



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.



Join us for our first ever Valentine's Day Bar on February 13 from 12-6 pm. Design a personalized hand picked bouquet made by you for your love! We'll even throw in a coupon for 10% off select bottles of wine.

City of Moscow's Artwalk -- February 16 from 4:30-6:30. Merry Cellars and American NW Distributing will be serving wine; Scout Distributing will be serving beer



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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 type of chocolate do you prefer?”

By Ashley Fiedler, Co-op Volunteer Writer

"Dark." Meggan Baumgartner, Moscow,
Acupuncturist



"Milk chocolate with peanut butter." Laura
Fertig, Pullman, Botanist



"Dark. At least 85% or above." Delana
Walton, Harpster, Homesteader



"Dark with nuts and/or seeds." Maya
Walton, Harpster, Adventurer



"All chocolate." Sorin Walton, Harpster,
Adventurer



"Mint chocolate." Adam Walton, Harpster,
Homesteader



Wines of the World – Piedmont (Piemonte) Italy

By Peg Kingery, Co-op Marketing Assistant

Piedmont or Piemonte (peh-ah-MON-tey, as the locals pronounce it) is one of Italy's most acclaimed wine growing regions. Of the country's 20 major regions, Piedmont ranks sixth in production volume. Shaped by centuries of Benedictine rule, the winemaking style here has strong links to Burgundy in France. Both regions share the philosophical belief that great wine results from using a single grape variety that is perfectly adapted to its environment—which is opposite of what winemakers believe in all other parts of Italy where blends are favored. Notably, Piedmont produces more DOCG (Denominazione di origine controllata) wines by volume than any other Italian wine region, with 84% of its wines falling under this prestigious designation.

Piedmont is located in the northwest corner of the country, within the foothills of the Alps to the north and west, with the province of Lombardy to the east, and the Apennines Mountains to the south. Between the mountain ranges is the vast Po Valley. Because of these geologic features, only 30% of the region is suitable for vineyard plantings, mostly on the warmer, south-facing

slopes between 490 and 1150 feet in elevation. Ninety percent of these slopes are located in the southern part of the region around the towns of Alba, Asti, and Alessandria. Two major features affect the weather here—the icy Alps and the warm Mediterranean—which causes the area to fill with morning fog that slowly burns off during the day. The wide day to night temperature variation is ideal for growing quality grapes.

The best-known wines from Piedmont include Barolo and Barbaresco, both made from the Nebbiolo grape. These wines are complex, challenging to make, and expensive. Other notable grapes used for red wine production are Barbera and Dolcetto, which are both more suited for daily sipping. White wines include Asti, made from the Moscato Bianco grape; Gavi, made from the Cortese grape; and Arneis. Barbera and Moscato are the most widely planted grapes in the region; Barolo and Barbaresco account for only 3% of Piedmont's wine production.

Barolo received DOCG status in 1980, one of the first Italian wines so designated. It is produced southwest of the town of Alba in the Langhe hills. Even though production of Nebbiolo is significantly less than that of Barbera, it is still considered to make the finest red wine in Piedmont. Nebbiolo is an extremely high tannin grape with red cherry, tar, fig, leather, licorice, and rose flavors. Barolo wines are robust, with tight structure, and

