



MOSCOW FOOD CO+OP
COMMUNITY NEWS

COMMUNITY NEWS GOES RETRO



We're gearing up to celebrate our 50th anniversary in 2023! This zine-style Community News harkens back to the start of the publication in 1985.



White Wine Day, August 4, FREE wine
tasting 4:30-6:30 p.m.

MOSCOW Food Co-op
LIVE MUSIC | VENDORS | RAFFLES

6 AUG
11AM-2PM

CO-OP PARKING LOT

BLOCK PARTY

MOSCOW FOOD CO-OP
121 E 6TH ST. MOSCOW, ID 83843

Back to School

Campus Pop-up Party

Lunch @ the Co-op



★★★★★



FREE ENTRY

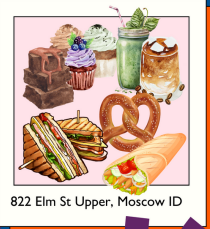
FREE Co-op Memberships!

Brought to you by



Gift Card Sale | Coffee | Wraps
Fresh Made Bakehouse Goods
Smoothies | Sandwiches | Bratwurst
+ More!

Wednesday, Aug 6th | 10am-2pm



822 Elm St Upper, Moscow ID

AUGUST 2023

READ THE EDITION ONLINE AT [MOSCOWFOOD.COOP/COMMUNITY-NEWS](https://moscowfood.coop/community-news)
ISSUE EDITOR: JUDY SOBELOFF, LAYOUT: PEG KINGERY

What's the Buzz?

"What is your favorite way to eat huckleberries?"

By Ashley Fiedler, Co-op Volunteer Writer

"Pie" Nathan Macconel, Wenatchee,
Rock Climbing Instructor.



"Fresh off the bush in the forest" Daniela
Monk, Troy, Washington State University
Biology Professor.



"Ice cream" Sarrah Jones, Coeur D'Alene,
Photographer.



"Pancakes" Darcey Redger, Potlatch,
Concrete Contractor.



"Pie" Lisa Bennett, Coeur D'Alene, Stay at
Home Mom.



"Huckleberries cooked down with sugar as
a simple syrup to add to drinks"
Matt Sullivan, Hayden, Hunter/Gatherer.



Wines of the World – Puget Sound AVA, Washington

By Peg Kingery, Co-op Marketing Assistant

On a recent trip to Whidbey Island, Washington, I was surprised – pleasantly so! – to notice a number of roadside signs pointing towards winery tasting rooms. This piqued my curiosity, so I decided this month to delve into this very unique wine-producing area.

Whidbey Island is included in the Puget Sound American Viticultural Area (AVA), established in 1995. This appellation is named after the body of water that stretches across the region and has the distinct honor of being Washington's only vineyard area west of the Cascade Mountains. It extends about 130 miles from the Canadian border to the city of Olympia. It includes the low-lying land between the shores of the Sound and the foothills of Olympic and Cascade National Parks, as well as many of the islands in Puget Sound, about 5.5 million acres in all. Of these, around 100 acres are planted with vineyards. The best vineyard sites lie on south- or southwest-facing slopes with exposure to sunlight and gentle breezes. The deep, sandy soils here provide good drainage which encourages deep root growth in the vines.

One of the earliest grapevine plantings in Puget Sound was done by a Civil War veteran named Lambert Evans in 1872. He planted several varieties of *Vitis lambrusca*, a species native to eastern North America. It wasn't until 1977 that *Vitis vinifera* vines, European wine

grape varieties, were planted by Bainbridge Island Vineyard and Winery owner Gerard Bentryn. Bentryn worked with Washington State University to import many cool-climate wine grape varieties. Today, the most abundant grapes grown are the early-ripening varieties Madeleine Angevine, Siegerrebe, Riesling, Müller-Thurgau, Pinot Gris, and Pinot Noir.

