



May 2024 Edition

# Community News



## IMPORTANT DATES

MAY

**1**

### New Store Hours

6:30 a.m. - 8:30 p.m.

MAY

**5**

### Hot Bar Special

Latin/Caribbean Cuisine

MAY

**12**

### Mother's Day

Co-op has the perfect gift: flowers, cards, coffee, mugs, and more

MAY

**16**

### Artwalk

Featured artist:  
Rose Graham  
4:30 - 6:30 p.m.

## VOLUNTEERS NEEDED

Our West Side Food Pantry, is looking for Co-op owner volunteers to serve in various positions at the pantry. Please contact Inland Oasis at: [inlandoasispantry@gmail.com](mailto:inlandoasispantry@gmail.com)



## Idaho *wineries*

Take a journey through Idaho's Wineries with June's Wine Tasting Class

**Wednesday, June 26**

6 - 7:30 p.m. at the Fairgrounds

# What's the Buzz?

## "What Are You Foraging For This Spring?"

**By Ashley Fiedler, Co-op Volunteer Writer**

"Dandelions, cottonwood blossoms, horse chestnut shoots, fir tips, and morels." Chelsea Garland, Moscow, Mom



"Morels." Soren Newman, Moscow, Consultant



"I am foraging in my garden." Bella Gonzales, Pullman, Lifestyle Specialist at Bishop Place Senior Living



"This Spring I am foraging at the grocery store. In the summer I will forage for huckleberries." Addie Snell, Pullman, Dental Support Supervisor



"All my greens that I planted in the fall." Joan Jones, Moscow, College of Art and Architecture at University of Idaho



"The asparagus from my home garden." Michael Fields, Moscow, Doctor at Moscow Family Medicine



# Art at the Co-op

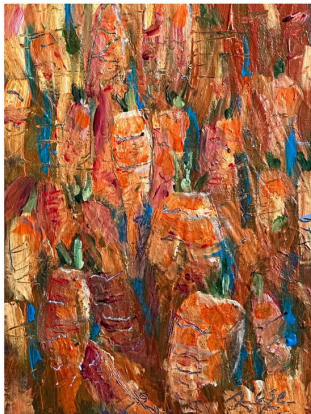
## By Kristin Strong, Co-op Marketing Manager

Come and see our newest art exhibit at the Good Food Gallery featuring the art of Wild Idaho Rose, Rose Graham. Rose believes that “Art is just a state of mind.” She uses a wide variety of medium to express herself and explore “whatever the muse helps her create.”

Rose is a longtime resident of Moscow. She is enjoying her retirement from the University of Idaho and filling her time with her passion for the arts. She is a member of the Palouse Women Artist (PWA) group and a graduate of the Idaho Commission of the Arts, My Artrepreneur Program in 2022.

Visit her website [www.wildidahorose.com](http://www.wildidahorose.com) to see more of her works such as acrylics, watercolors, collages, photography, and even altered vintage motorcycle helmets.

And mark your calendars for Artwalk on May 16 from 4:30 to 6:30 p.m. Enjoy beer samples from Rogue and Paradise Creek Breweries.



# **April Board Meeting Recap**

**By Mark Thorne, Co-op Board of Directors  
President**

April snow showers are here! Springtime on the Palouse!

The Moscow Food Co-op Board of Directors held their April Board meeting on Tuesday the 2nd at the 1912 Center from 6 – 8 p.m. Present were seven Board members, our General Manager, Co-op staff, and one Co-op owner via Zoom. On the agenda were the General Manager's monitoring reports for the Ends (A) policy and the Global Executive Constraint (B) policy. The Ends policy monitoring report included data on how the Co-op is fulfilling the written directives stated in the Ends policy (see below). The seven-part report thoroughly detailed how the Moscow Food Co-op is at the heart of a thriving, healthy, and inclusive community. The Global Executive Constraint policy states that the General Manager must not allow activities that are unlawful, imprudent, or in violation of accepted business practices, professional ethics and practices, or violate the Cooperative Principles. Both monitoring reports were well detailed and were accepted in compliance with their respective policies. More details can be found in the General Manager's FYI report on the Meetings and Minutes page of the Co-op's webpage.

The Board also monitored its Global Governance Commitment (C) and Governing Style (CI) policies. The Global C policy requires us to work effectively together, to empower and hold accountable the General Manager, to provide strategic leadership, and to perpetuate our organization. The CI Governing Style policy describes the framework of how we are to govern based on the Four-Pillar concepts of teaming, accountable empowerment, strategic leadership, and democracy. In both policies, Board members



discussed the meaning of strategic leadership and how we might improve in that area. Both policies were accepted in compliance.