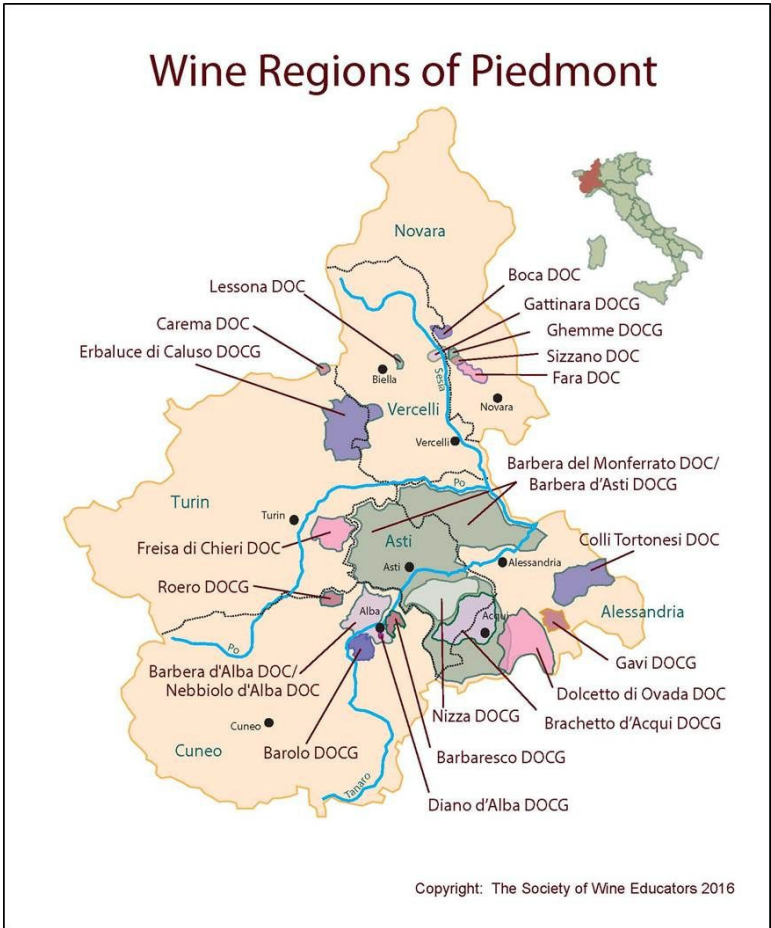
are best enjoyed after 10-15 years of aging to soften the tannins. Barbaresco is located northeast of Alba in the Apennines hills. Its flavor profile is similar to Barolo, but it has less tannin and is lighter in color and flavor. This is due to the different soil types in the two areas and the slight maritime influence of the Tanaro River near Barbaresco.

Barbera grapes produce wines that are juicy and approachable. Barbera is grown all over the Piedmont's wine producing areas but does best in the Monferrato hills near Asti and Alessandria. It is characterized by flavors of red and black fruit, mocha, licorice, and fig. It is high in acid with no "pinchy" tannic edges to the wine, making it excellent to serve with food. Dolcetto is grown in Alba and Dogliani. It is the lightest-bodied of the red varietals, low in acid, and possessing soft flavors of blackberry, plum, spice, and violets with notes of bitter chocolate.

As for the white wines of the Piemonte region, those made from Moscato Bianco deliver notes of honeydew melon, pear, and mandarin orange with a significant dose of floral aromas. They are made in a wide range of styles—sparkling, frizzante, and still. The vineyards are located near Asti and are known for their delicate, light-bodied, low alcohol, and slightly sweet nature. The wines made in the Gavi region, once touted as being the finest white wines in Italy, are made primarily with Cortese. They are characterized by a dry, crisp acidity with citrus and mineral

notes. In contrast, wines made from Arneis are dry and full-bodied with notes of pear, almond, and apricot. These come mostly from the hills of Roero northwest of Alba.

Your Co-op carries many wines from this premier wine region, including Barberas from Asti, Alba, and Monferrato; Dolcetto; and Gavi. Browse the Italian section in the wine department to see the selection, and be sure to share them with family and friends at your next dinner party.



Change for Good

January through March 2023

By Chloe Rambo, 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 two community organizations as well as the Co-op's FLOWER program 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.

The following organizations will be featured this month:

Kenworthy Performing Arts Centre

Family Promise of the Palouse

Co-op FLOWER Program

Any organization can submit an application online at

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



Co-op Kids

By Chloe Rambo, Marketing Manager

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.

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. 222.



February Schedule:

Wednesday, February 1: 9 - 10 a.m.
Join us at the Co-op in the Deli for a craft!
To Go Activity: Play Dough
Multicolor Giveaway

Wednesday, February 8: 9 - 10 a.m.
Join us at the Co-op in the Deli for a craft!
To Go Activity: Valentines Day Craft
Valentines for Assisted Living

Wednesday, February 15: 9 - 10 a.m.
Join us at the Co-op in the Deli for a craft!
To Go Activity: Carnival Masks

Wednesday, February 22: 9 - 10 a.m.
Join us at the Co-op in the Deli for a craft!
To Go Activity: Paper plate Weather Chart
Store Tour

Co-op Kids To Go activity kits will be available at each cashier every Wednesday if your child is unable to attend Co-op Kids in-person.

Company Profile: Taza Chocolate

By Amy Newsome, Co-op Volunteer Writer

Perhaps the unique disc shape of Taza Chocolate has caught your eye among the sea of chocolate rectangles? Taza's chocolate-creation process is as unique as its shape. Taza Chocolate was the first company in the United States to process cacao beans in the Mexican tradition, stone ground and minimally processed with the simplest of ingredients. Taza uses authentic granite millstones instead of steel refiners to grind their cacao. This process leaves unrefined bits of cacao and raw sugar in the finished product, resulting in a rustic texture and intense chocolate flavor.

