



Board Applications Due January 8

Please enjoy our January 2016 issue of Community News! Written by Co-op volunteers, this issue includes 5 ways to hunker down and enjoy the season, the latest food-related fiction and nonfiction from the library, and a profile on the Co-op featured artist this month.

Hard copies of the online newsletter are available at the bulletin board in the front of the store. Also, check out our Community Calendar for events and programs at the store and in the broader community.

What's the Buzz?
"What is Your Favorite Way To Warm Up On A Cold Winter Day?"
 Asked by Ashley Fiedler, Volunteer, December 14, 2015



"By the fire with hot chocolate."
Jessica Drollette, Troy, Health Coach



"A cup of hot chocolate and warm socks."
Brynn Penner, Moscow, UI Student



"Brew Roobios tea with tumeric, cayenne, ginger, cinnamon and sit by the fire."
Toni Salerno-Baird, Troy, Sacred Green Cleaning



"Get on the ski hill. My favorite is Lookout because I grew up skiing and boarding there."
Kadie Blank, Moscow, UI Student



"Put on comfy clothes and set the mood by lighting candles and watching a movie."
Ally Litz, Moscow, UI Student



"Snuggle up with my hot new wife."
Zack Salerno-Baird, Troy, Sacred Green Cleaning

Community Event: Palouse Choral Society Presents the Chamber Choir

The Palouse Choral Society is proud to present Northern Exposure, a performance by its ensemble group, The Chamber Choir, under the direction of Dr. Michael Murphy. The concert will be held on Sunday, February 14, 2016 at 4 p.m. in the Haddock Concert Hall at the University of Idaho Lionel Hampton School of Music Building and will feature choral music written by Northwest Composers. Among these composers, all of whom have a connection to the Pacific Northwest, are Morten Lauridsen, who was born in Colfax, WA, Charles Argersinger, who taught at WSU for a number of years, and Daniel Gawthrop, a popular choral composer who has had a number of his works performed on the Palouse. Seattle composers Eric Lane Barnes, Karen Thomas, and John Muehleisen will also be represented on the program, as well as a work by choral composer and arranger Clyde Thompson from Central Oregon.

A wide range of musical topics will be explored in this concert, including madrigals, a Kyrie, a folk tune, and a song entitled "Eat Your Vegetables!" This presentation will engage the audience with lively and contemplative texts in a polished performance by an exceptionally fine choral ensemble made up of singers from the quad cities.

Tickets for the concert are available on-line at: www.palousechoralsociety.org/buy-tickets or at the door. Cost is \$15 for adults, \$8 for students, and free for children 12 and under. Block tickets of 4 may be purchased for \$48. For more information about the concert, please contact Janice O'Toole at: palousechoralsociety@gmail.com

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Staff Picks

Ivy Dickinson, Volunteer Newsletter Writer



Dillon Heath

The first staff-person I spoke with was **Dillon Heath**, who has been working at the Co-op as a Wellness Specialist for about a month. For his pick, Dillon chose the **Bee House ceramic butter dish** that can be found in the Wellness Department alongside other dishes and kitchenware.

Dillon selected his pick with the holidays in mind because he thinks these would make an excellent gift for any occasion. He says that he really loves the butter dishes because they are very fine quality and just feel sturdy. They come in an array of colors, and have a nifty spreader knife that has its own slot to rest in underneath the top cover. It will allow you to keep your butter soft and spreadable, while preventing any household pets from helping themselves to a lick or two.

Bee House Ceramics has been creating products since 1974 under their motto “good looking, good feel, and very useful.” Bee House products are always made in Japan with the care and attention of Zero Japan Studio ceramicists. The art of producing ceramic ware in Japan is a much honored craft, and Zero Japan designers take pride in creating timeless designs that are created through the blending of traditional skills with modern techniques. Like many of the Bee House products, the butter dish has a timeless, clean, retro look that would look great in most kitchens.



