

ROOTED

WINTER 2016-2017



MOSCOW FOOD
CO+OP

FREE

MOSCOW FOOD CO+OP



121 East 5th Street
Moscow, ID 83843
208.882.8537
moscowfood.coop

Open daily from
7 am to 9 pm

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We would like to thank Bill London for his legacy of communication and cooperation. His hard work and passion remain an inspiration to all of the Co-op's publications.



Owners Week

We love our owners and we're celebrating with Owners Week! From Saturday February 4–Sunday, February 12 owners will automatically receive one 15% off shopping trip that will apply to just about everything in the store. If you are not yet an owner, this is a great time to join and invest in the development of your Co-op. We'll also have raffles and activities to promote and celebrate the benefits of a cooperatively-owned and democratically-guided grocery store.

Winter Gathering

Monday, January 9, 5-7pm
Maialina Pizzeria, 602 South Main Street in Moscow

Warm up with our second seasonal happy hour to celebrate the New Year. Join us for locally-sourced appetizers, wine, and beer. Even though this is a FREE event, please RSVP by calling the Co-op at (208) 882-8537.

Dime in Time

Bring in reusable grocery bags when you shop at the Co-op, and you get 10 cents, which can be applied to your purchase or donated to the charity selected for the month.

December: Palouse-Clearwater Food Coalition

The Palouse-Clearwater Food Coalition (PCFC) is a community-based initiative bringing a collaborative, grassroots approach to growing the local food system. They are currently creating several outreach publications, such as Eat Local Guide (featuring local restaurants, wineries, brew pubs, and coffee shops who source local products), and a Local Food Resource Guide. Funds raised through Dime in Time will go to supporting the printing costs for these brochures and publications for distribution during community events.

January: Prichard Art Gallery Education Outreach Program

The Prichard Art Gallery programs encourage experimentation by the support and presentation of new works by emerging and established artists. Dime in Time funds raised will go toward supporting the Gallery's "Idaho Gems" project through which teachers can sign up to have a gallery docent come to their class and provide an hour of instruction. This project celebrates Idaho's young artists and touches on Art & Humanities Core standards that are relevant to all K-12 students.

February: Palouse Paws with a Cause

Palouse Paws with a Cause is a local chapter of the Pet Partners National Organization. Pet Partners certifies human/animal teams to provide comfort visits to individuals who would appreciate them. There are currently 43 certified teams in the Moscow/Pullman area who volunteer their time to make regular visits to places like Pullman Regional Hospital, Summit Therapy and Health Services, Good Samaritan Village, Family Promise of the Palouse, and many others. All funds raised through Dime in Time will go toward insurance for volunteers and rental costs for training or meeting locations.

Love Your Farmer, Love Your Food

Friday, February 10, 5-7pm
Moscow City Hall

Join us for our annual Love Your Farmer, Love Your Food celebration. During this free event, community members can meet and talk with the people who provide many local products around the Palouse. There will be free locally-sourced appetizers and a no-host bar of local libations. Before and after the panel

discussion, community members can browse through a food and agriculture resource fair with educational materials from community organizations. Door prizes will be donated by local businesses. This event is co-sponsored by the City of Moscow, UI Extension, the Palouse-Clearwater Food Coalition, Rural Roots, and the Palouse Fresh Food Project.

Board Meetings

All are welcome!

Please join us at 6pm in the Fiske Room at the 1912 Center in Moscow. Upcoming meetings: Tuesday, December 13, Tuesday, January 10, and Monday, February 13.

Beer with the Board

DRINKS ARE ON US!

Tuesday, December 13, 5-6pm

Join the Board of Directors for Beer with the Board in the Fiske Room of Moscow's 1912 Center. This is a relaxed opportunity to meet your elected representatives and talk about what matters to you as a Co-op owner. Local and regional beer and wine will be available, as well as delicious appetizers. Owners can get up to two free drinks of their choice. For more information, email boardadmin@moscowfood.coop. The 1912 Center is located at 412 East 3rd Street in Moscow.

Board Elections 2017

Serving on the Co-op Board is a powerful way to shape our democratically controlled cooperative. There are 4 open seats in this year's election. Information and applications are available at www.moscowfood.coop/boardelection as well as at the Customer Service Desk at the Co-op. Completed application packets are due January 4 by 9pm. Consider applying to be on the Board of Directors, and take an active role in the future of our Co-op!

Register for Co-op Classes

The Co-op has been working hard to partner with professionals and passionate owners in our community to offer a variety of educational classes and lectures. There are classes ranging from Healthy Cooking on a Budget to a free Homeopathy Q+A and more! Check out our website for a complete calendar of classes and register online or in the store. Questions about classes or interested in teaching a class? Contact our Education & Outreach Coordinator at outreach@moscowfood.coop.



ON OUR SHELVES

Epic Bacon Bits

Say goodbye to those crunchy bits that only resemble bacon and say hello to Epic Bacon Bits. Epic bits are made from non-GMO fed chicken and heritage breed Berkshire port bellies. They are rich in protein, low in sugar, gluten-, grain-, soy- and dairy-free. Epic bits can be used to enhance salads, sweet potatoes, eggs, and other foods. Look for hickory smoked and maple pork bits, and sesame chicken bits.



Big Tree Drinking Chocolate

Toast the season with this rich, chocolaty drink. Made from just three ingredients—raw organic cacao powder, organic coconut sugar and sea salt—Big Tree drinking chocolate is a healthier chocolate beverage alternative that is packed with plant-based phytochemicals as well as vitamins and nutrients. It is non-GMO, gluten-free and vegan. Use it as a hot or cold drink, in smoothies, or as a dessert-topper.



Singing Dog Vanilla Bean Paste

Looking for vanilla that'll make you sing? Singing Dog vanilla bean paste has the authentic flavor of real vanilla beans in a convenient paste form. Use one tablespoon to replace one vanilla bean in recipes. The paste is gluten-free and made with organic vanilla bean extractives and organic cane sugar.



Daiya Salad Dressing

A new addition to their line of certified vegan products, rich and creamy Daiya salad dressings are free of soy, dairy, gluten and eggs. These plant-based dressings can be poured over any salad or used as a dip for fresh vegetables. Available in Bleu Cheeze, Creamy Caesar, and Homestyle Ranch flavors—veggies have never been happier.



Artisan Tropic Plantain Strips

Plantains are rich in potassium, fiber, and vitamins A, C and B-complex. They are a “resistant starch” meaning they reach the colon intact, which helps stimulate intestinal flora and improve insulin sensitivity. These strips are gluten-free, non-GMO, vegan, and Paleo-certified. Look for three crunchy flavors: sea salt, sweet, and cinnamon.



New Barn Almondmilk

New Barn almondmilk is USDA organic, gluten-, carrageenan- and soy-free. They come in four creamy flavors: original, vanilla, unsweetened, and unsweetened vanilla. All are crafted from spring water and organic almonds. The original and vanilla are sweetened with organic maple syrup and contain just 7 grams of sugar.