The founder of Taza Chocolate, Alex Whitmore, was enchanted by the unique Mexican-style chocolate he found while visiting Oaxaca, Mexico nearly twenty years ago. When he returned home to Somerville, Massachusetts, he couldn't get the chocolate off of his mind and decided to try and recreate it. The first step was learning how to hand-carve granite mill stones. Then he worked on finding cacao from suppliers who have ethical work and environmental practices. To maintain the business relationships Taza Chocolate pays above the Fair Trade price. They also established the third-party certification program Direct Trade Cacao.

Are you looking for a special Valentine's Day treat for yourself or a loved one? How about trying a recipe from Tazo Chocolate's website? Chocolate was traditionally enjoyed as a beverage in a cup or "taza" in Mexico and other regions where cacao is grown. You can try their Mexican Hot Chocolate which is simply chopped chocolate mixed in the warm milk of your choice. You can use the Cacao Puro disc for classic hot cocoa or try the Guajillo Chili disc for a spicy hot chocolate or the Cinnamon Chocolate disc for a warm

spiced hot cocoa. If you want something that looks fancy you could consider their recipe for Flourless Chocolate Cake which is decadent in spite of only having four major ingredients. Or what about a playful Valentine's Day treat of Chocolate Salted Almond Ice Cream Sandwiches?

The Moscow Food Co-op carries the Taza Chocolate discs in Cacao Puro, Vanilla, Cinnamon, Salted Almond, and Guajillo Chili.

Taza Chocolate's mission is to "make and share stone ground chocolate that's seriously good and fair for all."

Taza Chocolate Snapshot:

Founded in 2005

Located in Somerville, Massachusetts

Direct Trade Certified

Certified Organic

Certified Kosher

Gluten Free

Soy Free

Dairy Free

Vegan



This information and more can be found at tazachocolate.com

Amy Newsome loved covering a company that led her to reminisce about her love for the Mexican people and their culture, as well as about the times she has spent in Mexico with her husband, going back 30 years to rustic camping on beaches of Baja California to more recent trips to the Yucatan peninsula to swim in cenotes and visit Mayan ruins.

Local Producers Profile: Athol Orchards Antique Apple Farm & Bakery

By Terri Schmidt, Co-op Volunteer Writer

The enthusiastic Nikki Conley and her husband, Erreck, own Athol Orchards Antique Apple Farm & Bakery. Nikki grew up in eastern California, just below the Sequoia National Forest, and lived just down the road from high mountain orchards. Apples picked there were the best she'd ever tasted and set the bar for what would become her own apple business.



Erreck & Nikki and daughters Mackenzie and Madelyn

Photo by Ben Norwood

The Conleys moved to Athol, Idaho, in 2016 when Erreck was stationed at Fairchild Air Force Base outside Spokane. Prior to that time, Nikki had earned two degrees from Chico State, one in graphic design and one in education. She worked in both fields and also as a wedding photographer but was not fully satisfied. She had always loved the outdoors and wanted their children,

Mackenzie and Madelyn, to enjoy the kind of free open space she grew up in. The Conleys found property in Athol with a house, creek, and old homestead orchard, which would allow their family to be self-sustaining. Nikki worked hard to restore and grow the orchard. She said, “This was my passion project, and I was too stubborn to quit!”

The first fall after moving in, the family cleaned up the old trees and started planting new ones. There were hardly any orchards around them, so the couple saw an opportunity to do something special for the surrounding community and for their girls. Nikki began researching rare, historical apples that were around back in the 1770s at the time of the founding of the United States. That is why “Antique” is part of the farm’s name. They currently grow over 60 unique varieties of apples.

Nikki is an inventive sort of gal, and she was soon branching out. One day when serving pancakes to her girls she thought there had to be something better than fake, store-bought maple syrup with high fructose corn syrup. Nikki said, “I toiled over the stove and concocted this magical potion on my own,” which ultimately became their very popular Apple Cider Syrup. The product is made from simple ingredients, and every bottle is locally printed, hand-filled, and capped by their family. Nikki said, “It tastes like autumn in a bottle; we call it ‘Apple Pie In A Bottle.’” Customers have used it for barbecue sauce, poured it over ice cream, and mixed it into cocktails. The syrup is sold in multiple locations in Idaho, Montana, Oregon, Washington, California and across the Midwest. It is available on their website and is shipped to all 50 states.