In other business, the Board heard an update from the Elections and Board Owner Communication Committee (EBOCC) regarding the time and location for the 2024 Annual Meeting. An official announcement will be released when finalized. The Board also accepted the results from the 2024 Board election and seated Trish Hartzel and Mark Thorne, each for another three-year term. The Board discussed filling the vacant Board seat left open from this year's election. A motion was presented and passed to have EBOCC prepare an announcement and begin the process of seeking an individual for appointment to the Board. Finally, the Board approved a slate of members to fill the Board officer positions. Officers for the new year will be Mark Thorne, President, Candis Claiborn, Vice-President, David Nelson, Secretary, and Priscilla Schmidt, Treasurer.

For our Study and Engagement Series, we heard from Kelli Cooper, the Sustainability Programs Coordinator for the City of Moscow. Kelli gave a very nice presentation on the city's work and plans for dealing with climate change. The Climate Action Plan outlined sources of carbon emissions and offsets through carbon sequestration and transitioning to electric vehicles. Moscow intends for city operations to be carbon net-zero by 2035, and for the community to be carbon net-zero by 2050. Clearly, a lot of work and planning has gone into climate action, and a lot of work remains. Nice work, Kelli and Moscow! You can read more about the Climate Action Plan at their website: <https://www.ci.moscow.id.us/1002/Climate-Action-Plan>.

Our Study and Engagement Series is a way in which the Board and staff become better informed about issues and activities that affect our community. One of the Seven Cooperative Principles states that we have "Concern for Community," and listening to people describe aspects of concern in our community is directly tied to our Ends.

The next Board meeting is scheduled for May 7, 2024, in the Fiske Room at the 1912 Center (412 E 3rd St, Moscow, ID). The meeting will run from 6 to 8 p.m. Current Co-op Owners can attend in person or via Zoom. To attend via Zoom, contact the Board's Administrative Assistant at [boardadmin@moscowfood.coop](mailto:boardadmin@moscowfood.coop) for more information and to RSVP.

Further information about our Board meetings is at <https://www.moscowfood.coop/board-meetings>.

### Moscow Food Co-op Ends Policy

The Moscow Food Co-op is at the heart of a thriving, healthy, and inclusive community where:

1. We embody and embrace cooperative principles and values.
2. All community members have local access to environmentally friendly, socially responsible, and healthful choices.



The Board is seeking to appoint a director to fill an open seat. The term of appointment ends after the election in 2027.

Learn more at [moscowfood.coop](http://moscowfood.coop)

**Applications are due Friday, May 17**

# **Wines Around the World – Mosel, Germany**

**By Peg Kingery, Co-op Marketing  
Assistant**

Mosel is the third largest of Germany's 13 wine regions and takes its name from the Mosel River, which flows through the region. Prior to 2007, the region was called Mosel-Saar-Ruwer; the Saar River and the Ruwer River are tributaries of the Mosel. The Mosel River begins in France and flows into Germany where it twists sharply for 150 miles and deposits into the Rhine River on the way to the North Sea. The banks of the river rise so sharply that the vineyards planted here are among the steepest in the world.

Historians believe that viticulture was brought to this area by the Romans, who planted vineyards close to their garrisons sometime in the 2nd century. In the Middle Ages, villages formed with a community wine cellar where all the winemakers stored their wine. Towards the end of the 17th century, Mosel was noted for its quality of wine made from the Riesling grape. In the 19th century, the region became extremely prosperous under the rule of Prussia. By the 1850's winemakers had discovered the benefits of chaptalization (the addition of sugar to the grape must before vinification) to compensate for under-ripe grapes due to poor weather. This, along with the lowering of duties placed on the wine, resulted in higher quantities but lower quality wine. In the 20th century, North American taste for sweet wine resulted in sweet wine dominating the export market. In recent times, the trend has been towards high quality, age-able dry wine.

Mosel has a northerly continental climate that is characterized by cool temperatures. The best-producing vineyard sites are located along the river and its tributaries where the heat from the sun reflects off the water. In addition, south and southwest facing slopes provide increased exposure to sunlight that aids in ripening the grapes. The soil is dominated by porous blue and volcanic red slate which provides the ideal drainage for the region's heavy rainfall as well as good heat-retaining properties.

The Mosel River divides the region into three main sections: Upper, Middle, and Lower. The Upper Mosel is the southernmost section located closest to the river's origins along the French and Luxembourg border. The region includes the Saar and Ruwer river tributaries. The Middle Mosel (Mittelmosel) is the main wine growing region. The slate-based soil here is said to have one of the most recognizable terroir, displaying unique mineral notes. The Lower Mosel is the most northern region and includes the area's confluence with the Rhine River.

The steep river bank slopes along the Mosel are considered some of the most labor-intensive vineyards in the world. The vines are terraced and staked directly into the ground to help stabilize them. Mechanical harvesting is impossible. Safety is a priority for many vineyard owners as several fatalities have occurred among those tending the vines. During the winter, rain often causes soil erosion, especially of the slate chips that are needed for heat-retaining purposes. Vineyard workers gather these eroded sediments and carry them back up the hillside.