Kite Hill Cream Cheese

This almond milk spread can be taken way beyond your bagel. Try using it to make traditional holiday cheese balls or as a vegan addition to a beautiful cheese board. Using almond as its base makes the environmental impact of this cheese minimal, but with maximum flavor.



Epic Duck Fat

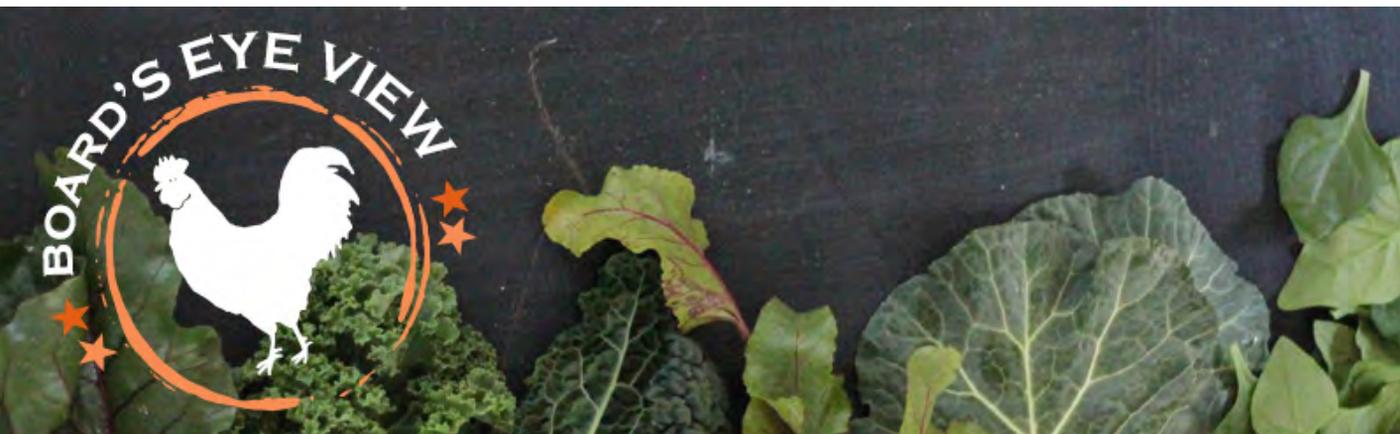
Looking to elevate your roasted sweet potatoes this holiday season?

Using Epic's Duck Fat is just the ticket. Epic's products are made from free-range animals raised on healthy land and the company is committed to honoring and utilizing all aspects of the animal. With this new addition to their product line, EPIC is furthering their commitment to the EPIC Whole Animal Project.

Miyoko's Cultured Vegan Butter

Made from organic coconut oil and cashews, this spread from Miyoko's Kitchen spreads, well, like butter. Free from palm oil and all milk products, use this anywhere you would melt, cook, or bake with butter.





This year, election season seemed a little bit crazy and emotionally charged. Whether or not the candidates you personally preferred won, we are reminded that democracy is often messy – Co-op democracy and national democracy. By nature, elections illuminate differences in perspective and experience. Moving forward, it's important for us all to remember the things that bring us together, the things that connect us, and the things that build up our community.

All cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity. In the tradition of the Rochdale Pioneers (the founders of modern-day cooperatives), cooperatives believe in the ethical values of honesty, openness, social responsibility, and caring for others. The work of our Co-op is also built upon a belief in the value of diversity and our commitment to non-discrimination, which is included in our organization's bylaws, our personnel policies, and the Moscow Food Co-op Board of Directors June 2015 resolution (see Board News on the Moscow Food Co-op website).

The 7 Cooperative Principles are the guidelines by which cooperatives put these values into practice.

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training, and Information
6. Co-operation among Co-operatives
7. Concern for Community

At the Moscow Food Co-op all of the important work we do is built not just upon the cooperative principles and values, but also on the foundation of our mission: working together to nourish and nurture our community.

How do we accomplish our mission? By working together to achieve the Co-op's Ends (also called Strategic Initiatives). Our current Ends, developed by our owners in 2014, are one example of what makes our Co-op different than traditional grocery stores.

1. Local Food & Goods – we work together to promote the local, sustainable, and organic foods economy. This work builds a stronger local economy.

2. Workplace of Choice – we work together to ensure that the Co-op is a workplace of choice for all employees. We believe in treating all people with dignity and respect.

3. Community Accessibility – we work together to actively increase the cultural accessibility and economic accessibility of the Co-op. We create a welcoming environment for everyone.

4. Community Engagement – we work together to educate our community about food and food systems. We know a lot about natural and organic foods and we believe in sharing that knowledge.

5. Environmental Sustainability – we work together to model environmental sustainability in all

that we do. We are always looking for ways to improve our operations in order to be as sustainable as possible.

6. Grow & Expand – we work together to grow this Co-op and to expand the positive impact we have on our community.

The work that we do at the Moscow Food Co-op is meaningful and impactful. We help create a better community and a better world by advocating for social, economic, and environmental justice.

2017 Election Timeline

Deadline for application submissions **January 4**

Candidate statements due **January 4**

Candidate eligibility submitted to Board **January 10**

Candidate statements published **February 6**

Begin request for absentee paper ballots **February 6**

Candidate Forum **March 5, 4-6pm in the 1912 Center Great Room**

Elections week **March 4-12**

Absentee ballots must be received in store by **March 11**

Ballots counted + election results announced **March 12**

New Board members seated at Board meeting **April 11**

Wintery winds and long, dark nights make the kitchen and a fire-warmed room the preferred gathering places in our homes. After a day spent outside in the cold, there are fewer pleasures than sitting down to a chill-chasing hearty dinner. Big meals can mean little room for dessert . . . but still a desire for something sweet to finish them with. Dessert wines are the perfect finale, luscious and sweet but not filling. Enjoy these to add warmth to a winter evening.



Merry Cellars Dolce Vita

Merry Cellars is a family-owned winery that was founded in 2004 in Pullman, Washington. They source their grapes from four vineyards in the Columbia Valley and strive to make wines that emphasize varietal character and a true expression of terroir. All their grapes are hand-picked and gently crushed and processed. Their Dolce Vita is a blend of late-harvest merlot grapes and locally-harvested blackberries. The wine is sweet like candied blackberries with notes of caramel and vanilla. Sip it after dinner or pair it with rich, dark chocolate.