Nikki uses her gift of teaching to offer workshops to students. She said the orchard is living history. Each antique apple has a story behind it; for example, they even grow Thomas Jefferson’s favorite apples.

Nikki also teaches workshops on grafting, pollinators, pie baking, and maple sugaring (their newest adventure.) She bakes pies and pastries for customers, special events, and restaurants. Erreck will soon build an orchard barn in the traditional New England style, which will allow them to display and sell more products at the farm.

If you'd like to hang out at their amazing farm, the Conleys welcome guests to go "glamping" at the farm in a well-appointed fifth wheel trailer that can accommodate up to seven adults and two smaller children. It comes stocked with farm fresh eggs, milk, and butter. Locally roasted coffee and either Apple Crumb muffins, Spicy Pumpkin muffins, or apple pie will arrive for breakfast. Nearby is a forested campfire pit area and dwarf Nigerian goats visitors can learn to milk.

To learn more about this lovely farm and their tasty products, check out their website: www.atholorchards.com and Facebook page: www.facebook.com/atholorchardsnorthidaho



Staff Picks

By Ivy Dickinson, Co-op Volunteer Writer

The first staff-person I spoke with this month was Travis Carter, who has been working at the Co-op as a deli server for four months. For his recommendation, Travis chose the Sea'N Red beer brewed by Pelican Brewing Company. He told me this is one of his all-time favorite beers, as he feels it contains all of the

best “red ale qualities” in a single beer. He finds it to be extremely smooth and flavorful, without being too hoppy or bitter. He says it is also very versatile and can accompany a variety of food choices well. Travis finds that it is always a top contender for him when choosing a beer and he drinks it often. Pelican Brewing Company was founded in 1996 in the small coastal village of Pacific City, Oregon. The original Pelican building was built in



Travis Carter

the 1970s and had been a diner, pizza parlor, and seasonal beach rental but had been vacant for ten years. Sensing an opportunity, senior Pelican partners Jeff Schons and Mary Jones decided to purchase the run-down building with no plans for what to do with it. They decided to start a brewery but had no experience in the field, so their first order of business was finding an experienced brewer.

Darron Welch, who had turned his love of homebrewing into a job at a brewpub in Appleton, Wisconsin, responded to a help wanted ad and moved back to his home state of Oregon to take over as head brewer. He has been working at Pelican Brewing Company ever since

(<https://www.beervanablog.com/beervana/2021/2/12/pelican-at-25>).

In an industry where former breweries outnumber surviving ones by a large margin, the success of Pelican Brewing Company is notable. In the beginning, they made four beer styles plus a seasonal variety. Now, they have 11 year-round beers and dozens of one-offs and draft-only beers they make in their four breweries, all



Cody Nelson

located on the Oregon coast. Pelican has won a number of prestigious beer and culinary awards over the years, becoming known not only for their excellent beer but also for their sustainably sourced fresh seafood

(<https://pelicanbrewing.com/story/#awards>).

Check out their beer in the Co-op's beer section, or visit one of their impressive breweries next time you find yourself on the Oregon coast.

The second staff-person I spoke with this month was Cody Nelson, who has been working at the Co-op as a cashier for three months. For his recommendation, Cody chose the Koia protein drinks that can be found in the drink cooler across from the Deli. He says that he chose this product because he likes that they don't taste like

protein powder or have a gritty consistency like some protein drinks, and they are nice and sweet without having a ton of added sugar. Cody says he finds them to be a good snack that will tie him over between meals and give him a bit of an energy boost if he finds himself in a slump. His favorite flavor is the chocolate banana.

Maya French and Dustin Baker founded Koia shortly after meeting in 2013. The two became friends and were both working on making healthy lifestyle changes. They initially wanted to start a juice bar together and began working on research and development to make it happen. They began working to sell their Rawnature5 cold-pressed juices to local Chicago-area stores and started doing an extensive series of demos to solicit customer feedback. During this same period, they also began experimenting with various nut milks to accommodate French's lactose intolerance. Ultimately they saw an unfilled niche in the marketplace for a plant-based, low-sugar protein drink (<https://www.jpmorgan.com/commercial-banking/insights/protein-drink-startup-koia-conquering-natural-foods-market>). This was the genesis of Koia, and they soon developed their signature plant-based protein shakes, which they started selling at Whole Foods.