Within the Mosel region there are six districts, 19 collective vineyard designations, and 524 single vineyard designations. The six districts are: Burg Cochem, Bernkastel, Ruwertal, Saar, Obermosel, and Moseltor. Burg Cochem is home to some of the steepest

vineyards in the Mosel. It produces a higher proportion of dry wines than the rest of the region. Bernkastel is the central district of the region. The vineyards here receive the most exposure to the sun and are richer and more full-bodied than wine produced from other vineyards. The quality of Ruwertal wine is dependent on the weather. In cool years the wine is characterized by sharp acidity and fruit that quickly fades. In warmer weather some of the most delicate and perfumed expressions of German wines are produced. Like the Ruwertal, wine from the Saar is also dependent on the weather. Wines from warm years are noted for their apple-like freshness and steely mineral notes. Obermosel and Moseltor are located on a thin strip of land along the Luxembourg border. These districts contain very few notable vineyards.

Riesling is the predominant grape grown in Mosel and is considered its most prestigious and highest quality varietal. It doesn't ripen well in overly cool climates, however. In these areas, Muller-Thurgau or other white grapes are usually planted. All Mosel Riesling wines are characterized by their low alcohol content with intense fruity or flowery notes and high acidity. Muller-Thurgau is typically made into sweet or "table" wine. Elbing is often used in making Germany's sparkling wine, Sekt. Mosel is also well-known for its Eiswein production. To make Eiswein, the grapes are left on the vine until they freeze, increasing the sugar concentration and creating a sweet wine with notes of apricot jam, honey, and melon. The last two decades have seen a dramatic increase in the production of red wine, especially from Spatburgunder, also known as Pinot Noir.

There are three wine classifications in Mosel: Qualitätswein (QbA), Prädikatswein, and Verband Deutscher Prädikatsweingüter (VDP). QbA wines are those that meet a minimum ripeness level and are generally unremarkable.

Pradikatswein is the superior quality wine designation established by the German government in 1971. There are six styles within this designation based on ripeness of the grape, not the sweetness of the final wine. These styles are: kabinett (dry with around 10% ABV or off-dry with around 8.5% ABV), spatlese (longer on the vine, lighter in body), auslese (hand-chosen from clusters and can have some *Botrytis cinerea*; range from dry to sweet), beerenauslese (hand-chosen with higher levels of *B. cinerea*), trockenbeerenauslese (highly affected by *B. cinerea*, raisiny, and very sweet), and eiswein. VDP is a German organization that promotes the country's top wines and estates. It unites 197 of Germany's finest wineries under one banner, offering customers guarantees on quality and yield.

Your Co-op carries two Rieslings from Mosel: Dr. H Thanisch and Dr. Pauly Bergweiler.

## **Plastic: Part 1: Origin and Health Effects**

### **By Trish Hartzell, Co-op Board of Directors**

Plastic, a Noble Origin

In an effort initially rooted in conservation, the first plastic, known as celluloid, emerged in 1863 as an alternative to elephant ivory, then widely used to make tools such as hair combs. As Susan Freinkel highlights in "Plastic: A Toxic Love Story," this invention was seen as a way to curb the slaughter of elephants, marking the beginning of an era where humans sought independence from the limitations imposed by natural resources. This innovation promised to alleviate constraints on growth by introducing a versatile and durable material.

However, the transition to petroleum-based plastics heralded an era of unprecedented consumption, transforming products once



deemed luxuries into inexpensive necessities. The shift from glass to plastic packaging became a financial windfall for the fossil fuel industry, driven by plastic's advantages: it was lightweight, shatterproof, and cost-effective.

Despite its noble origins, the proliferation of plastics has led to dire environmental and health impacts. The durability of plastic, once celebrated, now poses a significant challenge, as many types cannot be recycled and are resistant to degradation. Single-use plastics, in particular, have become symbols of a throwaway culture, leading to widespread pollution. Data on the health effects of plastic continue to emerge.

### Bans on plastic endocrine disruptors

Recent studies and regulations have brought attention to the dangers of plastic as an endocrine disruptor and its potential link to serious health issues, including strokes. The ubiquitous nature of particulate plastic – in the air we breathe, our food, drinking water, packaged beverages, containers, and cosmetics. Plastic from clothing is released into wash water during the laundry from whence it migrates into the water supply. Wave action in the oceans breaks plastic into pieces that end up in the digestive tracks of animals, often leading to their demise.

Endocrine disruptors are chemicals that can mimic animal hormones and alter normal bodily functions. Hormones are active at very low concentrations so even small amounts of plastic can cause significant harm. Most concerning are signs that endocrine disruptors affect normal growth, fertility, and reproduction.