Matthew McConnell

The next staff person I spoke with was **Matthew McConnell**, who has been working at the Co-op as a Grocery Stocker for three months. Matthew's recommendation is the **Nature's Path Heritage Flakes cereal**. Matthew said he chose the cereal as his pick this month because he feels it is a product that is relatively healthy and just tastes good. He loves the crunchy texture of the flakes, and says they don't get soggy too fast (a prerequisite for any good cereal). Matthew likes that they come in a very large bag and says the heritage flakes make a great dinner in a pinch, and even occasionally on purpose.

Nature's Path is a well-known, family-owned natural foods company that has been around for over 30 years. Arran Stephens and his wife, Ratana, founded the company in 1985 after a relatively unsuccessful attempt at starting a natural food supermarket

called Lifestream. Nature's Path Foods went from a small shop being run out of the back of their vegetarian restaurant to being North America's largest organic breakfast foods company, employing hundreds of people in their Washington and Wisconsin facilities, and at their 3,000-acre cooperative organic farm in Canada.

Arran is a self-described artist, entrepreneur, writer, ecology advocate farmer, volunteer, and meditation practitioner, and his stated goal is to produce healthy sustainable products for his customers. He is also one of the founding members of the Non-GMO Project, which is a non-profit organization offering North America's only third party verification and labeling for non-GMO (genetically modified organism) food and products.

Heritage Flakes is described as a “special blend of ancient grains, including wheat, barley, quinoa, and spelt” that is sweetened with honey and evaporated cane juice. With 17 grams of whole grains, 4 grams of protein, and 5 grams of fiber per serving, Heritage Flakes packs a nutritional punch to get your morning started off right.

Co-op Business Partner Profile

Buffalo Girl Productions

Terri Schmidt, Co-op Volunteer Writer



Ludmilla Saskova

Buffalo Girl Productions is owned and operated by Ludmilla Saskova. Ludmilla does web design, graphic design, multimedia and social media productions. She also designs printed public relations materials, business cards, and brochures. Ludmilla is an artist with a talent for design, and she partners with Robert Dickow, who does the programming.

Buffalo Girl Productions mostly undertakes projects for small businesses, and Ludmilla especially enjoys creating websites for artists and non-profits. For several years she was the much-appreciated webmaster for the Moscow Food Co-op. Her business also takes on bigger accounts, like the Idaho Commission on the Arts. Ludmilla likes the fact that her business allows her to be creative and challenged at the same time. Math is her hobby, art and design her profession.

Buffalo Girl Productions has won awards for its work. The University of Idaho Press Club awarded the business first place in the website category. Buffalo Girl Productions also won a first place gold and a silver award for electronic publications from the Association for Communication Excellence.

She made two films in Moscow that are posted on Vimeo. One is a dramatic film called “Children of the Wind” (<https://vimeo.com/122997811>) and the other is a documentary on Cowgirl Chocolates owner Marilyn Lysohir and her art (<https://vimeo.com/122994725>). If you check the Buffalo Girl Productions website www.buffalogirlsproductions.com you can see portfolios of some of the websites Ludmilla has designed and snippets of some films she created.

Ludmilla grew up in Prague and eventually made her way to Los Angeles. At some point she decided she wanted to live in the country and moved to this area over 20 years ago. She has a home in the “suburbs of Deary.” She still travels to Prague and Los Angeles for visits. Last fall she went to Prague for a high school reunion. Recently she had friends from Prague visit Idaho and spend some time with her. They took a fun and adventurous road trip to Los Angeles. Visiting L.A. made Ludmilla realize that she misses the art scene and her friends who still live there.

Much as she may miss L.A., Ludmilla still finds much pleasure in her home outside of Deary. She enjoys the company of her sheep, chickens, dog and cat. She raises sheep organically and harvests the wool to make yarn. She then knits natural wool items. In addition she enjoys creating art, photography, oil paintings, and collages. She has a booth at the Winter Market, held in the 1912 Center, where she sells her lovely creations.

Ludmilla has one son, Tonda, who lives in Moscow and has his own business – Backcountry Lark, an outdoor equipment store on Main Street in Moscow.

To learn more about Ludmilla and her designs, check out her cards, notebooks, and collections on www.buffalogirlsdesign.com and her Facebook page: www.facebook.com/buffalogirlsdesign

Art at the Co-op: Traci Haselhuhn

Annie Hubble, Art at the Co-op Coordinator

We are very happy to have the art of Traci Haselhuhn on our art wall in January. Her show will open on **Friday January 8th**, with a chance to meet the artist **between 5:30 pm and 7 pm**.