Yalumba Antique Tawny Port, Museum Reserve

Yalumba is the oldest family-owned winery in Australia. Located in the Barossa Valley, it has been growing grapes since 1849. Today, Yalumba is dedicated to building a sustainable viticulture program in all aspects of the winery: winemaking, production, packaging, and distribution. They have set aside hundreds of acres of land for conservation management; reduced the amount of chemicals used in the vineyards; incorporated an integrated pest management system; and encouraged biodiversity of vegetation in their vineyards. In its 165 year history, Yalumba has developed a reputation for premium fortified wines. Their Antique Tawny is a unique blend of barrel-aged ports, each with a minimum of 10 years aging. This blending creates a port with wood, dried fruit, chocolate, and caramel notes, and a touch of sweet vanilla.



Trentadue Chocolate Amore

Located in Sonoma's Alexander Valley, Trentadue Winery has been family-owned since 1959. Leo and Evelyn Trentadue were among the first to plant new vines in Sonoma County after Prohibition, chiefly Italian red varieties. They are committed to sustainable agriculture, and take special care of their soil by using cover crops and by-products of their wine-making as compost. Trentadue Winery has a reputation as a leading producer of dessert wines in Sonoma. Their Chocolate Amore is made from merlot grapes, which is complemented by the addition of neutral wine spirits and natural chocolate extract. Like Dolce Vita, it is delicious sipped after dinner. For a real treat, pour it over vanilla ice cream.



Chateau Haut Mayne Sauternes

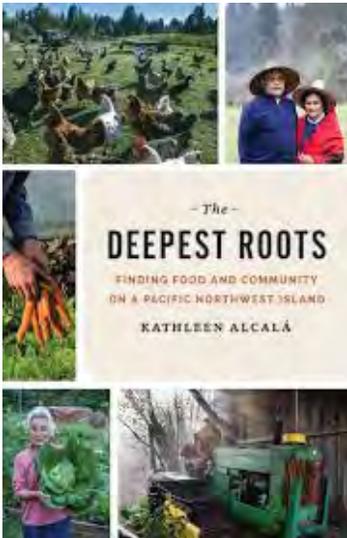
Sauternes is a sweet wine from the Sauternais region in Bordeaux, France. It is generally made from *sémillon*, *sauvignon blanc*, and *muscadelle* grapes that have been affected by *Botrytis cinerea*, also known as "noble rot". This causes the grapes to become partially raisined, resulting in concentrated and lush wines. Chateau Haut Mayne is located in the northern part of Sauternes. The estate has been growing grapes since the early 20th century. Their sauternes is a blend of 85% *semillon* and 15% *sauvignon blanc*. It is a rich wine with aromas of dried apricot and pineapple and notes of *crème brulée* and honey. Enjoy this wine with foie gras, Roquefort cheese, or as an aperitif.



library PICKS

Enjoy these tasty selections from the Moscow Public Library, located at 110 South Jefferson Street.

Written by Jessica Bowman

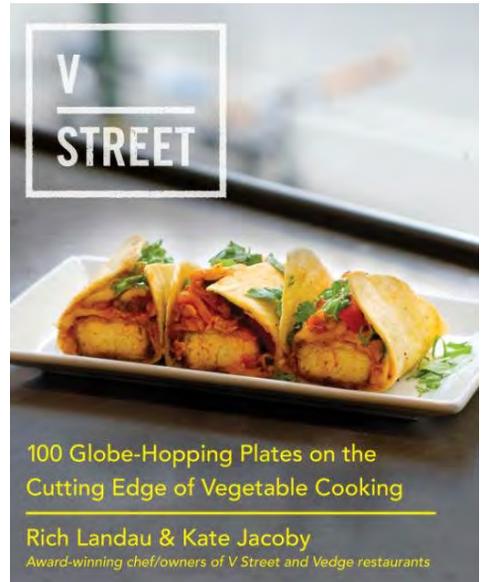


Deepest Roots: Finding Food and Community on a Pacific Northwest Island

Kathleen Alcalá

As friends began “going back to the land” at the same time that a health issue emerged, Kathleen Alcalá set out to re-examine her relationship with food at the most local level. Remembering her parents, Mexican immigrants who grew up during the Depression, and the memory of planting, growing, and harvesting fresh food with them as a child, she decided to explore the history of the Pacific Northwest island she calls home.

Combining memoir, historical records, and a blueprint for sustainability, *The Deepest Roots* shows us how an island population can mature into responsible food stewards, and reminds us that innovation, adaptation, diversity, and common sense will help us make wise decisions about our future. And along the way, we learn how food is intertwined with our present but offers a path to a better understanding of the future.



100 Globe-Hopping Plates on the Cutting Edge of Vegetable Cooking

Rich Landau & Kate Jacoby

Award-winning chef/owners of V Street and Vegde restaurants

V Street

Rich Landau and Kate Jacoby

Chefs Rich Landau and Kate Jacoby bring the greatest flavors of the world to the devoted clientele of their acclaimed Philly restaurant V Street. Now, cooks can experience the same original dining experience at home with these zesty, mouthwatering recipes that whet the appetite and feed the imagination.

In V Street, Rich Landau and Kate Jacoby offer creative vegan riffs on street food from across the globe—drawing from the culinary traditions of Asia, the Middle East, South America, and more—in a diverse range of dishes.

-Amazon

GOOD FOOD book club

Join the Co-op's Good Food Book Club in reading the following selections:

December: *5 Acres and a Dream* The Book: *The Challenges of Establishing a Self-Sufficient Homestead* by Leigh Tate, meeting January 8.

January: *Women, Food, and God: An Unexpected Path to Almost Everything* by Geneen Roth, meeting January 29.

February: *The Color of Food: Stories of Race, Resilience, and Farming* by Natasha Bowens, meeting February 26.

All Book Club meetings are held from 6-7:30pm upstairs in the Co-op mezzanine. Book Club members can either check out selections from the public library or purchase them at a 10% discount at BookPeople in downtown Moscow.

It's Time to Relax & Restore!



DAVID PERLMUTTER, M.D.
Board Certified Neurologist,
#1 *New York Times* Best-Selling
Author & Fellow of the American
College of Nutrition

Dr. Formulated whole food magnesium Relax & Restore powder is a delicious, fizzy drink to help calm and relax you for a better night's sleep, while restoring your body's optimal magnesium levels.[†]

Relax & Restore features the first-ever whole food magnesium made with our finest U.S.A. grown organic peas, as well as, live probiotics—1 billion CFU—to support healthy digestion and regularity.[†]

ANTI-STRESS + CALM + SLEEP BETTER[†]



[†] These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Sunshine Smoothie

Peaches 'n Dreams Smoothie



from the GM's kitchen

Written by Melinda Schab, Moscow Food Co-op
General Manager

Moscow can feel quite dark during the depths of winter. It's dark when I leave for work in the morning and it's dark when I get home in the evening. I miss the long summer days and occasionally lament the shortness of our Sunday afternoons (how quickly the daylight disappears!), but I don't let the darkness get me down. I love the four distinct seasons we're treated to in this part of the country, and I'll admit that I look forward to the increased time indoors with my family by the fireside and in the kitchen.