The climate here is temperate and maritime, with average rainfall anywhere from 15 to 60 inches, falling mostly in the winter and early spring months. Summers are mild, sunny, and dry. In contrast, Washington's vineyards east of the Cascade have an arid, continental climate, making the Puget Sound AVA the coolest and wettest region in the state. Because of the abundant rainfall, most vineyards in this area do not need irrigation.

The Puget Sound AVA is home to hundreds of wineries and tasting rooms. While many of these make wine from the grapes grown locally, the majority bring in more well-known grape varieties from eastern Washington, such as Chardonnay, Syrah, Cabernet Sauvignon, and others. The wineries and tasting rooms are mostly found in cities along I-5, with a good concentration in Seattle neighborhoods. The largest number, however, is found in Woodinville where nearly 120 wineries operate, including the state's largest, Chateau Ste. Michelle.

In the time since the first *Vitis vinifera* vineyards were planted, the quality of the wine made from estate-grown grapes has sharply increased in quality. It's not difficult to find world class examples of cool-climate, hard-to-pronounce wines. All that is needed is a wine lover's willingness to step out of their Chardonnay box and give a new varietal a try!

July Board Meeting Recap

By Mark Thorne, Co-op Board President

The Moscow Food Co-op Board of Directors held their first July Board meeting since we voted in January to meet monthly! And guess what? We survived! Having monthly meetings is effective because we can spread out our responsibilities and be better focused at each meeting.

Our July Board meeting was held on the 11th at the 1912 Center and included Board members, our General Manager, and Co-op staff. There were no Co-op owners present. We reviewed and accepted the General Manager's monitoring report covering emergency GM succession. The policy states that there should be at least two employees with training and familiarity to manage the Co-op if the GM was out of commission. The report was thorough and well prepared and detailed the experience and training of two current employees who could step in and take the reins if needed. Well done, Melinda and staff!

The Board also monitored a relatively short policy covering the Board meeting process. Essentially, we are to use Board meeting time only for Board responsibilities. Regular meetings are open to current owners unless we need to go into an executive session to discuss confidential matters. Furthermore, in making Board decisions, our policy states that we use motions, seconds, and majority votes. After a brief discussion, we voted the Board in compliance with this policy. The Board also reviewed our recent spring retreat and the GM's FYI report, which showed the Co-op did not experience a June sales slump and that ownership numbers were up.

In our Study and Engagement Series, Jennifer Wallace, Executive Director for Palouse Habitat for Humanity, talked to us about the challenges and progress Habitat for Humanity is seeing in a post-COVID world. Construction costs are substantially up, as well as the need for volunteers. It was also interesting to hear that in some of the more rural towns, there are few applications for Habitat homes. Jennifer also described how the Moscow recycling store is expanding and renovating. This will be good for those looking for material and furniture and for those making donations! More information can be found at <https://palousehabitat.org/>.

Our Study and Engagement Series is a way in which the Board and staff can become better informed about issues and activities that affect the community around us. 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.

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.

I want to thank all those that have given presentations in our Board meetings about community issues and concerns!

The next Board meeting is scheduled for August 8, 2023, in the Fiske Room at the 1912 Center (412 E 3rd St, Moscow, ID). The meeting will begin at 6 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 for more information and to RSVP.

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

Change for Good

July through September 2023

By **Cortney Gosset, Co-op Marketing Coordinator**

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 October - December. Learn more at <https://www.moscowfood.coop/change-for-good>.



Change for good

July - September Recipients

Palouse Clearwater Environmental Institute
Fundraising to support the Palouse Nature Center, a 26.2-acre green space that is free and open to the community 7 days a week.

SMART Transit
Fundraising to provide accessible transportation to all, seeking to create comfortability in riding the bus, the stops and stop times.

Humane Society of the Palouse
Fundraising to save and support animals who require extraordinary medical care.

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

Co-op Kids

By Cortney Gosset, Co-op Marketing Coordinator

Co-op Kids is in full swing! Come join in the fun from 9-10 am 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 marketing@moscowfood.coop to join the mailing list

For more information, send an email to marketing@moscowfood.coop or call (208) 882-8537 ext. 238.

