



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.*



**It works better when we work together.  
You, us, farmers and workers:  
We Are Fairtrade.**

October is Fair Trade and Co-op  
Month



Riojana Wine Tasting, October 18

**CO-OP  
OWNERS  
ONLY  
SPECIALS**  
OCTOBER 1 - 31

## OCTOBER 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 do you stock up on when it is on sale?"**

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

"Coffee" Alba Jorban, Moscow, Casa Lopez



"Cereal or granola" Allie Erber, Moscow, Erber Auto



"Deli meat" Sam Draznin, Missoula, Sales



"Sweets. Cookies and chocolate" Nadia Boiras, Moscow, University of Idaho Student



"Vegan cheeses and spreads" Brooke Behunin, Moscow, Northwest River Supply



"Vitamins" Emory Beattie, Moscow, Dominos



# Welcome Back, Students!

## By Mark Thorne, Board President

Fall is approaching and classes are underway. On behalf of the Moscow Food Co-op Board, I want to express my excitement and appreciation to students, teachers, faculty, and staff for continuing the great traditions that we have here in education and learning. I am always moved by the rekindled energy that radiates across our communities as classes resume. I am also heartened to see younger people coming to the Co-op, both at the main and campus locations.

I sincerely encourage students and anyone new to this area to check out the Co-op website <https://www.moscowfood.coop/> and discover how the Co-op is different from other grocery and food businesses. We are not here just to make a profit but to also be an important part of the community.

Our mission, as stated in our Ends policy, directs the Co-op to be at the heart of a thriving community, and of course, students are integral in our communities. We are also directed by the Eight Cooperative Principles (<https://uwcc.wisc.edu/about-co-ops/cooperative-principles/>) which were an outcome of the early cooperative movement beginning over 170 years ago, to honor values that include democracy, ethics, and equality. I want to welcome all students to our community and hope you might also consider becoming members of the Co-op.

Of course, there are member-only discounts and specials, as well as good food, but being a member also gives you the opportunity

to voice your concerns at our monthly board meetings and a way to connect with others in the community.

To me, the Co-op feels like a safe home, and I hope it could be that for you, too! Have a great year!

## **Art at the Co-op**

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

The 2023-2024 Moscow Artwalk is celebrating its 20th year. The Moscow Food Co-op is an Artwalk season sponsor and will kick off the season showcasing the work of BKS, of Color and Gold LLC. BKS makes gilded artworks inspired by geometric patterns from all over the world. Work inspired by her research travels to Southern Spain and the United Kingdom will be featured in the Co-op's gallery on Thursday, October 19, from 4:30-6:30 p.m.

Notably, some of her work uses paint and dyes made from whole foods purchased from the Co-op.

The Moscow Artwalk will be hosted the third Thursday of the month through June 2024.

Color & Gold LLC  
[www.colorandgold.com](http://www.colorandgold.com)

Illuminated Inspirations LLC  
[www.illuminatedinspirations.com](http://www.illuminatedinspirations.com)

<http://www.youtube.com/watch?v=umA5X19W-3M>



# **Moscow Farmers Market**

## **By Kelsey Manning, Co-op Board of Directors**

Kale yeah! The Moscow Farmers Market is a true Palouse treasure. Established in 1976 it is one of the oldest Farmers Markets in the state of Idaho. Vendors both local and up to 200 miles away attend to sell their goods every Saturday, and for the 2023 season, there are a record number of vendors – almost 150 competing for roughly 100 spaces downtown! Because the Market is so rooted in the Moscow community and beyond, it has been ranked nationally in the top 25 favorite farmers markets for seven years in a row in America’s Farmers Market Celebration, including multiple 1st place winnings for the state of Idaho and Pacific Region.

The Market does not just happen by magic! Three full-time City of Moscow employees are downtown at 5 a.m. every Saturday from May to October, rain or shine, to close streets, assemble tents, and prepare for vendors to arrive and set up their booth displays. These gourd-eous booths range from art, sewn goods, meat, produce, bread, honey, prepared food to enjoy at the market, and so much more.



From the opening bell at 8 a.m. to the closing bell at 1 p.m., up to 10,000 people visit to shop local in a market where over 70% of the vendors make their goods in Latah and Whitman Counties.

Attendees visit the City of Moscow tent and tell staff every week how much they love the Market and if they've moved away, make it a point to visit on the Saturday they're in town. There is something unique about the Moscow Farmers Market that is hard to find elsewhere.

Another element that makes the Market so berry special are the live performances of bands or dance groups in Friendship Square. This brings the community together to listen, dance, and appreciate the variety in genres and bands each week. If you have a hard time keeping to the beat, the Market is also a time to see friends, eat, take in the atmosphere, visit City Commission tables, and shop at local businesses while downtown. Every week, buskers share their music at either end of the Market as well to bring culture throughout the entire footprint!