Traci has worked at the Co-op for quite a few years and is at the moment Assistant Service Manager in the deli. I love discovering the many talents of our staff, and Traci is very talented. She has had shows before at the Co-op and her art always impresses and intrigues me.



T. Haselhuhn

Traci, who lives in Moscow with her son, Joey, has been an artist her whole life. She graduated from University of Idaho with an Art Education degree. She explains that her art comes from her very lucid and vivid dreaming space that “allows my imagination to run wild.” She also says that she loves “the challenge and forethought that go into the process.”

Traci writes, “Just like life, art isn't about the end product, but the journey it took you on to get there.” Come and see the show opening on the evening of Friday January 8th, and you will have the chance to see the end product in her beautiful creations and the opportunity to ask Traci about the process. I am excited to see Traci's new art. I am sure you will also enjoy it. The show will continue through Wednesday February 10th.

BUFFALO GIRL PRODUCTIONS 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 Buffalo Girl Productions, Co-op members receive a free domain name for first year and 10% discount on web or graphic design.
- Buffalo Girl Productions can be contacted at 208-882-0889; buffalogirlsproductions.com; design@moscow.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.

Dime in Time: Community Action Center Food Bank Garden Program

Joe Astorino, Community Action Center Crop Manager



It's that time of year when gardeners begin looking at seed catalogues again. Why not match some new cooking skills and recipes with those dreams of spring groundbreaking? Community Action Center's Food Bank Garden is doing just that starting this month.

To fulfill our mission of education and cultivation, and with support from the Moscow Food Co-Op's Dime in Time Program, the garden program at the food bank is hosting free once-a-month cooking and gardening workshops. We plan on holding workshops during several food distribution days, demonstrating skills such as how to make your own salad dressings while also creating a space where recipes can be created and shared by members of our community.

Last year, we had great success teaching children about seeds, compost, and health, and now we are ready to start it all again! When the season ended, we gathered up items to make fall smoothies to celebrate a great round of playing in the garden. The children loved measuring out the ingredients and tasting the cranberries and apples. They were a little hesitant about putting "lettuce" (fresh spinach from the garden) in the blender, but were convinced by the taste test at the end!

It was the fun and excitement from this cooking experience that will carry us all into a new year and a new chance to learn skills and build community food security together!

Burning Down the House: *Rebar Modern Food Cookbook*

Audrey Alsterberg and Wanda Urbanowicz.

Rebar Modern Food Cookbook. Victoria, British Columbia

Big Ideas Publishing Inc., 2001

Judy Sobeloff, Co-op Volunteer Writer

This month's cookbook, *Rebar*, was suggested by Carol Spurling, owner of BookPeople and former Co-op outreach and education coordinator. She had visited Victoria, B.C. a few years ago and ended up eating at *Rebar* the restaurant — two meals a day for her entire two-week trip.

Carol's description of the restaurant made me want to eat at *Rebar* rather than cook from its cookbook, too, but a trip to Victoria didn't seem imminent.

Though the recipes seemed to me at first glance to contain a few too many steps and complicated ingredients, J.K., 14, was completely gung-ho. At first, anyway—read on.

To my surprise, the first recipe she chose was Baked Tofu Three Ways, which was three different baked tofu recipes on one page. Since we had a potluck to go to pretty much immediately and no idea of what to bring, we went with Baked Sesame Tofu, the simplest and seemingly most boring one. Which turned out to be just right, maybe what we'll bring to every potluck in 2016. It was super easy to make—basically just tofu with sesame oil and tamari and pepper—and so tasty that even J.K.'s younger brother, who normally refuses to eat tofu, said, "Yeah, it's pretty good." It was so easy that J.K. decided to toast some sesame seeds in a dry pan on the stove and sprinkle them on top for an extra flourish.

The next night J.K. decided to make spinach linguine with artichoke hearts and sundried tomato salsa, which we also all really liked. Though the kids didn't like the sun-dried tomatoes, the adults particularly did.