Plastics classified as endocrine disruptors include PFASs (per- and polyfluoroalkyl substances, aka forever chemicals), BPA (bisphenol A; used in polycarbonate plastics), phthalates (food packaging, cosmetics [hair spray, aftershave lotion, shampoos], fragrances, toys, and medical device tubing), and triclosan (liquid body wash and

soap). [Source: National Institutes of Environmental Health Science, NIH]. Naturally occurring endocrine disruptors include phytoestrogens that are present in soy products.

Despite some progress, such as the banning of certain harmful chemicals like PCBs (polychlorinated biphenyls banned in 1979) and PFASs, much remains to be done. PFAS from food packaging such as fast-food wrappers, microwave popcorn, take-out paperboard containers, and pet food bags were banned last month [FDA removes harmful chemicals Feb 2024]. The continued use of phthalates and bisphenol in personal care products, despite their known risks, highlights the challenges ahead. We can expect to see more bans on plastics and pesticides as the Endocrine Society has raised new alarms on glyphosate (active ingredient in RoundUp) and phthalates and bisphenols, plastics that are linked with neurodevelopment problems – cognition, learning, and impulse control.

### Recent findings link microplastics to stroke

Numerous published studies have documented the alarming level of microplastics in our bodies – in blood, lung tissue, breast milk, and fetal tissue (Science Mar 2023). Hence, it was no surprise when a report published this week showed a link between microplastic and heart attack and stroke (New England Journal of Medicine March 6, 2024). What next – microplastic exacerbating the outcome of dementia, a rise in birth defects?

Microplastics were found in the arteries of more than half of patients in a study. The individuals that had microplastics in their arteries were 4.5 times more likely to experience heart attack, stroke, or death during the 3-year period of the study.

The story of plastic is a testament to human ingenuity and its unintended consequences. What began as an endeavor to protect natural resources has evolved into a global crisis requiring immediate and concerted efforts for mitigation.

# Change for Good

## April Through June 2024

By **Kristin Strong, Co-op Marketing Manager**

Yes, you can bring in your own bags, jars, and bulk containers! Change for Good is the customer-powered community donation program of the Moscow Food Co-op focused on supporting and rewarding making sustainable choices in the store. You may choose from three community organizations to donate your wooden token(s) to for each reusable shopping bag, bulk container, coffee mug, or produce bag used during your shopping trip. Each token is worth five cents and you can earn up to 10 total items per transaction. This Co-op program benefits non-profit, non-sectarian, non-discriminatory organizations whose goals complement or support the Mission Statement of the Co-op.

Any organization can submit an application online to be featured from July Through September. Application deadline is June 15. Learn more at <https://www.moscowfood.coop/change-for-good>.



**Change for good**  
April - June 2024



**Kenworthy**  
Fundraising to support senior film matinees initiative.

**Palouse Land Trust**  
Fundraising will help with educational and outreach goals, as well as foster deeper relationships in communities where we have conserved lands.

**Inland Oasis**  
Fundraising to help with grocery staples and assisting with renovating the kitchen space to provide one free meal a month to the local community.

More at: <https://www.moscowfood.coop/change-for-good>

# Co-op Kids

## By Kristin Strong, Co-op Marketing Manager

Co-op Kids is in full swing! Come join in the fun from 9-10 a.m. every Wednesday in the Co-op Deli seating area or at our field trip locations on certain dates.

Would you like up-to-date information about the program? Email us at [marketingmanager@moscowfood.coop](mailto:marketingmanager@moscowfood.coop) to join the mailing list or call (208) 882-8537 ext. 222.



# 2024 May

### **Wednesday, May 1: 9 - 10 a.m.**

Join us at the Co-op in the Deli for a craft!

In-Store Activity: May Day basket with paper flowers

### **Wednesday, May 8: 9 - 10 a.m.**

Join us at the Co-op in the Deli for a craft!

In-Store Activity: Mother's Day Gift

### **Wednesday, May 15: 9 - 10 a.m.**

Join us at the Co-op and walk over to Friendship Square Park

### **Wednesday, May 22: 9 - 10 a.m.**

Join us at the Co-op in the Deli for a craft!

Store Activity: Seed planting in egg cartons

### **Wednesday, May 29: 9 - 10 a.m.**

Join us at the Co-op in the Deli for food tasting!

Craft Activity: Paper bag otters



Learn more about Co-op Kids at  
[moscowfood.coop/coop-kids](https://moscowfood.coop/coop-kids)

# **Company Profile: Booda Organics**

**By Amy Newsome, Co-op Volunteer  
Writer**

Not long ago I was in the Moscow Food Co-op looking for a new lip balm. The brand I had been using for years had changed their formula and I didn't like it anymore. I found a few different brands to try and at the checkout I told the friendly cashier the reason behind my menagerie of lip balms. She quickly pulled out of her pocket her Booda Butter lip balm, said that it was her favorite, and that she has them stashed all over her house. I shared that I, too, often joke that I'm never more than 3 feet away from a tube of lip balm. I ran back to the aisle to grab a tube of her recommendation, and I am so glad I did. Not only do I adore the logo of the smiling chubby Buddhist monk sitting cross-legged with his arms outstretched in welcome, the lip balm is perfectly unscented and smooth as can be. The shape of the lip balm is also unique; it's squished to an oval cylindrical shape to more easily fit in pockets.