With the season moving ever so close to colder temperatures, now is the time to be on the lookout for apples, squash, and holiday gifts. On October 14th, for those who remember when the Market was in the Jackson Street parking lot, you will get the annual opportunity to not only shop there again, but you will also be able to enjoy the UI Homecoming parade on Main Street. The final October 28th Market will host the annual Halloween Costume Contest in Friendship Square. The best way to stay updated on all Market information is on the Moscow Farmers Market Facebook page where weekly vendor rosters, entertainment, and events are shared.

The Moscow Farmers Market is a staple to the community for these reasons listed and so many more. Peas do not miss out on the markets left for the 2023 season and show you carrot to support our community and vendors!

# **Wines of the World – Douro, Portugal**

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

The Douro wine region is located on steep slopes rising from the banks of the Douro River in northern Portugal. The river begins its journey in northern Spain and flows west through a rugged Portuguese landscape before exiting into the Atlantic Ocean at Oporto. It has had a huge impact on the region, not just in terms of the terrain. Centuries ago, before roads were built, wine was shipped in barrels from the vineyards upstream down to Oporto on small boats called rabelos.

The vineyards of the Douro wine region stretch up the terraced slopes on both sides of the river with a number of different aspects, altitudes, and soil types. The region is characterized by a continental climate with hot, dry summers and brutally cold winters. It is divided into three sub-regions, from west to east: Baixo Corgo (mildest climate, most precipitation); Cima Corgo (largest and where the majority of the most famous Quintas are located); and Douro Superior (hottest, driest, and youngest vines). The region has Portugal's highest wine classification, as a Denominacao de Origem Controlada (DOC). It is chiefly known for Port wine production, but also produces non-fortified table wines of high quality.

The oldest archaeological evidence for wine production dates back to the 3rd and 4th centuries. By the 12th century, the Cistercian

monks had a great influence on winemaking, with the first mention of Port noted in 1675. Following the Methuen Treaty between Portugal and England in 1703 (which stipulated that the tax charged for wine exported to England from Portugal would be the same as the amount charged for French wines), several British Port wine companies were formed; British influence is still greatly seen in the industry today.

Table wine initially was produced for regional consumption only. This changed in the 1970s when they began appearing outside the country. By the 1990s, with Portugal's entrance into the European Union, Douro table wine sales boomed. The Douro, with its unique landscape, was declared a UNESCO World Heritage Site in 2001. Winemaking in Douro is steeped in tradition. In most places, the grapes are trodden by foot in stone lagares (shallow tanks), just as they were centuries ago. Port is handcrafted using ancient artisanal methods. The topsoil on the slopes above the river is thin, which forces the vines to push their roots deep into the crevices of the subsoils to reach water. Vineyard yields are typically low, resulting in small, thick-skinned grapes with high concentrations in color, tannin, and sugars, and little juice.

The Douro's wines, both Port and table, can be made from more than 80 different grape varieties, but in reality the main red grapes planted are Touriga Nacional, Touriga Franca, Tinta Barroca, Tinto Cao, and Tinta Roriz (known elsewhere as Tempranillo). Most often the different varieties are inter-planted within the vineyards. Although red wines predominate in this region, white varieties are also planted. These include Rabigato, Viosinho, Malvasia Fina, Donselinho, and Gouveio. Wines labeled "Tinto Douro" are full-bodied, dry reds. These possess a punch of tannin and can be "age-worthy" (having the complexity and other characteristics of wines

hat can age well). “Douro Branco” wines are light-bodied, dry, minerally whites. They have a touch of fruitiness and high acidity.

As mentioned previously, the British were Port’s founders and most ardent advocates. Centuries ago, still wine was fortified with a touch of neutral spirits to prevent it from spoiling during the long voyage to Britain. By the 17th century, demand for this fortified wine was high and winemakers began focusing on making deeply-colored, sweet wine with a greater amount of spirits added to raise the alcohol level to 19-20%. As such, Port is made in several styles. The main ones are Ruby, Tawny, Colheita, and Vintage. Ruby is the freshest and least complex of the Ports, deep red in color, and filled with sweet flavors of red fruits. It is fortified and aged no more than three years to maintain its fresh flavor and brilliant color.

Tawny is aged in wooden barrels, exposing them to gradual oxidation and evaporation. As a result of this oxidation, Tawny mellows to a golden-brown color. The exposure to oxygen imparts "nutty" flavors to the wine, which is blended to match the producer’s style.