Burning Down the House (continued)

J.K. started making apple Danish squares that same night, but while mixing together the ingredients for the crust she became so vehement about not finishing that we made a detour to QuickCare, whereupon she was diagnosed with strep throat. While she recovered I made the Ancho Chili Lime Marinade baked tofu recipe, which was also surprisingly good, though slightly more time-consuming than the sesame one.

Meanwhile, the crust from the apple Danish, which J.K. still didn't want to make, was calling to us from the fridge. The Co-op sells organic vegetable shortening, and she had used gluten-free flour at my request, which contributed to the process being "messy and frustrating" and the crust looking "really ugly." We joined forces, certain that it would have been better to simply pour some brown sugar, lemon juice, and cinnamon on apple slices (the first part of the recipe) and bake them and call it a day—but when J.K. took a bite of the final product, she looked pleasantly shocked. We all thought it tasted much better than expected, and would have been even better if made with regular flour, as the recipe called for.

Ollie, our bearded dragon, had been trying throughout this episode to hibernate in our kitchen, but she joined us at the table long enough to announce that the food looked surprisingly good to her, too, but that of course she's not allowed to have any, and then she went to sleep.

I felt eager to try some more of the recipes—or rather, for J.K. to make them. As far as Rebar's smallish downsides, the recipes don't say how long they take and some of the steps can be a little unclear. Some of the ingredients are unfamiliar, such as sambal oelek, but because we're by no means purists, we were able to take shortcuts and make substitutions, which made the whole enterprise really doable and appealing.

So, was it worth it to buy this cookbook? I asked J.K. "We've already made three recipes from it," she said. "We haven't made three recipes from a lot of those other cookbooks," she added, pointing at our shelf of cookbooks above the stove. I'm sure we'll make more.

Spinach Linguine with Artichoke Hearts and Sundried Tomato Salsa

1/2 cup Kalamata olives, pitted and chopped	3 tablespoons capers
3 cups marinated artichoke hearts	4 garlic cloves, minced
1/2 cup chopped basil	1/4 cup chopped Italian parsley
1 tablespoon balsamic vinegar	2 tablespoons extra virgin olive oil
1/4 teaspoon salt	1 teaspoon cracked pepper
1/2 teaspoon red chili flakes	1 pound spinach linguini
Parmesan cheese for garnish	4 small tomatoes, diced



1. Bring a large pot of water to boil for the pasta. Scoop out a cup or two of the hot water and use it to soak the sundried tomatoes in a bowl for 15 minutes. Drain, reserve the soaking liquid and slice the soaked tomatoes.
2. In a medium bowl, combine the sundried tomatoes, olives, capers, artichoke hearts, garlic and herbs. Season with balsamic vinegar, olive oil, salt, pepper and chili flakes.
3. While the pasta is cooking, gently heat the salsa mixture in a saucepan just enough to heat it through. If it starts to stick to the pan, add some of the reserved sundried tomato water. Keep warm. Drain pasta and toss with the salsa until well mixed. Serve topped with grated cheese and chopped fresh tomatoes.

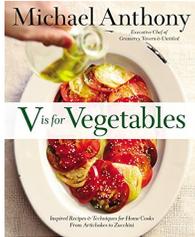
New at the Library

Breanna Salzsieder, Latah County Library District

COOKBOOKS

Mastering Sauces: The Home Cook's Guide to New Techniques for Fresh Flavors By Susan Volland

This book is perfect for anyone looking to learn how to navigate making sauces. Volland walks readers through the vocabulary, tools, and ingredients required for the different sauce recipes in the book, offering valuable tips along the way. "This book should be added to the list of necessary equipment for making sauces, right after the whisk and the double boiler." – Publishers Weekly



V is for Vegetables: Inspired Recipes & Techniques for Home Cooks from Artichokes to Zucchini

by Michael Anthony and Dorothy Kalins

A cookbook for people looking to make vegetables a larger part of their diet, V is for Vegetables takes readily available ingredients and shows readers how they can easily be made into appealing dishes. Lesser known vegetables are made approachable with clear explanations and photo guides.