The poster features a honeycomb background with a central circular logo containing the letters 'CO-OP' and 'k i d s' in colorful boxes. A bee is flying near the logo, and a beehive is on the right. The title 'August Schedule' is in large orange letters. Below are five entries, each with a small flower icon and a date: Wednesday, August 2: 9 - 10 a.m.; Wednesday, August 9: 9 - 10 a.m.; Wednesday, August 16: 9 - 10 a.m.; Wednesday, August 23: 9 - 10 a.m.; Wednesday, August 30: 9 - 10 a.m. Each entry includes a description of the activity and whether it is in-store only. At the bottom, there is a note about not offering to-go bags from May to September and a contact email for volunteering.

August Schedule

Wednesday, August 2: 9 - 10 a.m.
Join us at the Co-op in the Deli for a craft!
In-Store Only: Food Tasting

Wednesday, August 9: 9 - 10 a.m.
Join us at the Co-op in the Deli for a craft!
In-Store Only: Coffee Filter Butterflies

Wednesday, August 16: 9 - 10 a.m.
Join us at the Co-op in the Deli for a
In-Store Only: Co-op Scavenger Hunt w/Snack Prize

Wednesday, August 23: 9 - 10 a.m.
Join us at the Co-op in the Deli for a craft!
Meet at Location: Friendship Square Park w/chalk

Wednesday, August 30: 9 - 10 a.m.
Join us at the Co-op in the Deli for a craft!
In-Store Only: Pencil Caterpillars

*Co-op Kids will not be offering to-go bags May - September.
Reach out to events@moscowfood.coop to volunteer with the program!*

Company Profile: Nixie Sparkling Water

By Amy Newsome, Co-op Volunteer Writer

Nicole Bernard Dawes (“Nixie”) followed in her parents’ footsteps when she founded one of the first brands to carry the USDA Organic Seal, Late July Snacks, in 2003. Now she is offering Nixie Sparkling Water. Her mother owned a natural foods store and her father owned Cape Cod Potato Chips, so she spent much of her childhood between those two workplaces, learning to appreciate simple nutrition and understanding the importance of food in people’s lives.

After Late July was well-established and her kids were growing up, Nicole was ready to launch a new product. At home she found herself enjoying either sparkling water or home-brewed tea. One day she combined the two and really enjoyed it. This finally gave her the idea for a new product, and she started experimenting with combining different teas with different botanicals.

Nixie Sparkling Water is purified by reverse osmosis and has more carbonation than other sparkling water brands. Only organic natural flavors are added, and in the varieties that are tea-based, only organic black or green tea is used. There are no artificial preservatives, and the waters are calorie-, sodium-, and sugar-free. They are also packaged in cans that are free of BPA (the industrial chemical bisphenol A).

The Nixie Instagram page offers recipes, so not only can you enjoy Nixie straight from the can but you can also get creative in concocting limitless beverages. For example, you can add fresh

sliced strawberries and coconut cream to their Strawberry Hibiscus Sparkling Water for a refreshing and rich treat. For a festive centerpiece for a backyard barbecue you can make the Sparkling Watermelon Refresher, which combines Nixie Watermelon Mint Sparkling Water, blended watermelon, and lemon juice, and which is served in a half a watermelon “bowl” and garnished with lime slices and a sprig of mint. Or how about the Lime Ginger Cucumber Mint Agua Fresca created with fresh mint, cucumber, and Lime Ginger Nixie? Another option is the Pink Pomegranate Sparkler: mix Nixie Pomegranate Green Tea with pink lemonade and pomegranate juice and add pomegranate seeds as a garnish.

They also have suggestions for cocktails, like a Black Cherry Lime Margarita created with lime juice, tequila, cherry vodka, and the Black Cherry Lime Sparkling Water, or the Salty Dog, which is made with Grapefruit Nixie and vodka and served in a glass with a salted rim and a sprig of rosemary and a slice of grapefruit.