It's hard to predict whether or not we'll have a snowy winter on the Palouse, but I prefer the years when we have abundant snow. It's beautiful to look at, fun to play in, and the Moscow area is downright radiant on those lovely sunny winter days that we always seem to get just when we need them. Nothing beats the comforting sight of our rolling hills covered in glittering snow when the days are short and dark, and nothing is quite as exhilarating as playing outdoors in the cold, crisp winter air.

With the garden put to bed for the winter, we turn to the fruits and vegetables we canned and dried in late summer. It's always nice to put a bit of preserved sunshine on your plate when it's dark before 4 pm. Homegrown and home-

dried tomatoes are popular in our house throughout the offseason, but we especially enjoy the dried fruit from our backyard orchard. They're all quite wonderful for a winter snack, but the dried apples with cinnamon make for a particularly delicious treat that's warm and sweet and pairs well with a steaming hot cup of tea.

We eagerly await the arrival of the seed catalogs and pour over them longingly, believing that planning for summer will bring it that much closer. Is there anything that we think we might plant next year that we haven't grown before? Although most of our garden is devoted to the usual suspects, we always try one or two new things each season, just for fun. New varieties of sunflowers are always a joy, as they first attract beautiful pollinators followed by lots of lovely birds and yet still manage to leave enough seeds in the garden's nooks and crannies for a healthy patch of volunteers each year. Our experiment with amaranth a few years ago didn't lead to any major innovations at mealtime, but it did add nice color to our garden and has proven to be quite the hardy reproducer. We're sure to find something interesting to add to the garden next year.

A cold drink might not leap right to mind as a great breakfast choice during the chilly days of winter, but I find a nutrient-packed smoothie

to be a real energy boost and to help me shake off the winter darkness.

Looking to add more power to your smoothie? Try adding Vega Protein & Greens, Mega Food Daily C Protect, or Garden of Life's Plant Proteins to either of these basic recipes.

Sunshine Smoothie serves 2

½ cup raw whole macadamia nuts
2 oranges, peeled and chopped
1 ½ cups frozen pineapple pieces
4-6 pitted dates
2 cups chilled coconut water or coconut milk

Peaches 'n Dreams Smoothie serves 2

¼ cup chopped raw whole pecans
1 frozen banana, cut into bite-sized pieces
1 ½ cup frozen peach pieces
¼ teaspoon ground cinnamon
¼ teaspoon vanilla extract
2 cups chilled water or nut milk of choice

Twin Creeks Farm: RESPECT, RESPONSIBILITY, AND CREAM

An off-pitch rooster crow stirs me and I roll over to turn off the alarm where Louis Armstrong is finishing his second chorus of “What a Wonderful World”— it’s 5am. I hear the clink of plates and a sizzling frying pan as I roll out of bed and catch a comforting whiff of fresh baked bread and bacon; my wife, Tiffany Corrao, and co-owner of Twin Creeks Farm in Princeton, Idaho is already up. As a recovering health nut, scientist, and all-around curious human, I enjoy food that makes me feel good and I like to know where it comes from.

As aspiring connoisseurs of fresh cheese, Tiffany and I have become immersed in a world of family values and sustainable foods. This is a world of traditional science and unwavering respect for and responsibility to family and animals. As Tiffany runs the day-to-day operations on the farm, my goal on this day is to get a crash course in cheese making. As I step outside, the sun is softening the black line of the east horizon and the cool air of a May morning and fresh smell of rain inundate my senses. Clad in coveralls like a functional sleeping bag, I bend to clumsily slip my feet into stiff rubber boots. I am anxious and excited.

Armed with a milking bucket, hot water, carry-all, and filter I follow Tiffany down to the barn where Ellie, our Jersey cow, is waiting, tail swishing like a happy puppy. I use the old pitchfork to clear the pies, toss her two flakes of alfalfa, then clip the blue and white lead rope to her halter. She softly moos and starts walking me toward her stanchion. The hot water is now comfortably warm in the cool morning air. I dip a soft chamois cloth in the water and start cleaning her udder. Tiffany says, “This keeps the milk clean and helps her get comfortable with you. If she’s



not comfortable she won't give you milk." I begin to milk Ellie— amazing! I have nearly half a bucket of ivory white milk with a thick creamy layer on top. It takes me 20 minutes.

"That's about one gallon" Tiffany says. She then sits down and within 15 minutes has filled and poured two more buckets into the tall carry-all. "That's just shy of 30 pounds, a little more than three gallons total." Ellie seems very peaceful standing and chewing her cud throughout this ordeal. I unclip her lead and she gracefully bows out of the barn. Her calf, Leo, is waiting in the pasture and they wander off munching on dew-covered grass.

"On a typical day after milking I usually make cheese, pack eggs, tend the greenhouse and garden, and include our three year old in the mix until about 4pm when I milk again, have dinner with the family, and prepare for the next day," says Tiffany. We make our way from the barn to the kitchen where the milk is bottled or stored in gallon jars for cheese-making later that day.

I then follow Tiffany from the milk kitchen around to the back of the building where the greenhouse is attached. We grow all the vegetables and herbs for our family and for flavoring the cheese made at Twin Creeks Farm in this 50 by 14 foot opaque sanctuary. This unique building has a concrete floor from its past as a cattle feeding stall and is sided with recycled boards from what looks like three different generations of barn construction. The concrete flooring, semi-clear roof, and five large windows offer us the ability to capture

heat during the latter half of each day and maintain a more consistent temperature throughout the night. This is important for growing some of the unique flavors we use in the cheese that we would not otherwise be able to grow locally.

From one end to the other there are five raised beds: peppers, tomatoes, garlic and leafy greens, squash, and more tomatoes. In the corner there is a fig tree planted through the concrete floor in the native soil and all around the walls there are pots with different herbs: cilantro, basil, parsley, rosemary, and oregano. Tiffany says, "The fig tree we have is a clipping passed down from Mark's great grandfather who brought the original tree to America from Sicily around 1908." Outside the greenhouse there are raspberries, blueberries, a number of fruit trees, and more tomatoes and garlic.

Twin Creeks Farm, similar in practice to many older multi-generation farmsteads, doesn't use artificial fertilizers and seeks sustainability through natural practices that promote soil health. Soil amendments such as chicken

compost, cow manure, sawdust from the woodshop, and ash from the fireplace are used to balance soil pH and discourage pests both in the greenhouse and in the pastures.