Colheita is similar to Tawny in production, appearance, and flavor, but the key difference is that Colheita is the product of a single vintage. It is aged in wood for at least seven years, and as long as 20, giving it a nutty, oxidized character.

Vintage is the most expensive and prestigious member of the Port family. Though accounting for just a fraction of total Port production, it is the Douro's flagship style, produced only from a single vineyard in an exceptional year. Vintage spends a short time aging in barrel—only two to three years—and is bottled unfiltered,

when it is still very dense and full of sediment. This is why Vintage's minimum bottle-aging period is considered to be 15 years.

Your Co-op has a wide selection of several styles of Port, as well as Tinto Douro. Sipping a Port in front of a woodstove on a wintery night is a pleasant way to wind down from the day. The next time you have a meaty stew or soup simmering for dinner, consider trying a dry, red Portuguese wine to serve with it. Both are sure to warm body and soul.

**Thank you to Palouse-Clearwater Environmental Institute (PCEI) for giving our Co-op Kids a morning to remember!**

Palouse Roots, PCEI's Outdoor School, was gracious in letting us join for morning circle, complete with song, stretches, snack, and book readings! Willow gave us a tour of the grounds where we found log swings, composting toilets, plums we could pick and eat ourselves, a BIG greenhouse, and of course the playground! We loved every second of it and feel grateful to have such an amazing community facility.



# Change for Good

## October through December 2023

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

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

Any organization can submit an application online to be featured from January - March. Learn more at <https://www.moscowfood.coop/change-for-good>.



**Change for good**

**October- December Recipients**

**Idaho Access to Justice**  
Fundraising to improve the lives of low-income, senior, and disabled Idahoans by providing access to legal services, advocacy, and education to members of our communities.

**Palouse Discovery Science Center**  
Fundraising to maintenance and upkeep costs of PPDSC's Farm2Market Exhibit which provides context of how food is grown, how it makes its way to the shelves of stores and Markets, & more!

**FLOWER**  
Fundraising to provide access to organic, fresh food for those qualifying for federal assistance.

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

The following organizations will be featured this month: Palouse Discover Science Center, Access to Justice, and the Co-op's FLOWER program.

### **Palouse Discovery Science Center - Pullman, Washington**

The Palouse Discovery Science Center exists to connect children of all ages to their families, communities, and the world beyond through interactive STEAM (Science, Technology, Engineering, Art, Mathematics) exploration. Palouse Discovery Science aims to serve our community as a central location to come together.

Funds received will go toward the general maintenance and upkeep costs of PPDSC's Farm2Market Exhibit. This exhibit provides context of how food is grown, how it makes its way to the shelves of stores and markets, and how money and goods are exchanged through dramatic play and exploration. The exhibit materials include a cash register, play chickens and eggs, felt and stuffed fruits and vegetables, shopping carts, and more.

### **Access to Justice - Boise, Idaho**

Access to Justice Idaho is a statewide fundraising campaign that raises funds to support Idaho Legal Aid Services (ILAS), the Idaho Volunteer Lawyers Program (IVLP), and DisAbility Rights Idaho (DRI) — the three principal providers of free civil legal services for poor and vulnerable Idahoans. Access to Justice Idaho seeks to achieve equal access to justice for all Idahoans regardless of their financial means.

Access to Justice Idaho works to improve the lives of low-income, senior, and disabled Idahoans by providing access to legal services, advocacy, and education to members of our communities. Similar



to the Co-op, Access to Justice Idaho seeks to improve the community's overall wellbeing through its efforts. For example, Access to Justice Idaho provides services that may otherwise be inaccessible to many community members for reasons related to finances, mobility or transportation issues, or other personal barriers to seeking legal help. In our efforts to serve our most vulnerable members of the community, we strive to nourish and nurture the community as a whole.

Funds raised through its campaign are as follows: 65% to Idaho Legal Aid Services, 25% to Idaho Volunteer Lawyers Program, and 10% to DisAbility Rights Idaho. Any funds raised will be used by each organization to provide free civil legal services, advocacy, and education to low-income, senior (age 60+), and/or disabled Idahoans.

### **The Co-op's FLOWER Program - Moscow Food Co-op**

The Co-op's FLOWER Program (Fresh, Local, Organic, and Within Everyone's Reach) discount (20% off every shopping trip) is offered to owners who qualify for federal assistance programs including EBT/SNAP (Electronic Benefits Transfer/Supplemental Nutrition Assistance Program), Medicaid, WIC (Women, Infants, and Children), free or reduced school lunch, or Section 8 housing. Your Change for Good donation to this program will directly support the Co-op in offering this important discount to those community members who need it most. Speak with any cashier to learn more about this program or email us at [ownerservices@moscowfood.coop](mailto:ownerservices@moscowfood.coop).

