer to tell you to eat your vegetables: earnestly, humorously, scientifically, self-righteously, instructively or so voluptuously that the page practically reeks of fertilizer. Barbara Kingsolver's way is both folksy and smart. While she is cogent and illuminating about serious matters of nutrition, Ms. Kingsolver also finds ways to convey what it's like to be showered with friends' plants as birthday gifts, regard a full supply of potatoes as 'homeland security,' and fend off the amorous attention of a lovesick turkey hen."

Please join us to discuss *Animal, Vegetable, Miracle: A Year of Food Life* (Harper Perennial, 2007) on Sunday, January 3 (to accommodate holiday travel), from 6 - 7:30 p.m. in the Co-op Cafe. Email [bookclub@moscowfood.coop](mailto:bookclub@moscowfood.coop) if you'd like to receive email reminders about the Good Food Book Club.

*Animal, Vegetable, Miracle* is available through your local library. If you are interested in buying the book, check out the area's local used bookstores 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 Co-op website at [www.moscowfood.coop](http://www.moscowfood.coop).

## 5 Family Volunteer/Service Ideas

Sarah Quallen

Volunteering as a family has the positive effect of developing a life-long commitment to volunteering and service. It's a shared experience that provides children (and adults) the opportunity to feel a part of a community, in part by showing children that they can make a positive difference in someone's life.

The winter holiday season is a good time to get started helping others, especially considering that the colder weather and holiday expenses brings ever greater difficulty to those who struggle financially. The holiday season is also a time of increased psychological hardship, often caused by financial stresses, but also because missing family can amplify feelings of loneliness. Ideally, however, the habits and traditions of volunteering during the holidays will extend beyond into the rest of the year.

1. For Christmas specific activities, invite your children to pick a tag off one of the area Christmas for Kids trees and buy a gift. I like to choose children the same age and gender as mine because it encourages my children to consider the different needs and situations of others like them. Depending on your own financial situation, you may choose to adopt a family rather than buy a present or two. Christmas for Kids also needs volunteers to wrap and deliver gifts, which I think would be an even more rewarding experience for families. For fur children, the Humane Society of the Palouse hosts a Christmas tree as well, and their website includes a list of items they're always in need of. Unlike Christmas for Kids, the humane society will take used items, from towels and blankets to boxes of laundry soap. Finally, to avoid the, "what do I get the person who owns everything" question is to shop at the Alternative Giving Market of the Palouse.

2. This is one of my favorite ideas, which may be more appropriate for older children and teenagers: clandestinely rake leaves or shovel the driveway and sidewalk of an elderly neighbor. Even better, get a large group of kids together and hit all the neighbors in need. Keep it up for an entire month.

3. Have children decorate a bag to fill with food bank donations, then fill the bag. Perhaps encourage them to pick their favorite non-perishable food items to include in the bag, but don't forget that things like toilet paper, sanitary napkins, and other non-food items are just as valuable (and also often left out of food bank donations, and accordingly are desperately needed). Consider foods that can be eaten without the benefit of a stove, because maybe there is no money for electricity, and include things like powdered milk, since lack of refrigeration is a reality for some. Also, if you're purchasing foods especially for the food bank, take into account the fact that many non-perishable items are high in sodium and sugar.

4. Since getting out-of-doors can sometimes be challenging, especially considering how busy children can be, check out Palouse-Clearwater Environmental Institute's (PCEI) Tuesday drop-in volunteer days. They have seasonal projects needing workers from 10:00-4:00 year round.

5. Finally, check with the Moscow Food Co-op to see what volunteer opportunities are available. They have regular gigs, but also frequently need volunteers to help with an event.

## Mamas & Papas: Dressing Your Kids for Winter Play (& More!)

Erin Rishling

It's cold outside! Time to think about dressing warmly for the cold weather.

For many of us who have lived in this area for years, dressing for the weather is instinctive, but for those coming from warmer climates or even considering dressing a baby for the first time, you want to get it right. Here's a quick list to help new parents who are dressing kiddos for the winter weather.