The Hot Bread Kitchen Cookbook: Artisanal Baking from Around the World by Jessamyn Waldman Rodriguez and Julia Turshen

Rodriguez is the founder of Hot Bread Kitchen, a bakery in New York that provides food industry jobs and training to low-income minority women. This cookbook collects the bakery's most popular recipes, which come from over 20 different countries. "Alongside the recipes, Rodriguez showcases the inspiring stories of employees and graduates of Hot Bread Kitchen's training program, many of whom share family dishes to serve alongside the breads of their ethnic heritage." – Library Journal

OTHER NONFICTION



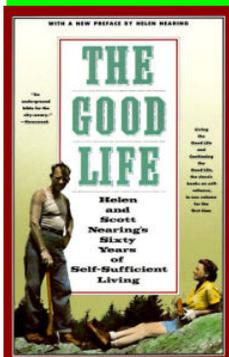
First Bite: How We Learn to Eat by Bee Wilson

A look at how our childhood and early experiences with food can lead to eating disorders and other consumption habits. "Discussing everything from adults with stringent eating patterns to gendered weight misperceptions and changes in cultural norms, Wilson delineates how diets develop and, more importantly, how to make healthy modifications." – Publishers Weekly

The Hidden Half of Nature: The Microbial Roots of Life and Health by David R. Montgomery and Anne Bikle

This book covers the importance of microbes, starting with the authors' restoration of their desolate backyard garden through microbes within the human body. "The authors ably help lay readers knit together the multiple threads of this complex and intriguing story, and a glossary provides a solid a foundation when grappling with unfamiliar terms such as "commensal" or dysbiosis." A must-read for avid gardeners, those interested in bolstering our precarious food supply, or anyone remotely concerned about their health and the soil under their feet." – Kirkus

**Good Food Book Club January and beyond –
Inspiring a New Era and Reviving *The Good Life: Another Look at the Nearings*
Rachel Clark, Good Food Book Club Volunteer Coordinator**



Happy New Year! And welcome to a new era. As I write, on December 13th, 2015, 200 countries around the world have just adopted the strongest, most crucial climate agreement in history. It may well prove to be the most important agreement ever made.

It's not enough, but it's a window. You can find details on the epic decisions made at the Paris Climate Summit elsewhere in the global and national press, but for now, it's a New Year celebration of special note to the Good Food Book Club. Here's why:

Our readings and discussions in the Book Club for the last few years have been tinged with an urgency and a hunger for something much bigger than simply "Good Food." Our reading has made it abundantly clear that to have "Good Food," we must have a "Good Food Culture and System," as in a culture and system that is restorative, non-toxic, based on principles of justice and solidarity of people and the environment, sustainable, diverse, and more. We've discussed myriad ways this is unfolding: from small organic farmers who cell CSAs, to urban pioneers growing tons of food in vacant lots, to the rising flood of backyard growers who harvest most of their own food in tiny parcels, to permaculture and how its visionary approach dovetails with all of the above. And we've seen the problems and challenges that continue to threaten people's health, ecological resilience, world ecosystems, and human dignity.

But now, with the historic Paris Climate Agreements, we have a principled guidepost and global synchronization to unfold those "Good Food Cultures and Systems" for the immediate future. In short: our book club choices matter. They matter in the same way that it mattered how people approached their daily lives during the WW2 scale mobilization. And now, thousands of people at home and around the world are essentially enacting a similar "Climate Mobilization," to respond to this emerging global hunger for a universally sustainable, equitable, harmonious, stable human culture that supports "good food and good life." The Paris agreement is not enough though. As a local community, we can—and in many ways as a cooperative community, are beholden to—align our readings with the uprising of related restorative work locally, and around the world.

To that end, we'll start 2016 with the landmark quest by Helen and Scott Nearing to live a "good life" growing their own food, living close to the land, and creating resilience, all from within the larger American capitalist, consumer culture. In many ways, they launched what we now know as the powerful new and emerging good (local, sustainable, organic, etc.) food movement, a smaller piece of something far bigger.