# Co-op Kids

## By Kristin Strong, Co-op Marketing Manager

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

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



**CO-OP kids**

## October Schedule

-  **Wednesday, October 4: 9 - 10 a.m.**  
Join us at the Co-op in the Deli for a craft!  
In-Store Only: Food Tasting + Coloring
-  **Wednesday, October 11: 9 - 10 a.m.**  
Join us at the Co-op in the Deli for a craft!  
To-Go Activity: Leaf Animals
-  **Wednesday, October 18: 9 - 10 a.m.**  
Join us in the fun for a trip to...  
Meet at Location: Friendship Square
-  **Wednesday, October 25: 9 - 10 a.m.**  
Join us at the Co-op in the Deli for a craft!  
In-Store Only: Small Pumpkin Decorating

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: Reed's Ginger Beer

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

Christopher Reed first heard about the health benefits of ginger when he was living in Venice Beach, California. When looking for ways to incorporate it into his diet he ran across a traditional recipe for ginger beer and started making it in his home kitchen. He believed he had come up with a product that would have great appeal and decided to make a business of it. He researched where the world's best ginger was grown and discovered that it was in the Amazon rainforest of Peru. He secured a source that sustainably farms and harvests the ginger there. Still utilizing the fundamentals of the ancient recipe, his company cuts and steeps fresh ginger and then adds only natural ingredients like pineapple; lemon and lime juices; honey; and spices to make their Jamaican-style ginger beer.

Ginger's purported health benefits include easing nausea and reducing bloating and gas. Ginger also contains numerous antioxidant and anti-inflammatory compounds.

Are you looking for a delicious and unique dessert beverage for your Halloween party? You could try this recipe from the Reed's website!

## RUM & GINGER BEER FLOAT

Ingredients:

2 (12 ounce) bottles chilled ginger beer

4 ounces dark or blackstrap rum (optional)

1 pint vanilla bean or lemon cookie ice cream  
Lemon wafer cookies for garnish  
Sea salt for garnish

Divide ginger beer among chilled glasses then add ice cream. Pour rum on top (optional), garnish with a pinch of sea salt and crumble wafers on top, then serve.

The Moscow Food Co-op carries Reed's Ginger Beer in glass bottles in the grab-and-go refrigerator case.

Reed's Ginger Brand's motto is "Drink Smart. Drink Real."

Reed's Ginger Brands' Snapshot:

Founded in 1989

Located in Norwalk, Connecticut

Gluten-Free

GMO-Free

Preservative-Free



This information and more can be found at [drinkreeds.com](http://drinkreeds.com).

*Amy Newsome is the only one in her family that likes the pickled ginger that comes with sushi and makes sure it doesn't go to waste.*

# **Local Producers Profile:**

## **Tonnemaker Hill Farm**

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

I had the pleasure recently of learning some of the history of Tonnemaker Hill Farm from Luke Tonnemaker. Luke's great-grandfather, Orland Tonnemaker, was a trained horticulturist, graduating from Washington State College (later to be Washington State University) in 1921. Orland worked as an extension agent and was involved in the Columbia Basin Irrigation Project, a canal system covering 750,000 acres that still feeds water to Tonnemaker Hill Farm today. Orland retired at 65 in 1962 and purchased land on the Royal Slope of Frenchman's Hill outside of Royal City, Washington, now known as Tonnemaker Hill Farm. Orland's wife, Pearl, was also very involved in the running of the Tonnemaker farm until she passed away at 100 years old.

Orland and Pearl's son, Gene, along with his sons, Kole and Kurt, spent many weeks helping out at the Tonnemaker farm during the summers as the boys were growing up. Kole's first memory of the farm is watching from a hilltop as boulders were blasted to clear the land. Kole went on to earn a degree in Plant Science from the University of Idaho, and later he and his wife, Sonia, came back to the farm to offer more help to his grandfather.

Three weeks after they arrived, Orland passed away from a stroke at 81. His grandsons subsequently took on more substantial roles, with Kole operating the farm and Kurt managing marketing. Kole's son Luke and his wife Amanda now also work on the farm. Luke and Amanda have two children, Lincoln and Roslyn—the fifth

generation on the farm. Luke says that Lincoln, six years old, is showing an interest in farming and has already learned how to pick out a good watermelon.