The Moscow Food Co-op carries Nixie Sparkling Waters in seven flavors: Black Cherry Lime, Grapefruit, Lime Ginger, Peach Black Tea, Strawberry Hibiscus, Watermelon Mint, and Pomegranate Green Tea.

Nicole Bernard Dawes’ mission is to “create sustainable, delicious and nutritious products.”

Nixie Sparkling Water Snapshot:

Founded in 2019

Located in Larkspur, California

Non-GMO Project Verified

BPA-Free Cans
Vegan
Certified Kosher
Gluten-Free
USDA Certified Organic



This information and more can be found at drinknixie.com

Amy Newsome got incredibly thirsty when she wrote about all the delicious recipes that use Nixie Sparkling Water as a base!


Leading the local food movement for 50 years.

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6 AUG
11AM-2PM

CO-OP PARKING LOT

BLOCK PARTY

MOSCOW FOOD CO-OP
121 E 5TH ST. MOSCOW, ID 83843

Local Producers Profile:

Allicin's Ranch

By Terri Schmidt, Co-op Volunteer Writer

Ben Ronniger grew up in Kentucky, surrounded by beautiful horse farms. He always enjoyed being outdoors and working outdoors. Author Wendell Berry, also a farmer, lived close to where Ben grew up and had an influence on Ben's love of nature. After Ben earned a degree in agriculture from the University of Kentucky and rode his bike around the country, his father suggested Ben visit his Uncle David Ronniger, an organic farming pioneer in Moyie Springs, Idaho. Ben liked what he saw in David's practices and moved to the Idaho farm 25 years ago. Along the way, he met and married Claire, a gal with Texas roots living in Idaho. Ben and Claire now have a two-year-old daughter. Fifteen years ago, Ben purchased the farm from his Uncle David, and now he and Claire continue the legacy.

Other than small amounts of asparagus and shallots, the Ronnigers mostly grow garlic – lots of garlic! They grow 40-50 different varieties of garlic. Ben said he likes each variety for different reasons – for flavor, how well they store, the size of the cloves, etc. The farm is basically a two-person operation, with Ben and Claire doing most of the work and hiring temporary crews for planting, harvesting, and braiding.

Ben mentioned some health benefits of garlic, saying, "It's known to cure just about everything." He elaborated that garlic is anti-fungal and anti-viral, healing conditions from nail fungus to ear infections to common colds. Ben recommends pressing raw garlic to get the most benefit from it. He said pressing releases more allicin, the compound in garlic that provides the health benefits. That's why their place is named Allicin's Ranch. | |

The Ronnigers follow no-till farming practices, using green manure and cover crops to build up the soil. Ben explained that green manure consists of plant materials grown specifically to enhance the soil, so that the mown plant materials become living mulch, which has worked well for them. The water at Allicin's Ranch comes from deep artisanal wells, and they also get flooding each year which brings new soil and minerals into the fields.


Living near the Canadian border can get pretty cold, so Claire and Ben tend to head south in winter. After many trips to Baja, Mexico, Ben found "a gentleman who was growing a small amount of beautiful garlic." He asked the man, Kompí, if he'd considered growing bigger quantities, but Kompí said he didn't have the land. Ben helped Kompí obtain a 99-year lease on adjacent land belonging to Kompí's brother. Ben put money down and helped purchase some equipment, and they became partners. The benefits of this arrangement have made Kompí "the king of his little village." Ben and Kompí both plant garlic in October, but the hot Mexican desert ripens the garlic in five months, compared to ten months in north Idaho. Now the Ronnigers travel yearly to Baja to help harvest and braid the garlic. Ben buys all of Kompí's garlic and then drives north, selling it along the way.





The Ronnigers sell garlic in San Diego, Portland, and throughout the Mountain West. They sell to small entities like co-ops, health food stores, and independent groceries. Ben's Uncle David first sold to the Moscow Food Co-op, and Ben's father taught at Washington State University, so Ben was in the Moscow/Pullman area often. He said, "I loved the Co-op. It's been part of my life for some time."