Some are now calling this era The Great Transition, and food co-ops and the farmers and community they support are integral to this transition. Then we'll read books and memoirs over the coming months that align with and explore the Great Transition now underway locally and globally. Along the way we'll discuss common themes and explore how each book inspires transformative action or helps to define this emerging era.

Please join us to discuss *The Good Life: Helen and Scott Nearing's Sixty Years of Self-Sufficient Living* by Helen and Scott Nearing on **Wednesday, February 3** (to accommodate a travel conflict) **from 6:00-7:30 pm** at the Moscow Food Co-op. Remember to email bookclub@moscowfood.coop to receive email reminders about the Good Food Book Club. *The Good Life* 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 Book People 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.

Continued on page 14

Five Ways to Hunker Down this Winter

Sarah Quallen, Co-op Volunteer Writer

I have been reading a lot about Iceland lately, thanks to friends on Facebook posting articles and pictures and the fact that my husband is actively hunting jobs outside of the country.

Apparently, the people of Iceland are some of the happiest people in the world, despite their latitude, despite their lack of sunlight in the winter, and despite the cold and snowy days. One of the biggest reasons for their happiness, it seems, is that they know – truly and completely – how to hunker down: they are big, big fans of hot chocolate. In an attempt to move past the winter humdrums, I propose even more hunkering down.

1. **Read a book (or two or twenty).** Make it more social by joining a book club, or read the same book as a friend and discuss. Though providing suggestions for every type of reader is challenging, I will list a few of my favorites. Non-Fiction: *The End of Night* by Paul Bogard is a wonderful and interesting read about our relationship with darkness and how our experiences with darkness are waning. Fiction: You think *Gone Girl* was good? Try *Into the Woods* by Tim O'Brien; it's even better. YA: For a fun twist on the classic fairy tales *Little Red Riding Hood*, *Cinderella*, *Rapunzel*, and *Snow White*, check out *The Lunar Chronicles* by Marissa Meyer.
2. **Have a Netflix/Amazon Prime/HBOGO marathon.** If you have a twisted sense of humor, *Catastrophe* on Amazon Prime is one of the funniest things I have seen in decades. Snorted milk funny. Netflix's original series *The Fall* is dark and disturbing, but it is incredibly well performed. Plus, the lead character, played by Gillian Anderson of *X-Files* fame, doesn't cow to feminine expectations. *Jessica Jones*, also on Netflix, has a similar tone with a supernatural theme. And for a smart, funny, and occasionally depressing program on HBOGO, check out *The Newsroom*, starring Jeff Daniels.
3. **Get into a game night routine.** Or, as my husband and I do, make game night every night. There are several game stores in town to help you get out of the Mattel and Hasbro funk: Hodgins's basement, Safari Pearl, and for a more specific war-gaming atmosphere check out Strategy and Games. Some fabulous cooperative games are *Pandemic*, *Sentinels of the Multiverse*, *Forbidden Island* (great for beginners to cooperative games and for families), and *Forbidden Desert*; an excellent 1-2 person cooperative game is *Onirim*. For the more competitive types try *Ticket to Ride*, *Mysterium* (both competitive and cooperative), and *Settlers of Catan*. Safari Pearl has a room where you can try out some of their games before buying.
4. **Enjoy homemade soup and bread.** Winter always makes me want soup and homemade bread. Fortunately, I've recently discovered a wonderful soup cookbook with a variety of interesting and tasty soups, such as Southwestern Pumpkin soup and Moroccan Lentil soup: *S.O.U.P.S.: Seattle's Own Undeniably Perfect Soups* by Michael Congdon. My husband has taken to baking bread, so there has been a perfect confluence of events in my home. The Moscow Food Co-op also has recipes of its own available online, in *Rooted*, and during Tasteful Thursdays. [Editor's note: see *New at the Library* for *The Hot Bread Kitchen* cookbook.]
5. **Throw a food exchange party.** Though a cookie exchange is a popular pre-holiday activity, it's not necessary to limit the exchange to cookies. Try a soup exchange (are you seeing a theme here?), a casserole exchange, or a prepared crockpot freezer meal exchange. If you've never attended an exchange, they usually include a specific number of items (for instance, 6 quarts of soup) packaged for freezing, and recipes, with snacks and drinks provided during the exchange. An attendant arrives with 6 quarts of the same soup and leaves with 6 different quarts of soup along with a recipe for each.