### Think Layers!

The American Academy of Pediatrics' rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions. A base layer is the first and closest to the skin, layer—ideally, a snug fitting, wool or quick drying synthetic fabric that can wick moisture and maintain a level of warmth when combined with a middle layer. The middle layer is the insulating layer that covers the base layer, often wool or fleece; depending on the intensity of weather, this layer can be repeated. The final layer, the outer layer, is the layer that protects your child from wind, snow, and rain—the waterproof layer that ideally provides room to move and space for layering. A snowsuit (jacket and pants combined) or bibs (overalls-type snow pants) are a good choice to keep snow from getting into the layers underneath.

### Think Toes, Fingers, Head, and Ears!

Cover up the extremities to reduce the chance of frostbite—mittens that extend up the arm (both to make them more difficult to remove and more difficult for snow to get to the fingers), a hat that covers the ears and has a Velcro strap for under the chin, wool socks, and waterproof/insulated boots.

### Think Extra Clothes!

It's always smart to have a bag with extra, dry clothes available—socks, pants, shirt, gloves/mittens. Just in case. Especially socks. In a pinch, an extra pair of socks can even be used as a pair of gloves.

### And Remember these Customer Favorites!

- **Weleda's Calendula Weather Protection Cream:** Great for anyone, adult or child, engaged in outdoor activities. From snowboarding and winter hiking to sledding and January trips to the playground, this product provides effective protection for the skin against wind and cold.
- **Baby Carrot's Borage Butter Eczema Cream:** Another product that was touted by Co-op staff and members as great for both adult and child dry skin, especially during the cold winter months.
- **Gaia Kids' Black Elderberry Syrup:** Many Co-op families use this product as both a preventative and a treatment for flu symptoms. (Note: There is little research to support this product as a preventative to the flu.)
- **Boiron's Chestal:** This is a very popular, homeopathic, multi-symptom formula that is popular for chest congestion. Because honey is one of the ingredients, there is a 2+ age recommendation on the label.
- **Natural Factors Vitamin D3 for Kids:** Vitamin D aids in the absorption of calcium and is synthesized by the body through adequate sun exposure and dietary sources like fish and eggs. These tasty little vitamins can provide a vitamin D boost for kiddos during winter months when it's more difficult to find quality time in the sunshine.



## Mamas and Papas Topics for December

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- December 7: Cooking with a Crockpot
- December 14: How to Manage the Holidays with Children
- December 21: Open Discussion. Family Check-in.  
Bring questions/topics that you would like to discuss
- December 28: Holiday—No Meeting

When: Mondays from 9:30 – 11 a.m.

Where: Uma Center (414 S Jefferson St, Moscow—corner of 5th and Jefferson)

Who: All interested participants are encouraged to attend!

Each Mamas and Papas Group Meeting features a speaker on a topic that is relevant to expectant parents or parents of children up to two years of age. Childcare assistance will be provided by Co-op volunteers during the meeting. The Co-op Outreach Team will be there with refreshments and samples. We hope to see you in December!

## Co-op Kids

Rebekka Boysen-Taylor

Help us enjoy the last month of 2015! We have activities planned that appeal to a wide age range since older siblings will be out of school over Winter Break. We're especially excited about our December 15th activity: we will be making cards to share with people in our community—think of community helpers, shop owners, and elders who would love a handmade greeting. Feel free to bring the whole family along!

- Dec 1 Snowflakes
- Dec 8 Peppermint Hot Cocoa Mix
- Dec 15 Community Card Making
- Dec 22 Lantern Making (bring along a small jar for each child if you have one)
- Dec 29 New Year's Eve Party—tiny treats and hat making

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

*Rebekka Boysen-Taylor is a teacher, writer and mama here in Moscow.*

## Staff Profile: Sierra Valentine

Naomi Brownson



There's a new face behind the Co-op Deli counter: Sierra Valentine, who began working as a Deli Server here in late October.