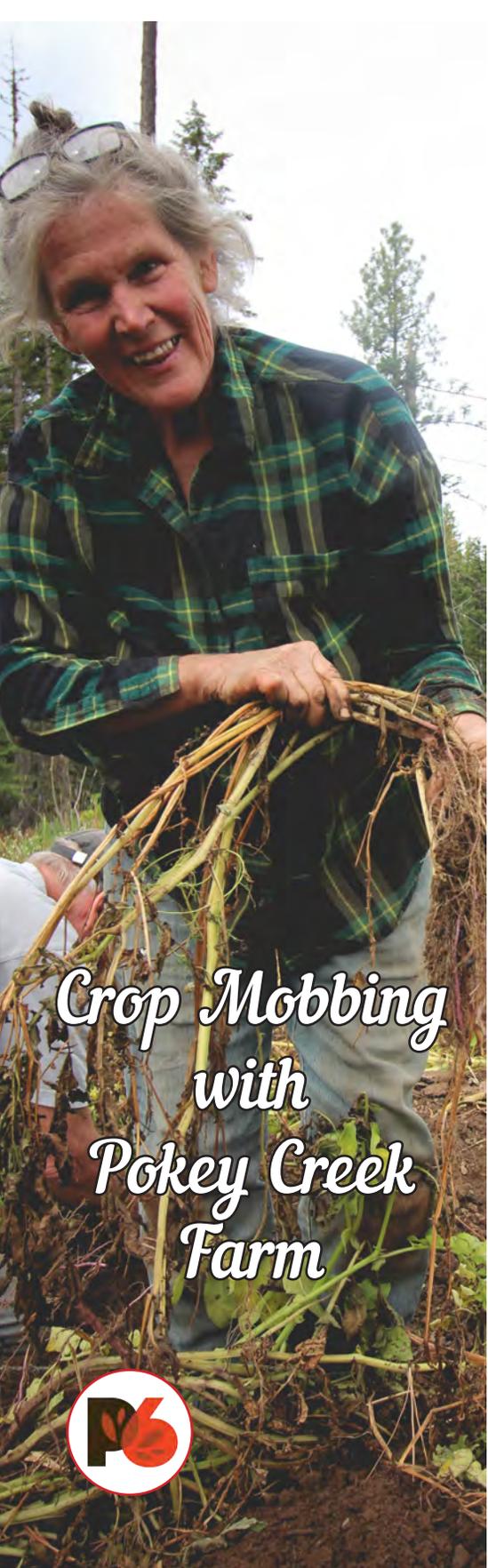
In many areas we, as a society, are moving toward healthier living and sustainable foods. Very few of us are fortunate enough to have traditional knowledge handed down through generations or the space for a greenhouse, let alone a garden, or pastured animals. However, there are farmsteads, family creameries, organic ranches, urban gardens, and local cooperatives nearly everywhere. The people that keep these vibrant take pride in a lifestyle they believe in because they value their products, their animals, and their health.

The lessons passed to the next generation ensure the values and culture of a lifestyle that fosters respect, responsibility, and sustainable nutritious food. "Be humble, remember where you came from, all the hard work that got you where you are, and care about your work, whatever it is." These are the values Joe Rocha from

Tideland Dairy Goats in Oregon passes to his children. If you enjoy a sense of accomplishment, are interested in your health, and love the taste and experiences that come with natural foods I encourage you to seek out farmsteads and gardens in your area. These people are the local stewards of tradition and a lifestyle that truly exemplifies "What a wonderful world" it is.

*Written by Mark Corrao,
Co-owner Twin Creeks Farm*





Crop Mobbing with Pokey Creek Farm



It's a cool September day and 27 people have gathered at Leah and Greg Semple's mountain farm, Pokey Creek, to participate in one of the Co-op's Crop Mobs. This program lets volunteers get a little dirty—connecting them with local producers by giving them on-farm projects to help with.

On this day, folks from Moscow, Pullman, Coeur d'Alene, and St. Maries have come to Pokey Creek, a USDA Certified Organic farm, to help harvest potatoes, plant garlic, and pop seed garlic from its skin. This is the fifth year in a row that Leah and Greg have opened their farm up to Crop Mobbers.

With their hands wrist-deep in the damp soil, one volunteer asks Leah whether or not a potato he's plucked from the ground is a Butterball or a Yukon.

"Bring it here," she says. "I have to feel it with my cheek." She rubs the dirt away from a round potato, revealing its golden skin below. She brings the potato to her cheek, gently rubbing it along her face. "It's so hard to tell sometimes," she says with a slight laugh. "Yep. These are Yukons." She can tell by the way the potato's skin feels against her skin.

Leah has been growing food since her early 20s—beginning on a half-acre in Louisiana, and then on a commune in California where she lived for five years. It's this decades-long passion for growing food that makes her feel connected to the land and to her customers. "We're just providing good food. I know how much love and care we put into our vegetables."

Her knowledge of potatoes, like her farm, has grown over the last several decades. She and Greg came to their land in 1978 and lived in a teepee. Her mother was raised in southern Idaho, but Leah

was brought up in her family's boutique dress shops in New Orleans. "My mom's roots really spoke to me," she says. Leah remarks that farming helped them build a community on their new land. "We were all homesteaders, growing food for ourselves."

Eventually Leah's food production grew, and in 1998 she opened her stall at the Moscow Farmers Market with a variety of veggies she grew on just one and a half acres.

They now farm two and a half acres on their land and five acres on the St. Joe River in St. Maries. The rich river-bottom soil from their farm on the St. Joe is perfect for growing large crops of garlic, peppers, potatoes, and big sweet onions.

Leah gets the most joy from her customers. "I am very touched by people enjoying what we grow." She knows that the majority of produce available today isn't grown with the passion she has. "So much food in the grocery store, there's just no life force to it."

The number of volunteers who come to help at Pokey Creek year after year are a testament to the life force Leah and Greg are dedicated to farming with. With all the extra hands on this day, the Crop Mobbers harvest over 2,000 pounds of potatoes, plant 175 pounds of garlic, and pop over 450 pounds of seed garlic—tasks that would take the Semples much longer than a few hours. "We are so touched by the help. Everyone should be proud of themselves," Leah says.

You can find Leah's veggies in the Co-op's Produce section, at the Moscow Farmers Market May-October, and at Pilgrim's Market in Coeur d'Alene.

Written by Erica Wagner



Scalloped Potatoes and Shallots

2 tablespoons unsalted butter, plus more for baking dish
3 small shallots, peeled and thinly sliced
3 pounds yellow and red potatoes, thinly sliced (about 1/8 inch)
1 teaspoon coarse salt
Freshly ground pepper, to taste
4 cups cheddar cheese, shredded
1 cup heavy cream
1 cup chicken stock

Preheat oven to 350°. Butter a 12-cup baking dish. In a skillet over medium heat, melt the butter. Add shallots, and cook until translucent, 4-5 minutes. Let cool.

Arrange 1/3 of the potatoes in baking dish, slightly overlapping slices. Sprinkle with 1/2 of the salt and a little pepper. Sprinkle half the shallots and 1/3 of the cheese over the potatoes. Repeat. Top with remaining potatoes in a spiral. Sprinkle with remaining cheese. In a measuring cup with a spout, combine cream and stock. Pour over cheese and potatoes. Cover with foil.