However you choose to hunker down this winter, hunker down with all your might. And drink lots of hot chocolate.

Company Profile: Namaste Foods

Amy Newsome

Several years ago I tried a sample of a brownie at the Moscow Food Co-op. My first thoughts were: "This is just a delicious, moist, super-chocolatey brownie – what is it doing at a health food store? It must be missing something, but it doesn't taste like it's missing anything." Then the woman providing the samples told me it was "gluten-free," a term I had not yet heard of.

Fast forward several years and it seems I can't go a day without hearing or seeing the term. Namaste Foods has continued to create foods that are not only gluten free but are also free of wheat, corn, soy, potato, dairy, casein, peanuts, and tree nuts – and they still don't taste like they're missing anything. They also don't use any genetically modified ingredients in their products.

It all began in late 1999, when a friend of Coeur d'Alene mom Daphne Taylor shared her disappointment that she and her preschool son had to be excluded from sharing in special treats due to Celiac Disease. Daphne thought it would be a fun challenge to try to make a delectable treat that could be eaten by her friend and her friend's son. So she did a bit of research and decided to make a Celiac-friendly brownie. Her very first recipe turned out perfectly and it is the same recipe Namaste Foods uses today. Soon thereafter, Daphne's 9 year-old-son was diagnosed with Asperger's Syndrome. While researching his disorder, she ran across information that said some children on the Autism spectrum benefit from a diet free of gluten and casein. This kicked her interest in modifying common foods into high gear and in 2000 she founded Namaste Foods. Daphne now employs 16 women who all work from their homes.

Because Daphne likes to give back to the people who have helped her business become so successful, Namaste Foods donates regularly to the Celiac Sprue Association, Gluten Intolerance Group, Food Allergy & Anaphylaxis Network, and several others. And since her business grew out of just wanting to help a friend in need, she allows one employee a month to select any non-profit organization that is near and dear to their hearts for a donation from Namaste Foods.

The Moscow Food Co-op continues to carry the Brownie Mix that I first tasted so many years ago, as well as Namaste Foods' Waffle and Pancake Mix, Spice Cake, Bread Mix, Perfect Flour Blend, and most recently their Sugar-Free Muffin Mix. Kerry Morsek, the Co-op's Merchandising Manager, tells me they'll start carrying even more of their products soon!



Namaste Foods Company Snapshot

Founded in 2000
Headquartered in Coeur d'Alene, Idaho
Certified Gluten-free and Kosher
Production facility rated "Superior" by AIB
International Baking Auditors

Information from this article and more can be found at:
www.namastefoods.com

Amy Newsome loves that the Co-op is now carrying Namaste's Sugar-Free Muffin Mix, which can be used as a base for any flavored muffin. She thinks a cranberry orange muffin would be perfect for this time of year.

Transforming Mamas & Papas

Misty Amarena, Education and Outreach Coordinator

The Co-op is proud of our diverse offerings of programs that strive to provide resources for and camaraderie among members of our community. Among our programs has been the Mamas + Papas group, which has been around for quite some time and has taken many shapes and forms; moved meeting days, times, and places; and served different needs throughout the years.

After outgrowing our space in the Co-op deli we have worked with various community partners to host the program, such as the 1912 Center, BookPeople, and the Uma Center and are very grateful for the relationships that have been built. The longevity of this program would not have been possible without the remarkable volunteers that have worked so hard to make this program happen through the years – a big thank you to all of our participating owners that make ALL of our programs possible!

Starting in January 2016 we will be, once again, transforming our efforts to best support expecting and current parents on the Palouse. Weekly meetings weren't feasible for many parents and meeting during the day wasn't accessible for many working parents in our area. In order to eliminate these barriers we have decided it is best to replace weekly morning Mamas + Papas meetings with a variety of classes and guest lecturers each month. These classes will be offered both during the day as well as evenings and/or weekends on a variety of topics, including those typically covered in Mamas + Papas like breastfeeding, sleep, diet & nutrition, and child development.