Back to School

Campus Pop-up Party


Lunch @ the Co-op 




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ON CAMPUS

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FREE Co-op Memberships!
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Gift Card Sale | Coffee | Wraps
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+ More!



822 Elm St Upper, Moscow ID

Wednesday, Aug 6th | 10am-2pm

Staff Picks

By Ivy Dickinson, Co-op Volunteer Writer

The first staff-person I spoke with this month was Ani Galeano, who has been working at the Co-op in Kitchen Production for four months. For her product recommendation this month Ani chose the Beyond Meat Burger. She told me that although she is a vegetarian, she had only recently tried this product after it was recommended by a coworker.

She said she was surprised by how much flavor it had, and she said the texture is truly similar to what you would expect from a meat product. Ani chose to chop it up and add it to a pasta dish and was surprised to find it really enhanced the dish. She recommends this product for anyone looking to try new non-meat options, or for social eating situations where you want to make a dish that



Ani Galeano

will appeal to people with a multitude of dietary preferences. Beyond Meat, founded by CEO Ethan Brown in 2009, is a California-based food company that aims to address the environmental and health concerns associated with traditional animal agriculture. The company's primary objective is to create plant-based meat alternatives that offer a similar sensory experience to conventional meat while reducing the environmental footprint

([beyondmeat.com](https://www.beyondmeat.com)). Beyond Meat's product line consists of a variety of plant-based meat substitutes, including burgers, sausages, ground beef, and more. Their flagship product, the Beyond Meat Burger, has gained immense popularity due to its striking resemblance to traditional beef burgers in taste, texture, and appearance. The company's proprietary process combines proteins, fats, minerals, and water from plant sources such as peas, mung beans, and rice to create a nutritious and satisfying product. Beyond Meat has experienced tremendous growth and market penetration, even as competitors in the plant-based protein market have rapidly increased. Despite the competitive challenges that have arisen over the past couple of years, Beyond Meat is still



Elena Badillo

a frontrunner in the plant-based protein industry and has revolutionized the way people perceive and consume meat substitutes. As consumers become more conscious of their dietary choices and environmental impact, Beyond Meat is well-positioned to continue its growth and contribute to a sustainable food future. The second staff-person I spoke with this month was Elena Badillo,

who has been working at the Co-op as a cashier for ten months. For their recommendation Elena chose the healthy glow daily moisturizing facial lotion made by ShiKai. They said they recommend this product because they use it daily, it is very moisturizing, and they feel the Vitamin C/CBD combo contained in the lotion makes their face feel “bright and glowy as well as tight.” Elena feels confident this product has the clean high-quality

ingredients they are looking for to combat fine lines and has also been satisfied with how it feels on their face. They said it is “light and works very well under makeup.”

ShiKai Products was founded in 1970 by Dr. Dennis T. Sepp, a renowned organic chemist, and has gained recognition for its natural and effective solutions for various skin concerns. Dr. Sepp’s scientific expertise and passion for natural ingredients led him to create a skincare line of products that provides gentle and high-quality products to consumers (<https://www.youtube.com/watch?v=b7nd2Gu7LD0>).

ShiKai offers a wide range of skincare products, including cleansers, moisturizers, shampoos, conditioners, lotions, and more. The company prides itself on utilizing natural ingredients in its formulations, prioritizing plant-based extracts, botanicals, and essential oils to provide gentle yet effective skincare solutions (<https://shikai.com/pages/about>).

In addition to their focus on effective skincare, ShiKai places a strong emphasis on sustainability. They incorporate eco-conscious choices throughout their manufacturing processes, including the use of recyclable packaging materials and energy-efficient practices. ShiKai has built a dedicated community of loyal customers who attest to the remarkable benefits and noticeable outcomes of using their products.