Tonnemaker Hill Farm covers 120 acres. About half of the land is orchards, with the remaining acreage used for growing vegetables and hay. The orchards provide cherries, apples, plums, peaches, pears, apricots, Asian pears, and more. The Tonnemakers also grow berries, kiwi berries, and melons. Their vineyard has expanded to three acres. Vegetables grown at the farm include cucumbers, tomatoes, peppers, winter and summer squash, ground cherries, asparagus, okra and some unique vegetables, such as the spiky orange kiwano or “horned melon.”

Tonnemaker Hill Farm began transitioning their fields to organic agriculture in 1997, with the last field fully certified in 2008, a change that has been beneficial for the land and their customers. The soils on the farm are well balanced for nitrogen, phosphorus and potassium and have “happy” microbes, explains Luke, a benefit of using organic fertilizer and chicken compost. Inspectors perform annual evaluations and random unannounced spot checks, which Luke said “are good for the organic farm industry.”

The Tonnemakers are popular sellers at Moscow’s Saturday Farmers Market. They provide produce to the Moscow Food Co-op, local restaurants like Maialina and Lodgepole, and venues in Spokane and Grant County. A farm stand and CSA (Community Supported Agriculture) boxes are available at their property. A new farm-to-table restaurant recently opened in Royal City, and Tonnemaker’s produce is featured in its elaborate six-course meals. Some of the farm’s produce is delivered to Seattle by Luke’s Uncle Kurt, who drives to Tonnemaker Hill Farm weekly,

picking up produce for city venues. Kurt operates Tonnemaker Valley Farm, 16 acres in Woodinville, Washington, where he grows produce and flowers.

Luke said. “Our farm may not be very close to Moscow, but our hearts are.” He and his mom and dad and wife, Amanda, all graduated from the University of Idaho. They began selling their produce at the Farmers Market in Moscow forty years ago. So Moscow has long been a special place for them. And anyone who has visited the Tonnemaker Hill Farm booth at the Farmers Market knows they are treasured part of our Moscow community.

To learn more about the Tonnemaker family and their farm products visit their webpage: [www.tonnemakerfarm.com](http://www.tonnemakerfarm.com).



The Tonnemaker Family. Photo by Rachael Mass.

# Staff Picks

**By Ivy Dickinson, Co-op Volunteer Writer**

The first staff-person I spoke with this month was Sadie Weyend, who has been working at the Co-op as a cashier for a month. For her recommendation, Sadie chose the Nature's Path Peanut Butter Panda Puff cereal, which she says has been a long-time favorite of hers. She told me that she truly loves peanut butter and that this product maintains a nice texture long enough to get through a bowl, but her real love for this product is a little more heartfelt. Sadie said her mom has been buying this cereal for her since she was little, and now that she's an adult living all the way across a rather large state from her mom, she likes to keep this product in the house as a sweet little reminder of her.

Nature's Path is a well-known organic food company that has become

synonymous with wholesome breakfast choices, including cereals, granola bars, and various other organic products. Established in Vancouver, British Columbia, in 1985, the company's roots trace back to the vision of its founders, Arran and Ratana Stephens. Their passion for organic farming and healthy living drove them to embark on a mission to offer consumers top-tier, organic breakfast options (<https://naturespath.com/pages/our-family>).



Sadie Weyend



This commitment to organic principles is deeply embedded in the family's heritage. Arran's father, Rupert Stephens, was a steward of an organic berry farm on Vancouver Island. His sage advice to his son to "always leave the soil better than you found it" profoundly influenced Arran's perspective on sustainable living. It was this ethos that led Arran to pioneer the opening of Canada's first vegetarian restaurant in 1967, followed by a natural foods store in 1971. These ventures marked significant milestones in the journey toward a healthier and more sustainable food culture.

Nature's Path initially took root as a wholesale bakery tucked away in the rear of Stephens' restaurant. Their products quickly garnered popularity among consumers seeking nourishing breakfast options. The resounding success of their offerings prompted the opening of a dedicated factory, where they achieved another remarkable milestone – the production of North America's first certified organic breakfast cereal.

Fast forward to today, and Nature's Path has blossomed into a global enterprise, employing a workforce of over 600 individuals across three North American factories. Their commitment to organic farming practices and their unwavering dedication to delivering nutritious, sustainable breakfast choices have made them a formidable player in the organic food industry, all while maintaining their commitment to sustainable practices (<https://financialpost.com/entrepreneur/growth-strategies/natures-path-stays-fiercely-independent-as-organic-food-and-farming-goes-mainstream>).

Their product line includes breakfast cereals, granola bars, granola blends, toaster pastries, waffles, hot oatmeal, cereal bars, pancake mixes, nut butters, plant-based milks, cookies, and snack mixes.

Notably, Nature's Path also provides options for individuals with food allergies. Many of their products are available in gluten-free versions, addressing the needs of those with gluten sensitivities or celiac disease.