Bake for 30 minutes. Uncover and increase temperature to 425°, baking until top is golden brown and potatoes are tender, about 45 minutes. Let rest for 30 minutes before serving.

Jojo Potatoes

5 medium russet potatoes, cut into wedges
2 teaspoons fresh garlic, minced
2 teaspoons paprika
2 teaspoons sea salt
2 teaspoons black pepper
1/4 cup olive oil

Preheat oven to 400°. Place potatoes in a large pot and cover with water. Bring water to a boil, then take the pot off the heat. Drain the potatoes and rinse any starch off. In a large bowl, combine potatoes with all other ingredients, tossing to coat evenly. Place potatoes on a greased baking sheet and bake for 15-20 minutes. Carefully flip potatoes with a spatula and continue baking for another 15 minutes, or until potatoes achieve a slightly crispy texture and are browned.

Spinach Mashed Potato Bites

2 cups prepared mashed potatoes
2 tablespoons olive oil
1 medium yellow onion, diced
8 ounces baby spinach
1 garlic clove, minced
1 cup parmesan cheese, shredded
2 tablespoons lemon juice
1 egg, lightly beaten
2 cups panko crumbs
Salt and pepper to taste
1/4 cup olive oil, for frying

Add 2 tablespoons olive oil to a large skillet and warm over medium heat. Add onions and cook for 3-4 minutes, stirring occasionally, until translucent. Add spinach and garlic to the skillet and season with salt and pepper. Cook for 2-3 more minutes, until spinach is wilted. Remove from heat.

In a large bowl, combine potatoes, spinach, cheese, and lemon juice. Add egg and bread crumbs and stir until well combined.

Remove spinach mixture from heat and add to the potatoes.

Shape the mixture into 1-2 inch patties. Heat remaining olive oil in a large skillet over medium heat.

Working in batches, fry each patty on both sides until golden brown, about 3 to 4 minutes per side. Transfer potato patties to a paper towel-lined plate.

Potato Doughnuts

3 medium Russet potatoes, peeled and quartered
1 cup milk, warmed to 70°-80°
2 eggs, lightly beaten
3/4 cup vegetable shortening
1/2 cup sugar
1 teaspoon salt
4 1/2 cups bread flour, plus additional flour if sticky
2 1/4 teaspoons active dry yeast
Topping:
3/4 cup sugar
1/4 cup butter, melted

Place potatoes in a saucepan and cover with water. Bring to a boil and cook for 15-20 minutes, until tender. Drain potatoes, reserving 1/4 cup cooking liquid. Mash the potatoes and set aside 1 cup and let cool to room temperature.

In the bowl of a stand mixer fitted with the dough hook, place the milk, eggs, shortening, sugar, salt, bread flour, yeast, reserved cooking liquid, and potatoes. With the mixer on low, combine all ingredients for 1-2 minutes. Increase speed to medium and continue mixing for another 3-4 minutes. If the mixture is too dry, add 1-2 tablespoons milk. If it is too wet, add 1-2 tablespoons flour.

Turn dough onto a lightly floured surface. Knead in additional flour if the mixture is still too sticky, a couple tablespoons at a time. Roll out to 1/2-inch thickness. Cut with a 2 1/2-inch circle cutter. Cut middle of doughnuts out with a 1-inch cutter.

Place on greased baking sheets. Cover and let rise in a warm place until almost doubled, about 30 minutes.

Bake at 350° for 15-20 minutes, or until lightly browned. Brush warm doughnuts with butter and dip in sugar.



Co+op Basics offers every day low prices on many popular grocery and household items. From beans to beef, you'll find new low prices on some old favorites as well as some new high-quality products.

Plus, all special discounts such as FLOWER (Fresh, Local, and Organic Within Everyone's Reach), Wellness Wednesdays, Senior Thursdays, and Student Fridays will stack with the low prices for even more savings!



Pasta Fagioli

2 pounds lean ground Country Natural Beef

1 medium yellow onion, chopped

3 carrots, chopped

4 stalks celery, chopped

2 (28 ounce) cans diced tomatoes, with liquid

1 (16 ounce) can Field Day red kidney beans, drained and rinsed

1 (16 ounce) can Field Day white kidney beans, drained and rinsed

32 ounces Field Day beef stock

1 tablespoon oregano

1 teaspoon black pepper

2 tablespoons parsley

1 jar Field Day spaghetti sauce

8 ounces Field Day pasta

Heat a large skillet over medium-high heat. Add ground beef and cook until all of the pink is gone.

Drain fat from the beef and add to slow cooker. Add all other ingredients except for pasta and stir to combine. Cook on low 7-8 hours or high 4-5 hours. Add pasta during last 30 min on high or 1 hour on low.

GET TO KNOW

BARISTAS

THE CO-OP



Ashley, Lead Barista, Co-op employee since 2015

Zach, Barista, Co-op employee since 2016

Gus, Barista, Co-op employee since 2015

Gina, Barista, Co-op employee since 2015

Taylor, Barista, Co-op employee since 2014

What is your favorite thing about working at the Co-op?

Gina: I enjoy being in the coffee bar because there's room for creative freedom and I feel that even though we have a menu, we all put in our twist.

Gus: I love how invested and passionate everyone is in the coffee bar.

Zach: I've become the happiest I've been at the Co-op working with coffee. I love the creativity. Now I have a place where everything is uniquely mine every time I make a drink.

Taylor: Creativity is my favorite part—and connecting with people.

Ashley: My favorite thing is working with all the coffee we have to work with—especially our new coffee blend. We get to see where it comes from and the processes involved in that, from start to finish.

What's different about our coffee bar than other places in town?

Ashley: Everything that we do is scratch-made. Every syrup, our chai, our ciders, and sauces.

Gina: We use organic milk, which I don't think is common at all. Our customers really like the quality of

our milk.

Gus: We have a lot of options that a lot of places won't. Like if you don't want a sweet coffee, but you want a flavor pairing we have lots of spices we can put in them. We also use lavender buds, sage, and we've used flower water. It's a whole different way of looking at how we can work with coffee rather than just adding syrup.

Gina: We have the whole Co-op's floor to choose from, which is where the creativity comes from.

Ashley: Another big difference is our new espresso blend because we worked with Landgrove to create that.

What was that process like?

Gus: Super fun!

Ashley: Jon (from Landgrove Coffee) invited us out to their place and we sat around for three hours and we tried so many different coffees.

Gina: We started with different blends—light, medium, dark—we tried different ratios. Then we started to look for qualities we all liked. We wanted something bold.

Taylor: And something that worked well as a shot of



espresso and that could be mixed into drinks.

Gus: We also tasted the difference between different beans—Peruvian, Ethiopian, Sumatran.