Booda Organics founder, Sheana Pickard, started making her creations by hand in 2010, and that is how the products are still made today. Each product is crafted in small batches and packaged by hand in a shop in Bellingham, Washington. Sheana decided early on to use only organic, unrefined, and natural food-grade ingredients, since "what goes ON your skin goes IN", and to never use more than five ingredients in each product. And those ingredients are delightfully delectable sounding like olive oil, coconut oil, macadamia nut oil, sweet almond oil, cocoa butter, tapioca flour, shea butter, and jojoba oil. To further solidify the company's commitment to healthy, sustainable, and natural approaches, they became a member of the Climate Collaborative which is a group of grocery suppliers who are committed to taking action to reverse

climate change with their business practices.

The Moscow Food Co-op carries Booda Organic's Booda Butter Lip Balm in both the aforementioned squished plastic tube and also in a biodegradable cardboard round cylindrical tube in unscented, mint, and cocoa butter versions. They also carry Booda Butter Coconut Cream Deodorant which comes in a recyclable/reusable glass jar and utilizes natural baking soda in order to create an alkaline bacteria-busting environment. Lastly, but certainly not least, the Co-op carries Booda Butter Pure Daily Moisturizer which comes in a recyclable/reusable tin. Their website boasts an impressive 50 ways to utilize the product! At the time of my research, this product was marked as a "Staff Pick" by Elaine Montgomery, Co-op Wellness Lead. She wrote: "Absolutely the best product for dry skin. Very loved by multiple Co-op staff and hard to keep on the shelf. No added scent but due to the cocoa butter, it has a super pleasant light scent. Guaranteed you cannot go wrong with this product." That's high praise indeed from someone in the know!

Booda Organics' mission is to "share pure products that enrich and simplify the lives of others."

Booda Organics' Snapshot

Founded in 2010

Located in Bellingham, WA

Organic

Non-GMO

Sustainable

Vegan

Cruelty-Free



This information and more c



# **Local Producers Profile: Buttercup & Blossom's Caramels**

**By Terri Schmidt, Co-op Volunteer Writer**

Marcy Kidder grew up on a farm with Angus cattle and always a milk cow. Her dad milked until he was almost 80 and then passed that chore on to her. Jersey cows produce great milk but have short teats. It took her three months to build up the hand strength needed to be a successful milker. Her first cow was Buttercup and the first heifer calf was Blossom. When Marcy started her caramel business she named it after those cows. She joked that "My caramels support my Cow Milking habit." She originally used cream from her own cows to make the caramels; that was about 14 years ago.

Marcy always loved baking. She remembered having to skip driver's training one day when she was 13 years old, so she could finish baking bread. After getting married, she stayed home to care for her eight children. Many years later she got divorced and needed an income. She milked cows and sold the milk. She also made pies, cinnamon rolls, and bread to sell at the Rockford, Washington, Farmers Market. To have a fresh product, she needed to be up late the night before baking and wanted to move away from that last minute production. Because she had lots of cream from her cows, she thought about caramels.

Marcy and her sisters made caramels when they were teenagers and sold them at a local restaurant in Plummer, Idaho. She decided to revive that tradition and began making caramels again. The leftovers from the farmers market were taken to a friend who ran the Hurd Mercantile in Rockford. The store sold all she brought in and began ordering caramels just for them to sell. Other stores then discovered her caramels and also placed orders. In the process,

Marcy had to learn how to wrap and package her caramels for delivery. Originally she cut each piece of wax paper by hand with scissors. Now she uses pre-cut papers. The cute tag on Buttercup & Blossoms caramels, featuring one of Marcy's cows, was created by the talented local photographer, Alison Meyer.

All Buttercup & Blossoms caramels are made by hand, four batches at a time. The original recipe is an old family favorite, and Marcy has created five other flavors: sea salt, cream, pecan, licorice, and coffee. She sells them as individually wrapped caramels and in packages of six double-sized caramels. Customers can save money by buying the six-pack.

In the early days of the business, Marcy also wanted to sell at the Moscow Food Co-op. Alex Bramwell, Center Store Manager, said they'd be happy to sell her candy, but it would have to be made in a certified commercial kitchen. So she began searching and found a place in Farmington, Washington, that used to be a farm co-op building in the 1950's. She was able to purchase the building and put in a commercial kitchen.