The second staff-person I spoke with this month was Conner Baker, who has been working at the Co-op for two months. For his recommendation, Conner chose the watermelon-flavored Poppi prebiotic soda located in the chilled drink cooler. He went with this product because he said it is one of the first carbonated drinks he has tried that doesn't taste syrupy and artificial. He likes that it is a prebiotic product that helps provide a good environment for healthy gut bacteria to thrive, and he's happy that the sugar content is extremely low compared to most sodas. Connor says he drinks one almost every day with his lunch and is such an ardent fan of the watermelon flavor, he has yet to try any of the others.



Conner Baker

Poppi was founded in 2016 by Allison and Stephen Ellsworth in Dallas, Texas. Their story of innovation and wellness began with a personal quest for relief from the chronic health issues plaguing Allison. Determined to find a solution, the Ellsworths delved into the world of health-conscious beverages, blending fresh fruit juices with the powerful prebiotic agent, apple cider vinegar. Their goal was to craft a soda that delighted the taste buds and delivered tangible health benefits.

After she drank it daily for a week, "Allison's symptoms all but vanished." Encouraged by these promising results, they began bottling it and selling it at their local farmer's market in Dallas, under the name "Mother Beverage." The response was very positive, with

their products consistently selling out each weekend and quickly gaining a devoted following (<https://www.drinkpoppi.com/about/>).

In 2017, the Ellsworths took their innovative creation to the national stage, appearing on the popular television show, Shark Tank. There, they secured a game-changing investment from Rohan Oza, a celebrated beverage industry wizard renowned for his involvement with brands like Vitamin Water, Vita Coco, and Bai. The Shark Tank appearance ignited a surge of interest, propelling Mother Beverage's online platform to record-breaking traffic and a subsequent depletion of product stocks.

Under the mentorship and guidance of Rohan Oza, the company underwent a significant transformation. Rebranding as "Poppi," they traded in their boutique-ready glass bottles for striking, bi-colored cans adorned with vibrant fruit imagery. The bold new image mirrored the refreshing and healthful spirit of their products.

Prior to their appearance on Shark Tank, Mother Beverage was available in approximately 200 select shops. However, following the company's rebranding in 2020, Poppi's reach expanded exponentially. Their products can now be found in over 20,000 prominent retail outlets, including popular chains such as Target, Whole Foods, and Publix (<https://www.foodrepublic.com/1348848/mother-beverage-poppi-shark-tank-now/>).

Poppi sells a diverse range of prebiotic sodas and sparkling waters, and all of their products are vegan, gluten-free, and non-GMO.

# **Beer for the Planet – Sustainable Libations**

**By Russ Moore, Member of the Co-op Sustainability Committee**

So, you've been blissfully enjoying summer and downing some of your favorite suds. Boy, it sure seems like summer has been much shorter/longer/hotter/cooler/smokier than in the past, don't you think? Oh, wow, I wonder if I can drink my favorite adult beverage guilt-free by purchasing brews that minimize their impacts on the environment and maybe assuage some of the effects of climate change?

## **So Many Beers, So Little Time...**

Peruse the Co-op's beer coolers and you will find an array of beer styles. In general, beers are classified as ales, lagers, or hybrids. The number of styles can be dizzying, but tasting a variety of beers is part of the great experience of craft beer drinking. Find a group of styles that you prefer and then taste the offerings of those styles from the various craft brewers throughout the northwest, the US, and possibly the world.

After you narrow down your preferences, you can get to the dirty business of assessing the environmental impacts of your choices. If you were to perform this in a strict academic sense, you would perform a life-cycle assessment of each beer style for each brewery. You would spend way too many precious beer-drinking hours performing these exercises, so let's just examine an environmental overview of the various aspects of your favorite brews.

First, you should research what ingredients go into your favorites. Basic ingredients besides water (discussed below) are hops and grains — although daring brewers love to experiment with a variety of other ingredients such as fruits, spices, and even candies to develop a unique, sometimes seasonal body or flavor. The important thing to consider here is the impact of the production, transportation, and disposal/re-use of these items to/from the brewery. Trying to put a numerical estimate on this aspect can be challenging, if not nearly impossible. Attempt to use gross valuations, such as saying that a brewery sourcing from a hop farm (or multiple hop farms!) in the Arizona desert is stressing the local watershed too much, even if the brewery is right next to the farm. Likewise, a brewery in Austin, Texas sourcing Palouse barley is incurring higher-than-normal transportation impacts to get the grains halfway across the country.