Koia has grown over 800% in sales and distribution since 2016 and is now available in over 16,000 stores. A recent partnership with NBA All-Star Chris Paul will introduce a Koia vending machine program at Historically Black Colleges and University campuses to “[bring] a plant-based, low-sugar option to a traditionally underserved community where it didn't really exist before” (<https://www.foodnavigator-usa.com/Article/2021/08/25/Koia-cracks-the-mainstream-code-with-ambitions-to-be-the-next-400m-refrigerated-beverage-brand>). Koia offers a variety of protein and keto shakes, as well as natural fruit smoothies, all of which are low in sugar, dairy free, kosher, gluten-free, and non-GMO.

Palouse Area Environmental Update

By David Hall, Co-op Volunteer Writer, Board Member of Paradise Ridge Defense Coalition, and member of Palouse Basin Aquifer Committee Stakeholder Engagement Group*

Thorn Creek Road to Moscow U.S. Highway 95 Expansion and Relocation Update

The saga continues . . .

Regarding the Idaho Transportation Department's proposed realignment of Highway 95 higher up on Paradise Ridge just south of Moscow, the Paradise Ridge Defense Coalition (PRDC) has successfully challenged the Army Corps on the following issue: the Corps' initial granting to the ITD of verification (approval) under the Clean Water Act for damaging wetlands. The Corps had initially granted authorization under a nationwide permit to ITD regarding thirteen wetlands sites. However, upon field reconnaissance of the project by the Corps, the Corps has agreed with PRDC's concerns that some of the wetlands do not qualify for verification.

From the Army Corps' January 2023 status report:

PRDC challenged the "March 9, 2021 verification decisions by the Corps that authorized [...] the Idaho Transportation Department ("ITD") to discharge dredged or fill material into aquatic resources at 13 specific sites [...] Those sites and that work are associated with the ITD's construction of its US-95 Thorn Creek Road to Moscow highway improvement."

The Corps is engaged in administrative proceedings to determine whether it will

- withdraw the verifications for all or some of the 13 sites;
- lift the suspension of the verifications for all or some of the 13 sites; and/or
- issue a new or modified decision that authorizes discharges into aquatic resources under the CWA at all or some of those sites.

“As part of this process, the Corps conducted additional site visits at some of the 13 sites to obtain additional information. ITD has also conducted additional investigations at some of those sites. [...] The Corps is waiting for ITD to share additional information from its site visits.”

“ITD has informed the Corps that it is currently preparing a new application for CWA authorization. ... Once a new application has been submitted, the Corps can assess the possible next steps that should be taken as part of the ongoing administrative process.”

Last November, the Corps requested that ITD “complete a comprehensive re-delineation of aquatic resources at sites for which ITD will seek future permit authorization [...]” and noted that the re-delineations should occur during the growing season.

Charges to use Four ChargePoint electric vehicle charging stations at Pullman City Hall

“Public Works staff analyzed the cost to operate, maintain, and replace the city-owned electric vehicle charging stations at the Old City Hall and City Hall (190 SE Crestview Street).

Cost analysis provided the basis for establishing the recommended

fees to provide the revenue required to cover the City's expenses of operations and replacement (based on current pricing with a reasonable inflationary value). In addition, these fees appear to be commensurate with the fees charged at stations around the city owned by other entities.

The fees listed below represent the recommendation for City Council consideration and approval by this resolution.”

--from the City of Pullman, Washington, December 13, 2022.
Regular Council Meeting, Agenda Item Details, Agenda Item 6.
ORDINANCE NO. 22-31,
<https://go.boarddocs.com/wa/pullman/Board.nsf/Public>

Proposed Fees

Electricity Charge - \$0.34 per kWh

Connection Charge - \$1.50 per hour

After-Charge Connection Charge - \$0.05 per minute, subject to a \$15.00 maximum charge.

Additional references:

Resolution No R-74-22 – A Resolution of the City of Pullman, Washington.

Establishing fees for public use of City-owned electric vehicle charging stations, to take effect January 1, 2023.

Memorandum, “Proposed Electrical Charging Station Fees,” from Art Garro, City of Pullman Maintenance and Operations Superintendent, to Mike Urban, Pullman City Administrator, December 2, 2022.

* This column does not necessarily reflect the opinions of the groups with which David is associated.

Renaissance Fair Mardi Gras Ball

Masked Ball and Costume Contest

Live music by The Eclectrix, Mother Yeti
and the Sultry Swines

Saturday Feb. 11th

7 to 11 pm

1912 Center

No Host Bar

Catered by One World Cafe.

\$20 tickets are available at:

One World Cafe,

Tye-Dye Everything,

and Safari Pearl.

Children 12 and under free.

Brought to you by the Moscow Renaissance Fair with help from the Moscow Giving Circle.