But Sierra, a Moscow native, has been shopping and gathering at the Co-op all her life; in fact, she says she grew up here. After two years working for Family Promise's homeless shelter, Sierra was looking for a change of occupation. When I asked her why she sought work at the Co-op, she replied, "Because it's awesome!"

In fact, Sierra's desire to work here was so strong, she applied for three separate positions. "You have to be an awesome person to work here. Co-op employees are very high caliber: hard working, loyal, and great at customer service," she told me.

Sierra says she has already learned a great deal from her co-workers, whom she describes as self-motivated, knowledgeable, and always willing to help her learn her job. "It's a real team here. Everybody wants to help each other out," Sierra said, adding that her eight-hour shifts go by in the blink of an eye, because she so enjoys the interaction with her co-workers and with Co-op customers.

Sierra lives in Moscow with her boyfriend, her two-and-a-half-year-old daughter, Scarlet, six chickens, three cats and a bunny named Sir Eli Bunny Foo Foo, also known as Sir Hops A Lot. Sierra's mother and brother also live in town. I asked Sierra about her hobbies and interests. She said she intends to continue volunteering for Family Promise, coordinating other volunteers there for the Unitarian Church. Sierra also loves taking contemporary and belly dance lessons at the Spectrum studio.

In addition, she enjoys taking things apart and putting them back together again, a skill that comes in handy in maintaining the duplex she and her brother own in town. Sierra also uses her building skills to grow what she calls her "aspiring tiny urban farm." Raising her own food brings her a great sense of accomplishment and gratitude. "I want to be as close to my food as possible," she told me.

She collects and eats her hens' eggs, and she processes the roosters she gets from local sources. "If I can't get close enough to do it myself, then I shouldn't be eating it," she said, adding that one notable exception is General Tsao's Chicken. Sierra's future goal is to raise 80 percent of her food herself. She plans to partner with Backyard Harvest next summer. What else does this superwoman do?

"I'm learning to play guitar and piano. And also procrastinating." This writer has a hard time believing that last statement.

*Naomi's son, Ben, wants to meet Sir Hops A Lot.*

# Community Events

## Alternative Giving Market is open

Moscow's Alternative Giving Market seeks to give residents around the Palouse meaningful alternatives to holiday gift giving and opportunities to support local nonprofits.

Every year the AGMP offers opportunities for creative, sustainable and heartfelt holiday giving. This year 32 nonprofits offer 160 gifts in the form of donations that help them provide services that make the Palouse a wonderful place to live. For every donation you make, you receive a card to send to a loved one as a meaningful holiday gift. For just \$5 you could purchase a meal for a homeless child, nails to help build a home for someone in need, carrots and plums for families at local food banks, tutoring support for a disabled veteran, a sea turtle released into the ocean by high school students studying conservation in Mexico, bike maintenance tools for African villagers, and much more. Your loved ones will surely appreciate gifts like these!

The market dates and locations are:

- Nov. 27: online giving open for Alternative Giving Market of the Palouse. [agmpalouse.org](http://agmpalouse.org)
- Dec. 3: 4 - 8 pm at the 1912 Center
- Dec. 5: 10 am – 2 pm at the 1912 Center Winter Market
- Dec. 5: noon – 5 pm at Palouse Mall
- Dec. 12: 10 am – 2 pm at the 1912 Center Winter Market
- Dec 12: noon – 5 pm at Palouse Mall
- Dec 12: AGMP online giving closes



## Palouse Cares Marks 10th Anniversary With Annual Food Drive and Auctions

### Community Article

On Saturday, December 5, 2015 hundreds of volunteers will visit neighborhoods throughout the Palouse, knocking on doors and asking for donations of food and personal care items for local food banks.