Palouse Area Environmental Update

By David Hall, Co-op Volunteer Writer

Biodiesel and Water Usage on the Palouse

AgTech OS, a “value-added” agriculture technology company, is continuing to try to develop a biodiesel plant on the Palouse. Their current plan is to purchase about 200 acres of land for the plant at the intersection of Washington State Route 270 and Pullman Airport Road, directly behind Floyd’s Cannabis Co. between Moscow and Pullman.

About 10,000 gallons per day of water is expected to be used in the production of the biodiesel. The plant would not use municipal water from either Pullman or Moscow; rather, the facility would pump water directly from “the aquifer.” Recent coverage in the Moscow-Pullman Daily News did not specify whether they would pump from the Wanapum or the Grande Ronde aquifer. The company plans to purchase private commercial water rights of around 20,000 gallons per day.

The plant’s maximum production capacity of 11 million gallons of fuel per year would contribute 10 truckloads per day traveling through downtown Pullman. As well as biodiesel, the facility will produce and transport seed meal and 1,3-Propanediol, an organic compound. The Daily News articles did not report how many truckloads of these will travel through Pullman, nor how many truckloads of canola seed will travel to the plant to be processed, nor how the canola remains will be disposed of.

The plant will get most of its power from solar panels, and the company is considering concerns about light pollution.

Sources:

Pearce, Emily. Jun 29, 2023. Moscow-Pullman Daily News. Company announces new plans for biodiesel plant near Idaho-Washington border in Whitman County.

Pearce, Emily. Jun 30, 2023. Moscow-Pullman Daily News. AgTech takes another shot at biodiesel.

Moscow's Smart Transit Bus Service

By Candis Claiborn, Co-op Board of Directors Secretary

Your Moscow Food Co-op Board of Directors recently met with Andie Severson, Executive Director of the Moscow Smart Transit program, and heard about this wonderful program that provides safe, convenient, and affordable transportation in the Moscow area. Perhaps you are already using Smart Transit! In fact, this program is so affordable that, for riders taking established routes, the ride is free.

Two established routes are currently available, covering both the east and west sides of town, with stops at the places that community members most frequently visit including medical facilities, grocery stores, schools, recreational facilities, downtown businesses, and residential areas. The Smart Transit service currently runs a bus six days per week: Monday through Friday from 6:40 a.m to 7 p.m, and on Saturday from 7:30 a.m to 2 p.m. You can find the schedules and map for the bus at <https://www.smarttransit.org/>. All buses are ADA wheelchair accessible.

Door-to-door service is also available through the Smart Transit Dial-a-Ride program at very affordable fares. This service is available to the Moscow community, with priority given to eligible ADA riders, for whom no fare is charged. For more information on the Dial-A-Ride program, refer to the Smart Transit webpage.

Smart Transit is a 501(c)(3) non-profit organization that is supported by the United Way, City of Moscow, University of Idaho, Idaho Transportation Department, US Department of Transportation, and private donations. Please visit the Smart Transit website for more information on its programs, or to make a charitable donation.

Moscow Food Co-op Will Be At Two U of I Events This Month!

Serving Your New Community



Serving Your New Community (SYNC) is a volunteering opportunity that connects incoming students to their new community. Students have the chance to serve with community partners in various locations throughout the Palouse to learn about their new community, see more of their new surroundings, and meet other incoming students.

Event date: Saturday, Aug. 19, 2023

Event times: 9-11:30 a.m. and noon-3:30 p.m.

Location: Theophilus Tower Lawn - travel together to local community organizations (*transportation provided*)

Palousafest

Palousafest is the premier welcome-back event on campus. Each year 3,000 to 5,000 new students, returning students and community members attend this street fair to browse hundreds of student organizations, campus departments and local businesses and non-profits and find out how to get involved with the Palouse community.

Event Information

Saturday, Aug.19

4:30 p.m. load in, 5:30-7:30 p.m. street fair

Registration open: April 24 through Aug. 11

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COMMUNITY NEWS AUGUST 2023

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THANK YOU TO EVERYONE WHO MAKES THIS PUBLICATION A REALITY!