The delicious Buttercup & Blossoms caramels are now sold in various places: Spokane, Seattle, Lewiston, Moscow, and Coeur d'Alene. Marcy's caramels can still be found at the Hurd Mercantile in Rockford. Marcy works a full day making caramels each week and another day cutting and wrapping with her daughter Hannah, her only employee. Together they hand cut and wrap over 2,000 caramels a week. A website has been built for the business and will soon go online. Hannah will manage that part of the business since Marcy does not have a computer, preferring a more simple life. In the meantime, if you'd like to place a large order you can call her personally at 208-755-9268.

Marcy still owns her farm in Plummer. She has children and grandchildren in this area and recently moved about 7 miles north of Moscow. She said she has never lived within 30 miles of a city, and is enjoying all the music and other events available close by. She also loves to garden, does a lot of quilting, and considers knitting her main therapy. She still loves to bake, sharing treats with her grandchildren whom she really enjoys hanging out with.



Marcy Kidder  
Photo By Terri Schmidt



# Staff Picks

By Ivy Dickinson, Co-op Volunteer Writer

The first staff person I spoke with this month was Max Willard who has been working at the Co-op as a cashier for about six months. For their recommendation Max chose the Booda Butter lip balm made by Booda Organics. They said they are absolutely obsessed with this product because of how well it works and how it seems to stay on the lips regardless of whether you eat or drink something or even lick your lips. Max explained that the lip balm almost has a hydrophobic quality they believe results from the nourishing oils the product contains. They also really like that the balm comes in one of those flatter oblong lip balm tubes which is much more “lip-shaped” than the round tubes. Max suggests you trust their word and buy a couple of tubes to keep in a variety of places as they’re sure you will fall as in love with this product as they are.



Max Willard

Booda Organics was founded in 2010 by Sheana Pickard, who started by crafting body care products like Booda Butter for personal use. Initially sharing these with friends and family, the enthusiastic reception led to the establishment of Booda Organics. Today, the company operates out of Bellingham, Washington, maintaining its family-run ethos and commitment to natural product

creation (<https://www.skagitfoodcoop.com/blog/booda-butter>).

Booda Organics stands out for its dedication to cruelty-free and vegan principles. They ensure that their products are free from animal testing and animal-derived ingredients, adhering to certifications from Leaping Bunny, Cruelty-Free International, and PETA. This commitment extends to their packaging, much of which is low-waste or plastic-free, including biodegradable push tubes and recyclable tins (<https://ethicalelephant.com/is-booda-cruelty-free-vegan/>).

The product range at Booda Organics is designed with simplicity and purity in mind, often containing five ingredients or fewer. Their notable products include the Booda Butter Moisturizer, which uses natural ingredients like cocoa butter and coconut oil to provide a versatile skincare solution. Booda Butter is not just a moisturizer but can also be used in 50 different ways, such as a lip balm, hair treatment, and makeup remover, underscoring the product's multifunctional appeal (<https://feelgoodstyle.com/articles/booda-butter-coconut-oil-moisturizer/>).

The second staff person I spoke with this month was John Rivera who has been working as a cashier at the Co-op for over two years. For his recommendation John chose the HopLark hopped tea drinks found in the drink cooler adjacent to the canned energy drinks. His favorite flavor is called “The Really Hoppy One” which John says tastes just like a high-quality craft IPA beer. He says it has that “perfect floral bitter flavor” that IPAs have with a little boost of caffeine, with the bonus of being appropriate to consume during your lunch break since it is alcohol-free. He says it has a nice degree of carbonation and is “so refreshing on a sunny summer day”.

Founded in 2018 in Boulder, Colorado, HopLark has quickly made a name for itself with its unique, non-alcoholic, hop-infused beverages that cater to both craft beer lovers and those seeking healthier drink options. Founders Dean Eberhardt and Andrew Markley conceptualized HopLark during a period when Dean was



John Rivera

(<https://www.insidehook.com/drinks/hoplark-citra-review>). This novel concept has captured the attention of those who appreciate the nuanced flavors of hops without the effects of alcohol. The product line includes variants like "The Really Hoppy One," which is likened to a West Coast IPA due to its double dry-hopping with Simcoe and Citra hops. Reviewers have noted the beverage's satisfying blend of lemon, tea leaves, and fruit notes (<https://beerandbrewing.com/review/hoplark-00-really-really-hoppy-1670275298/>).

HopLark quickly moved from an idea tested at farmers' markets to winning significant accolades, such as the grand prize at the 2018 BevNet New Beverage Showdown and the 2019 Best New Beverage Award from Natural Foods Expo West. Their success led

abstaining from alcohol to foster healthier habits. Missing the communal experience of drinking craft beer, they decided to try brewing tea with hops, avoiding sugars, additives, or fermentation (<https://hoplark.com/pages/about-hoplark>). The company crafts its HopTea and HopLark 0.0 lines using a proprietary brewing process that emphasizes the hoppy characteristics typically found in craft beer, without the inclusion of alcohol, calories, sugar, or gluten



to the opening of a taproom and brewery in Boulder where they continue to innovate and expand their product offerings (<https://hoplark.com/pages/about-hoplark>).