### **It's the Water**

Since the major ingredient in beer is water, the source and quality of that water is paramount. Say what you will about the taste of Coors beer; they have access to some pristine spring water. Craft breweries that have local access to naturally pure water minimize their impacts, because very little energy, filtration materials, chemicals, etc. are needed to provide this critical ingredient. Energy inputs needed to produce high-quality water are usually underestimated. Now imagine a brewery that needs to purify municipal water drawn from the Delaware River (no judgements here)!

### **Man, it's Hot in Here (Energy Inputs)**

Now let's consider the energy inputs of the brewing process. Brewing beer requires heating water to extract compounds from the brewing ingredients and sometimes to initiate the fermentation process. Boiling water and heating the "mash" (grains and water

slurry) commonly uses a fossil fuel like natural gas, although progressive breweries such as Sierra Nevada and New Belgium are using solar energy or biomass.

This is where the general types of beer differ in their energy inputs. For example, an ale will use energy for up-front processing, but will require minimal energy for the fermentation. Lagers, by their definition, are cold-fermented and will require some level of refrigeration. Yeast selection for lagers can affect this by having a higher temperature activation. Investigate the brewery's bottling process as well, as some breweries incorporate a quick chill to preserve their product. If the product requires continuous refrigeration after the brewing process, this can add a large energy burden to the beer production.

This is a good reason to plan visits to many breweries and investigate their processes in detail (and then enjoy many samples of their work!).

### **From Hop to Stein (Packaging)**

Speaking of bottling, have you ever chosen one beer over the other because of what you consider superior packaging? Most beer enthusiasts prefer old-fashioned glass over other packaging materials such as aluminum, because they assume that it minimizes effects on flavor due to material interactions. However, single-use glass packaging is one of the most energy-intensive options due to the heat required to form the glass. It also contributes the most to transportation energy, as glass bottles add the most weight per beer volume of conventional packaging.

The most efficient method for packaging beer is also preferred by most drinkers, and that is the keg. It is typically only practical for short transportation legs, and also requires relatively large consumption

rates to keep the beverage fresh. For general distribution, aluminum is superior as its fabrication energy is mild (when using recycled metal) and it adds minimal weight to the beer for determining transportation impacts. It's true that aluminum containers contain a polymer liner that may be a factor in contaminating your precious liquid. However, this polymer is usually a very thin layer of PET (the same material used in bottled water) and usually contributes little to the flavor of the beer.

Consider the end-of-life, or disposal of the container as well. In most areas, aluminum is widely accepted for recycling back into other aluminum products. Glass containers, on the other hand, are usually not accepted into the recycling stream, and if they are, it's typically not truly recycled, but downcycled into crushed filler or other lower value use.

For purists, a very good option for getting your favorite beverage to your refrigerator and your eventual glass, is the use of glass growlers. These bottles, typically available in 32- and 64-ounce versions, allow you to enjoy practically keg-quality beer in your own home. Similar to the keg itself, this option is really only feasible for local sourcing and also for short-term consumption due to transportation and freshness concerns. Since both growlers and kegs are re-usable containers, their end-of-life impacts are very minimal; their recycling/disposal impacts can be reduced by the number reuse cycles.

Now seems the time to plug our local breweries, where you can find a wonderful variety of styles that can easily be dispensed into your growler for the short trip home. Many of these breweries have canned versions of their most popular beers, so you can take them on your next trip to the woods or to share when visiting friends or relatives. Check them out below and learn about their ingredient sourcing and brewing processes while you sample their wares.

Another Round, 745 N Grand Ave #102, Pullman,  
<http://www.anotherroundbrewery.com/>

Hunga Dunga, 333 N Jackson St, Moscow,  
<http://www.hungadungabrewing.com/>

Moscow Brewing, 630 N Almon St #130, Moscow,  
<https://moscowbrewing.com/>

Micropolis (brewing inside Moscow Brewing for now), find them  
at beer fests / outdoor markets,  
<https://www.micropolisbrewing.com/>

Palouse Brewing Company - 335 Main Street Palouse,  
<https://www.facebook.com/PalouseBrewingprofile>

Paradise Creek, two locations: downtown Pullman - 245 SE  
Paradise St, trailside Pullman - 505 SE Riverview St,  
<https://paradisecreekbrewery.com/>

Or go international (next autumn!):

At the Theresienwiese in Munich, Germany, they've opened up  
Oktoberfest to fully live attendance after a brief COVID-hiatus,  
so let's celebrate October with some great, low-impact beer.

Prost!!