Ashley: Our new blend is called 8199. We brought together coffee from Ethiopia and Sumatra and 8199 is the distance in kilometers between the two locations.

What's your favorite thing about making coffee?

Gus: It's a mix of art, flavor, and technical prowess. You get to work on a whole bunch of ways to grow. You can work on making that perfect steamed milk, your latte art, how flavors work together. Every aspect of coffee has so many directions you can work on.

Gina: I enjoy all the little details, but I also love that people start their days with us. It's nice to send people out the door happy with their warm drink. It's a ritual that we're behind.

Zach: I enjoy the smell of it and trying to combine different flavors.

Ashley: There's always something to work on and better yourself at.

Taylor: It's hands on. It's kind of dirty and rough, but elegant at the same time.

Gus: You get to be one part rock star, one part sorcerer, one part scientist, and one part artist.

Gina: Another thing I like about it is that we're just one really small part of a giant process. We're just the little blip at the end, but coffee itself is just a huge process. Knowing that there are so many people who've touched these beans before us is something I think about.

What is your favorite Co-op coffee drink?

Taylor: Dirty Chai

Zach: Peppermint tea with two shots of espresso

Gina: Lavender Honey Americano

Gus: Prince of Persia

Ashley: Doppio

What fun things can people expect to see this season?

Ashley: We'll have gingerbread syrup and homemade cookie butter for the winter. We're always brainstorming new ideas.

Gina: We'll also have a new smoothie menu out this season too. A lot of them have more vegetables and more unique ingredients.

the 5 spot

What's Your Cup of Tea?

Written by Naomi Brownson

“Different strokes for different folks,” Sly and the Family Stone are singing in my ears right now. I’m sitting at One World Café, in my easy chair of choice, sipping a cup of my favorite tea. What’s your favorite? Want some inspiration, want to branch out and try something new? Want to find out what life in someone else’s chair tastes like? Here are five teas, out of a whole rainbow of possibilities, chosen for their healthful, life-affirming vitality.

1. Black tea: A little history lesson here: There is nothing good about colonialism, but among its many unintended consequences is the now near-global custom of drinking black tea. Like many great traditions, the story of tea begins in China. According to legend, in 2737 BC, the Chinese emperor Shen Nung was sitting beneath a tree while his servant boiled drinking water when some leaves from the tree blew into the water. Shen Nung, a renowned herbalist, decided to try the infusion that his servant had accidentally created. The tree was a *Camellia sinensis*, and the resulting drink was what we now call tea.

2. Green and White teas are both variants of the drinks made from *Camellia sinensis* that are processed differently from black tea. Green tea has less caffeine than black, and has become well known for its anti-cancer properties. The polyphenols, a large group of plant chemicals that includes the catechins, are thought to be responsible for the health benefits that have traditionally been attributed to tea, especially green tea.

3. Rooibos tea, also called red

tea or red bush tea, has become quite visible in the US in the last decade. You may have had a cup or two by now, and may be well acquainted with its taste. But did you know, it’s also loaded with electrolytes and antioxidants (especially in its unfermented, “green rooibos” form). This tea originates in South Africa, and is made from the leaves of the *Aspalathus linearis* bush. It’s Mma Ramotswa’s favorite!

4. Chrysanthemum tea.

Used for centuries in China, this herb is in the same family as chamomile. It provides relief for mild colds, and you can make a cool compress of it to apply and soothe tired eyes. The Shennong Bencao Jing, the Chinese Classic Book of Herbal Medicine, says taking chrysanthemum tea long term may “make the body light, slow aging, and prolong life.”

5. High Tea. We were in Portland for Thanksgiving this year, and as the next day was my birthday, I asked my family to join me at the Heathman Hotel for their Victorian High Tea. We’re a diverse bunch, but as everyone likes a cup of tea and a treat in the late afternoon, my birthday outing turned out to be just the harmonious celebration I wanted. Invite some friends over, put a log on the fire, and have one of your own!

There are so many different kinds of tea, and all of them have merit. There’s one for everyone! Winter is upon us, and it’s only just begun. If you’re feeling the chill, come find me at the Co-op deli, or at One World, grab your favorite cup of tea, and tell me all about it!



Ask a Dietitian

Alice Ma, Registered Dietitian



I've been hearing more and more about using nutritional yeast in my cooking. What is nutritional yeast and what are the benefits?

Nutritional yeast, commonly referred to as “nooch,” is an inactive form of yeast. The yeast is grown on molasses, then dried and heated to deactivate. Because it’s inactive, this yeast cannot be used for leavening the same way brewer’s yeast is used. Instead, nooch is used for flavoring and adding additional nutrition to foods, especially in vegan cooking. Because nooch tastes a lot like cheese, it’s a great healthy or vegan alternative to dairy cheese. In fact, if you search the internet for “vegan cheese sauce”, you’ll most likely come up with a recipe that includes nutritional yeast.

Nutritional yeast is a good source of fiber and protein, and contains some iron. It’s also low in calories (60 calories per ¼ cup) and contains almost no fat. An additional benefit, especially for vegans, is that nooch is high in vitamin B12, a nutrient that is typically only found in animal products.

If you’re looking to try nooch, it can be found in the bulk section of the Moscow Food Co-op. The easiest way to use it is to sprinkle it on anything you would sprinkle cheese on—popcorn, pasta, salads, roasted vegetables, chips, and more. If you want a bit more of a challenge, try making your own vegan cheese sauce, dips, or cheesecake using nutritional yeast.

Alice Ma is a Co-op volunteer and registered dietitian who will answer your questions about nutrition and food. Alice received her Master’s degree in nutrition and dietetics at the University of Utah. After spending a year serving as an AmeriCorps volunteer in Ellensburg, WA, she became a resident of Moscow and currently works at Washington State University as the Registered Dietitian for Dining Services.

Alice is passionate about food, nutrition, and sustainability and is excited about being involved with the Moscow Food Coop and local community. Send us your nutrition and food questions at nutrition@moscowfood.coop. We will do our best to answer every question, and will select for the column those that may be most useful to a larger audience of readers.