Mamas + Papas was created to provide the resources parents on the Palouse need the most and has been a great tool for responding to the needs of our community in flexible ways. We hope that this shift to a robust class schedule will enable even more to participate, learn, and grow together.

If you have any topics you would like to learn about or if you would like to be added to the list for class notifications please contact our Education & Outreach Coordinator, Misty, via e-mail at outreach@moscowfood.coop or by phone at 208-882-8537. If you're a professional in the area who is interested in teaching a class or hosting a lecture, contact Misty for a class proposal form and more information.

Again, a BIG thank you to all of our Mamas + Papas community partners, guest speakers, and participating owners for all the hard work you've put in to ensure parents are getting the information they want and need!

Co-op Kids: Welcome to 2016!

Rebekka Boysen-Taylor

Welcome to 2016! This month we will focus on treasures we can find in the bulk section of the store. From homemade play dough to warming soup mixes, our bulk bins are the first stop for family DIY projects!

Jan 5: Homemade Play Dough

Jan 12: Cereal Necklaces

Jan 19: DIY Soup Mix

Jan 26: Bulk Mosaic

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 am in the Co-op Café, unless otherwise noted.

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

Staff Profile: Taylor Wells

Naomi Brownson, Co-op Volunteer Writer



It's December, and the weather outside is frightful. But inside the Co-op snowflakes float above the checkout stands and the cashiers are busy. Among their friendly faces, Taylor Wells's smile shines brightly as ever, and I invite her to sit and visit over cups of hot tea. Taylor has been a cashier here since December 2014, and in August she was promoted to a leadership position in the front end team.

Taylor moved from Seattle to the Palouse a year ago, a few months after her boyfriend arrived in Pullman to begin his studies at WSU. She frequented her local co-ops in Seattle, and she tells me that when she checked out Moscow's, she liked the atmosphere right away. "The layout is so inviting, and also I'm a big foodie, so naturally I applied for a job here," she said.

Taylor has grown to appreciate the community at the Co-op. "I love my co-workers. They're super!" she told me, adding that she enjoys her interactions with the customers as well. She likes getting to know the people she sees here again and again.

Together with her boyfriend, JC, Taylor lives in Pullman. JC will finish his bachelor's degree in Viticulture and Oenology next fall and move right into working on his Master's degree in the field. Taylor plans to start working toward her own bachelor's, in Food Science, with an emphasis on fermentation. "JC wants to work in biotech, in the winemaking field. My own goal is beer making," she told me. The couple's long-term goal is to run their own brewery.

In addition to beer making, which Taylor says she already does at home, she likes to cook and bake. "I'm developing my cooking," she told me. JC's mother has a restaurant, and has taught Taylor to cook Mexican food. Other spare time pursuits revolve around fun with her two Weimaraners, Niner and Lolo Bones, who enjoy camping and bone chewing.

Adding to this busy schedule, Taylor and JC are about to begin training for the Yellowstone half-marathon, which will take place in June. She hopes to attract some of her co-workers to this goal, and she welcomes well-wishers to come along and camp out in Yellowstone and cheer her on.

Naomi's dog, Poppy, also loves bone chewing by the camp fire, and in her dreams, she runs with the wolves in Yellowstone.

For starters, here is a list of the first six books for 2016:

- January: *The Good Life: Helen and Scott Nearing's Sixty Years of Self-Sufficient Living* by Helen and Scott Nearing (Schocken Books, 1990)
- February: *Day of Honey: A Memoir of Food, Love and War* by Annia Ciezadlo (Free Press, 2012)
- March: *The Resilient Gardener: Food Production and Self Reliance in Uncertain Times* by Carol Deppe (Chelsea Green Publishing, 2010)
- April: *Life From Scratch: A Memoir of Food, Family, and Forgiveness* by Sasha Martin (National Geographic, 2015)
- May: *Bread, Wine, and Chocolate: The Slow Loss of Foods We Love* by Simran Sethi (HarperOne, 2015)
- June: *Eating Animals* by Jonathan Safran Faur (Back Bay Books, 2010)

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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. 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.

Thank you to Co-op volunteer David Hall for formatting the printed version of Community News.