The annual Palouse Cares Food Drive and Auctions, the area's largest annual food drive, brings together 16 local communities committed to helping end hunger on the Palouse. Those wanting to volunteer can show up by 8:30 a.m. on December 5 at the following locations:

At 11 a.m., silent auctions get under way at Real Life - Eastside Marketplace in Moscow and Zeppoz in Pullman. Live auctions begin at 12 p.m. in Moscow and 1 p.m. in Pullman. Food, baked goods, music, and fundraising games will also be part of the activities. All donations to the food drive and proceeds from the auctions benefit local food banks and non-profit organizations. Volunteers are still needed. For more information about volunteering and donating auction items, please contact Rick Minard, Palouse Cares board president, at (208) 310-1745 and [rminard@mbpspbs.com](mailto:rminard@mbpspbs.com) or visit <http://palousecares.org/> and <https://www.facebook.com/PalouseCares>

### Idaho

- Moscow – Real Life at Eastside Marketplace
- Potlatch – City Hall
- Troy – Umpqua Bank
- Genesee – Genesee Food Center
- Kendrick/Juliaetta – J-K Food Bank
- Deary/Bovill – Old Deary Fire Station

### Washington

- Pullman - Zeppoz
- Colfax – Colfax Food Pantry
- Palouse – McLeod's Palouse Market
- Albion – Albion Food Bank
- Garfield – Ladow Grange
- Colton/Uniontown – Colton Post Office
- Rosalia – Rosalia Food Pantry

## 30 - 30 - 30 opens Dec. 3

### *Community Article*

The City of Moscow Arts Commission is pleased to announce the newest exhibit at the Third Street Gallery titled “30 • 30 • 30”.

The 30 • 30 • 30 exhibit showcases the works of 30 artists who each created 30 works in a 30 day timeframe. Each work is offered for sale at \$30 plus 6% sales tax. All 900 original works of art were created on 6”x6” canvas panels and feature a broad range of mediums, including: photography, painting, mixed media, drawing, fiber art, and so much more.

Sneak Peeks of the exhibit will take place on December 3, 2015 (noon – 7 p.m.) and December 4, 2015 (8 a.m. – 3 p.m.). The One Day Sale will be on December 4, 2015 (4:05 – 7 p.m.).

Refreshments, a no host bar, and live music will be provided. Artists participating are: Alexandra Brizee, Ann Saberi, Annie Patterson, Bonnie Griffith, Dana Aldis, David Scott, Eija Sumner, Elizabeth Sloan, Hannah Ray Lambert, Jael Wight, James “Pete” Amell, Jennifer Rod, Jenny Bowles, Joshua Hust, Judith Marvin, Julene Ewert, Julie A Coyle, Laurel Macdonald, Ludmilla P Saskova, Lynette Smith, Marisa Gibler, Martha McIver, Michelle Carrier, Rachael Eastman, Rose Graham, Sandi Worthington, Saula Finau, Jr., Susan Kilgore, Susan E. J. White, and Thea Belec.

The Third Street Gallery is located on the second and third floors of Moscow City Hall at 206 East Third Street Moscow, ID. Gallery hours are Monday thru Friday 8 a.m. – 5 p.m.

## Palouse Choral Society Performs Messiah Highlights, Debuts Children's Choir

Karen Weathermon, PCS member

### *Community Article*

The Palouse Choral Society will present Messiah highlights and other seasonal favorites at Uniontown’s historic St. Boniface Catholic Church on Friday, December 4, at 7:30 pm and on Sunday, December 6, at 4 p.m.

The Messiah highlights will feature the Palouse Choral Society Festival Orchestra as well as soloists Lynette Pfund, Christopher Pfund, and Steven Mortier. The concert will also mark the debut performance by the new Palouse Choral Society Children’s Choir conducted by Claire Murphy.

The Palouse Choral Society is composed of singers from across the Inland Northwest, with Artistic and Music Director Michael Murphy. Tickets for the performance are \$15 for adults and \$8 for students. Children 12 and under are always free. Blocks of four tickets for any concert are \$48. Advance tickets may be purchased at [www.palousechoralsociety.org](http://www.palousechoralsociety.org) and may also be available at the door. Please check the website for ticket availability the day of the concert.

## EVENT SUBMISSIONS

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 15th of the month will be considered for the following month's online issue, published on the 1st. Space is limited.