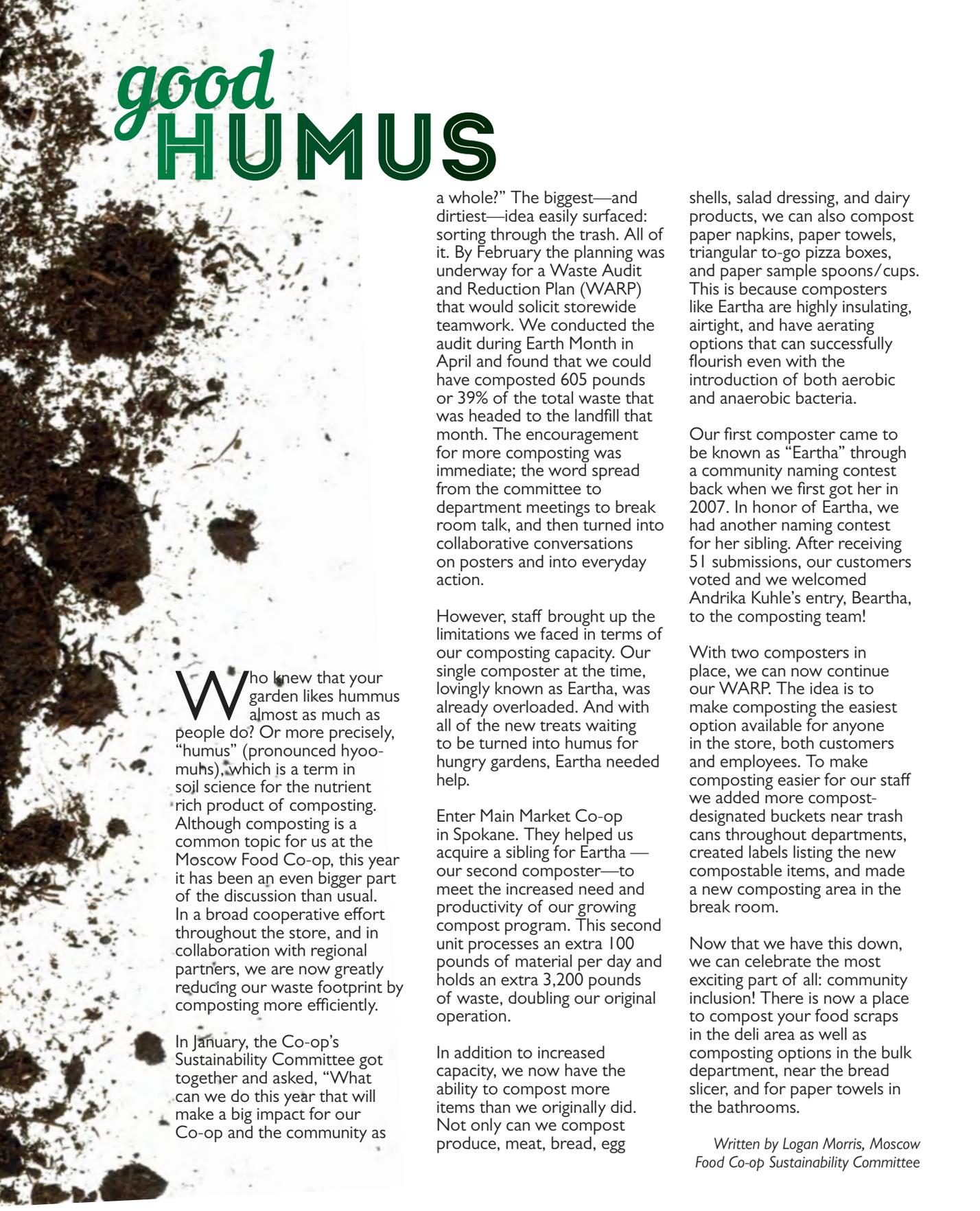
Find more answers in our online Community News at moscowfood.coop/news.

Winter is so dark on the Palouse, but I know that Vitamin D is really important. Are there ways to get enough Vitamin D from foods since sunshine is so limited?

Compared to other vitamins, vitamin D is fairly scarce in the foods we typically eat. One of the best sources is fish. A 3-oz salmon fillet, for example, will provide you with about 75% of the Recommended Dietary Allowance for vitamin D.

Other fish, such as tuna, don’t contain as much vitamin D (about 1/3 the amount in salmon), but can still be a good source. However, as fish does contain mercury, it’s not wise to be using fish as your sole source of vitamin D. Luckily, there are several other foods, such as milk, yogurt, eggs, and orange juice that are either fortified with or already contain vitamin D.

If you’re vegan, don’t fret. Many plant-based milks and ready-to-eat cereals are fortified with vitamin D (as well as calcium). Although less common, you can also find some brands of tofu or meat substitutes that are fortified with vitamin D. To see if a food product contains vitamin D, look for vitamin D at the bottom of the nutrition facts panel.



good HUMUS

Who knew that your garden likes hummus almost as much as people do? Or more precisely, “humus” (pronounced hyoo-muhs), which is a term in soil science for the nutrient rich product of composting. Although composting is a common topic for us at the Moscow Food Co-op, this year it has been an even bigger part of the discussion than usual. In a broad cooperative effort throughout the store, and in collaboration with regional partners, we are now greatly reducing our waste footprint by composting more efficiently.

In January, the Co-op’s Sustainability Committee got together and asked, “What can we do this year that will make a big impact for our Co-op and the community as

a whole?” The biggest—and dirtiest—idea easily surfaced: sorting through the trash. All of it. By February the planning was underway for a Waste Audit and Reduction Plan (WARP) that would solicit storewide teamwork. We conducted the audit during Earth Month in April and found that we could have composted 605 pounds or 39% of the total waste that was headed to the landfill that month. The encouragement for more composting was immediate; the word spread from the committee to department meetings to break room talk, and then turned into collaborative conversations on posters and into everyday action.

However, staff brought up the limitations we faced in terms of our composting capacity. Our single composter at the time, lovingly known as Eartha, was already overloaded. And with all of the new treats waiting to be turned into humus for hungry gardens, Eartha needed help.

Enter Main Market Co-op in Spokane. They helped us acquire a sibling for Eartha — our second composter—to meet the increased need and productivity of our growing compost program. This second unit processes an extra 100 pounds of material per day and holds an extra 3,200 pounds of waste, doubling our original operation.

In addition to increased capacity, we now have the ability to compost more items than we originally did. Not only can we compost produce, meat, bread, egg

shells, salad dressing, and dairy products, we can also compost paper napkins, paper towels, triangular to-go pizza boxes, and paper sample spoons/cups. This is because composters like Eartha are highly insulating, airtight, and have aerating options that can successfully flourish even with the introduction of both aerobic and anaerobic bacteria.

Our first composter came to be known as “Eartha” through a community naming contest back when we first got her in 2007. In honor of Eartha, we had another naming contest for her sibling. After receiving 51 submissions, our customers voted and we welcomed Andrika Kuhle’s entry, Beartha, to the composting team!

With two composters in place, we can now continue our WARP. The idea is to make composting the easiest option available for anyone in the store, both customers and employees. To make composting easier for our staff we added more compost-designated buckets near trash cans throughout departments, created labels listing the new compostable items, and made a new composting area in the break room.

Now that we have this down, we can celebrate the most exciting part of all: community inclusion! There is now a place to compost your food scraps in the deli area as well as composting options in the bulk department, near the bread slicer, and for paper towels in the bathrooms.

Written by Logan Morris, Moscow Food Co-op Sustainability Committee

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