# **Palouse Area Environmental Update**

**By David Hall, Co-op Volunteer Writer**

## **Army Corps authorizes Thorn Creek construction under Nationwide Permit**

On September 13, attorneys for the Paradise Ridge Defense Coalition were informed that the Army Corps of Engineers, which in conjunction with the Environmental Protection Agency issues or denies applications for permits under the federal Clean Water Act process for projects that might impact Waters of the U.S., has “determined that the single and complete linear projects as proposed in [ITD’s] ‘US-95 Thorn Creek Road to Moscow’ application received June 14, 2023, (dated June 9, 2023), are authorized in accordance with Department of the Army (DA) Nationwide Permit (NWP) No. 14: Linear Transportation Projects.” (ITD above is the Idaho Transportation Department.)

## **Steelhead and Spring Valley Reservoir**

The Idaho Department of Fish and Game is proposing to the Latah County Commissioners that the Department help steelhead in the Potlatch River’s tributaries survive the hot summers by upgrading Spring Valley Reservoir’s dam and raising the reservoir’s water level three feet. The boat ramp and docks would be improved as well.

Unofficially, the Latah County Commissioners seemed to be supportive. Probably they would be happy to hear informal public input. IDFG is fundraising and hopes to start the project within the next three years, so the upgrade is not imminent.

## **Steelhead Support on the West Fork of Little Bear Creek**

Ninety nine acres of lush forest and wildlife habitat, including 4/5 of a mile of the West Fork of Little Bear Creek between Troy and Kendrick, has been selected by the Idaho Department of Fish and Game (IDFG) as the site of a major restoration project for steelhead trout.

The Palouse Land Trust (PLT) states that the “Cooley [Conservation] Easement stretch of Little Bear Creek is home to some of the best steelhead spawning beds in the upper Potlatch watershed.” This conservation easement is located at the end of the Latah Trail.

According to PLT, “This summer ... conifer trees were harvested onsite, selecting those that were stressed and unhealthy. The trees were placed in the streambed to increase shade and reduce water temperature. Cold water species such as steelhead need temperatures between 40- and 55-degrees Fahrenheit.... IDFG replicated beaver dam structures, which will aid in raising the overall water level of the stream.

“Bank destabilization and the invasion of reed canary grass and tansy are also playing havoc with the health of the stream. The historic railbed has greatly destabilized the bank, leading to big changes in stream flow and route. Logs and boulders have been strategically placed for stabilization, in addition to a major restoration planting of cottonwoods and other native plants, shrubs, and grasses.”

The major tree-felling and earth work took place in early August.

## 20th Annual Palouse Basin Water Summit

Thursday, October 26, 2023

SEL Event Center, 4:30-8 p.m.

"THRIVING"

Keynote Speaker: Erica Gies

Erica Gies is an award-winning independent journalist who writes about water, climate change, plants, and critters for Scientific American, The New York Times, Nature, The Atlantic, The Guardian, National Geographic, The Economist, Washington Post, bioGraphic, Wired, and more.

Her stories hail from North America, especially California and British Columbia, and the wider world. In a quest for commonalities that bind us and innovations that inspire, she has reported from many intriguing places: Iraq, Peru, Cambodia, India, Syria, Kenya, China, Qatar, Laos, the United Kingdom, Guyana, Vietnam, France, and Indigenous nations and territories, including those belonging to Navajo (Diné), Kwiahkah, Makusi, Kitasoo/Xai'xai, 'Namgis, Heitsuk, and Native Hawaiian peoples.

Her book, *Water Always Wins: Thriving in an Age of Drought and Deluge*, is about what she calls "Slow Water" innovations that are helping us adapt to the increasing floods and droughts brought by climate change. She is represented by the Martell Agency in New York. The book was published in 2022 by the University of Chicago Press in North America and by Head of Zeus/Bloomsbury in the United Kingdom and beyond. It is also an audio book and will be published in China.

Erica is a National Geographic Explorer, served as a staff editor at various publications, and cofounded and edited two environmental news startups, Climate Confidential and This Week in Earth. She studied journalism and holds a master's degree in literature, with a focus in eco-criticism, which is an actual thing.

# Garfield Harvest Festival

**By Sarah Anderson, Public Relations**

Join the town of Garfield in their annual Harvest Festival on Saturday, October 14.

Festivities run from 4 p.m- late, on the corner of California and 3rd. The festival includes live music by Arron Kelly Rager and the Backcountry Blues Badasses starting at 6pm, a beer garden sponsored by Palouse Brewing Company, food, vendors, games for the kids, and more!

The street will be blocked off, with food and vendors in the street as well as inside the community center, located behind the library. Be sure to find us on Facebook for vendor spotlights and to keep up on other community events.

For more information on Garfield Community events, visit our Facebook page, Community of Garfield Association, or contact us by email at [communityofgarfieldassociation@gmail.com](mailto:communityofgarfieldassociation@gmail.com).