Additionally, Hoplark's offerings stand out for their health-conscious credentials. All products are non-GMO, vegan, and Whole30 approved, appealing to a broad segment of health-focused consumers (<https://hoplark.com/>). The non-alcoholic market segment, particularly hop water and hop tea, has grown significantly in recent years. Hoplark has contributed to this trend with their innovative beverages, which are gaining popularity for their ability to provide the depth of flavor akin to craft beers but without any of the associated drawbacks like calories or alcohol. Their approach not only satisfies the taste buds of traditional beer enthusiasts but also caters to those participating in movements like Dry January or those simply looking to reduce their alcohol consumption (<https://vinepair.com/buy-this-booze/best-hop-waters/>).



# **Cooking Around the World: Nepal with Rohan Shrestha**

**By Judy Sobeloff, Co-op Volunteer Writer**

Rohan Shrestha, a psychology graduate student at the University of Idaho, came here in July of 2022 from Lubhu, a small town in the central part of Nepal that is much smaller than Moscow. His hometown is close to Kathmandu, Nepal's capital, and he describes the Kathmandu Valley as beautiful with big hills. "You can see the Himalayas to the north. Geographically the distance seems close, but the landscape is very rugged." He explains that while the country of Nepal is smaller than Idaho, traveling from east to west in Nepal would take a day or two.

He says that while Nepalese culture could be considered "kind of a mix between Indian and Tibetan" and there is some overlap with these nearby countries, it's "also its own thing, not an amalgamation."

He says most communities in Nepal are "very mixed, with people of many ethnicities living together." Overall, he sees Nepali culture as "almost like an inter-weave of different cultures, different ethnicities, and different traditions. Somehow they have managed to live together in some sort of harmony. Besides the natural beauty, that's one of the things that really makes Nepal special."

Along with the diversity, one aspect he particularly appreciates about Nepali culture is that the people are very warm and open, with a strong sense of community. "If you went to someone's home, they would always ask you if you want to have a cup of tea."

Rohan is part of the Newari ethnic group, a community with “its own traditions and culture.” He says that Newari culture specifically is “usually considered one of the most rich food cultures in Nepal. They have a ton of festivals,” which usually are associated with a particular food. (See his recipe for bara, also called wo, below.)

Here at the University of Idaho, Rohan is treasurer of the Nepali Students’ Association. His background is in computer science, and his focus in the psychology department’s human factors program involves “basically looking at how we can design anything to make it safe and efficient for humans to use.” For example, this could involve something as vital as making nuclear controls easier for people to navigate.

Rohan also discussed some challenges facing the Nepalese people as a result of globalization, specifically in the areas of language and education. He explained that he started learning English in kindergarten, and that “our own language, Nepali, is taught in Nepal the way schools here [in the U.S.] teach Spanish” or other foreign languages. Up until high school students take one Nepali course and everything else is in English. He went to private school, where he says “teachers would forbid us to speak in Nepali.” Later this changed, however, and they wanted “a mix of English and Nepali.” He also says that the emphasis on instruction being in English occurred more in private schools than in public school.

“If we also prioritize learning Nepali as much as English, that could help us to be better Nepali.”

He feels comfortable speaking Nepali but says he’s “not good at reading and writing.” He says that the educational system makes “the language a little less used,” which leads to “the younger generations drifting away from reading and writing.”

He adds that the Newari language is “in an even worse state. It’s kind of an endangered language.”

He says “a lot of academics and people in Nepal are trying” to help preserve the Newari language with publications and courses they’re teaching, but “mostly the younger people are not interested.” He would like to learn it “to preserve my heritage.” He says he would use it with his parents and family members, “for the sake of preservation. And hopefully, to pass it on to my own children someday.”

Rohan says that the one thing he is not proud of about his country is that despite “the rich culture and rich heritage, the government is very corrupt. It’s one of the reasons people flock to the U.S. and, more generally, abroad. The way the government works and the bureaucracy makes it harder for people who want to have a positive impact.”

He also sees access to education and patriarchy as concerns. “Even a few decades ago, education was limited to people of higher status. Men were usually the ones to get educated. Only in recent decades are more people sending their kids to school.”

He emphasizes that this is only his opinion, but he believes that “because tradition holds an outsized influence on Nepalese society, it almost feels impossible for people to shake their beliefs and previously held values.” Nonetheless, he sees that his country is “undergoing a slow cultural evolution, moving away from traditional social systems like patriarchy that are holding people back. I think being more educated lifts you from poverty and makes you more independent.” He really values “learning from other people, talking with other people, hearing other people’s stories.”

He shared his recipe for bara, a type of lentil pancake “used for more auspicious occasions,” such as birthdays or anniversaries. He adds that due to its popularity, it’s also widely available “as a street food these days.” He said the recipe can be modified “however you want.” One ingredient is asafoetida, a “powdered form of sap from a gum tree” said to have digestive benefits, which he describes as “eggy and a little pungent” and having a “unique smell and taste”. It usually also contains wheat, so those avoiding gluten could substitute garlic powder and/or onion powder.

Rohan’s older sister came to the United States first and lives in Portland, where she works as a structural engineer. When their parents came to visit from Nepal, he says, “I tried to create [the bara] myself but it didn’t turn out like [my mother] does it.”

He explains, “When she puts the batter on the pan, she scoops it up with a cup and pours a little bit in the pan. She soaks her hand a little and taps on top with her knuckles to make it flat.” He adds that he doesn’t know if this is standard procedure or maybe just his mother’s method. “I don’t think you have to do it that way. You could just use a spatula.” I think, how could I now not do it that way?

My family really liked the bara, which Fred described as “like a ginger crepe cake. When I visualize it being eaten in Nepal, I really like it.”

I really liked it, too, especially with yogurt. I also found it really easy to make and so pretty, due to the color of the yellow lentils and the ginger. I also wouldn’t have guessed it was made from lentils. I hadn’t made ginger paste before (the only time-consuming step being peeling the ginger), but now see that as a really reasonable way to use ginger. (I watched a quick YouTube video which

suggested peeling ginger, adding vegetable oil or water, salt, and then mixing it in a blender and freezing it in ice cube trays.)

Rohan also shared an online recipe his sister suggested for aloo tama , which he describes as a uniquely Nepali dish featuring bamboo shoots (fermented or unfermented), which he has long wanted to try making himself (<https://www.foodpleasureandhealth.com/aloo-bodi-tama/#recipe>).

I've now soaked the black-eyed peas overnight, bought fenugreek and potatoes, and received the can of bamboo shoots I ordered. I'm eager to give this aloo tama recipe a try.

### Bara/Wo: (Lentil patties)

Bara is typically made from mung beans (whole or split yellow) or black gram (urad). But you can use any type of lentil or legume to make this.

1. Soak about 1 cup of the lentil overnight.
2. Rinse and drain the soaked lentils. If it is whole lentils, it's a good idea to discard the skin.
3. Pour the lentils into a high-speed blender. Food processor might also work.
4. Into the blender, add about half a teaspoon of salt, half a teaspoon of cumin, half a teaspoon of vegetable oil, half a teaspoon of ginger paste (optional), half a teaspoon of asafoetida (optional but enhances the taste).
5. Add about 1/3 cups of water into the blender.
6. Blend until a consistent batter is formed. It should be a little thick but pourable but not too runny. If it is too runny, you can add a little bit of rice flour or any other flour.

7. Pour the batter into a bowl.
8. Heat a flat pan on medium high heat and add about 1/2 tablespoon of any kind of vegetable oil.
9. Carefully pour about 1/2 cup of the batter onto the oil.
10. Spread the batter so that it is about the size of a patty.
11. Spray or pour a little more oil on the top of the batter.
12. Carefully flip the patty after about 5 minutes or until the underside is browned.
13. Cook for another 5 minutes or until the sides seem cooked.
14. Remove the cooked patty and repeat steps 9 to 13 for the remaining batter.

Bara can be eaten on its own but goes well with yogurt as a dip.



# 51st Annual Moscow Renaissance Fair

## Peter Basoa Memorial Stage Schedule

### Saturday May 4th, 2024

- 10:00 Welcome Ceremony with the Moscow Renaissance Fair Royalty
- 10:20 Katie Ludwig - Singer/songwriter sharing raw mountain music inspired by life and love
- 11:00 Robert Eggplant - Ambient Tape Loop Compositions
- 11:30 Nara Woodland - vibrational sound therapy practitioner of Brain Body Balance Sound Therapy - Sound Bath & Meditation
- 12:00 Range Benders - Americana folk
- 1:00 Maypole Dance - Old Time Music Group – (By the Volleyball Court)
- 1:45 Costume Contest
- 2:30 Ice Cream Band - Old time, Irish, and bluegrass - Moscow, ID
- 3:30 Renaissance Fair Parade - A joyous trip through space, time, and East City Park
- 4:00 Hurricane Surfers - Rock and Roll - Moscow, ID
- 5:40 Celadon Belly Dancing - Belly Dance Performance
- 6:00 Sheep Bridge Jumpers - Bluegrass Dance Rock -
- 8:00 End of Day

### Sunday May 5th, 2024

- 10:00 Frogtown - electric folk
- 11:00 Monopines - electric soundscape
- 12:00 Blaine Ross and the ContraBand Cowboys - outlaw country
- 1:00 Maypole Dance - Old Time Music Group – (By the volleyball court)
- 1:45 Costume Contest
- 2:30 Andru Gomez - singer songwriter
- 3:00 Jet Boat Ramblers - high energy old time and bluegrass
- 5:00 End of Festival