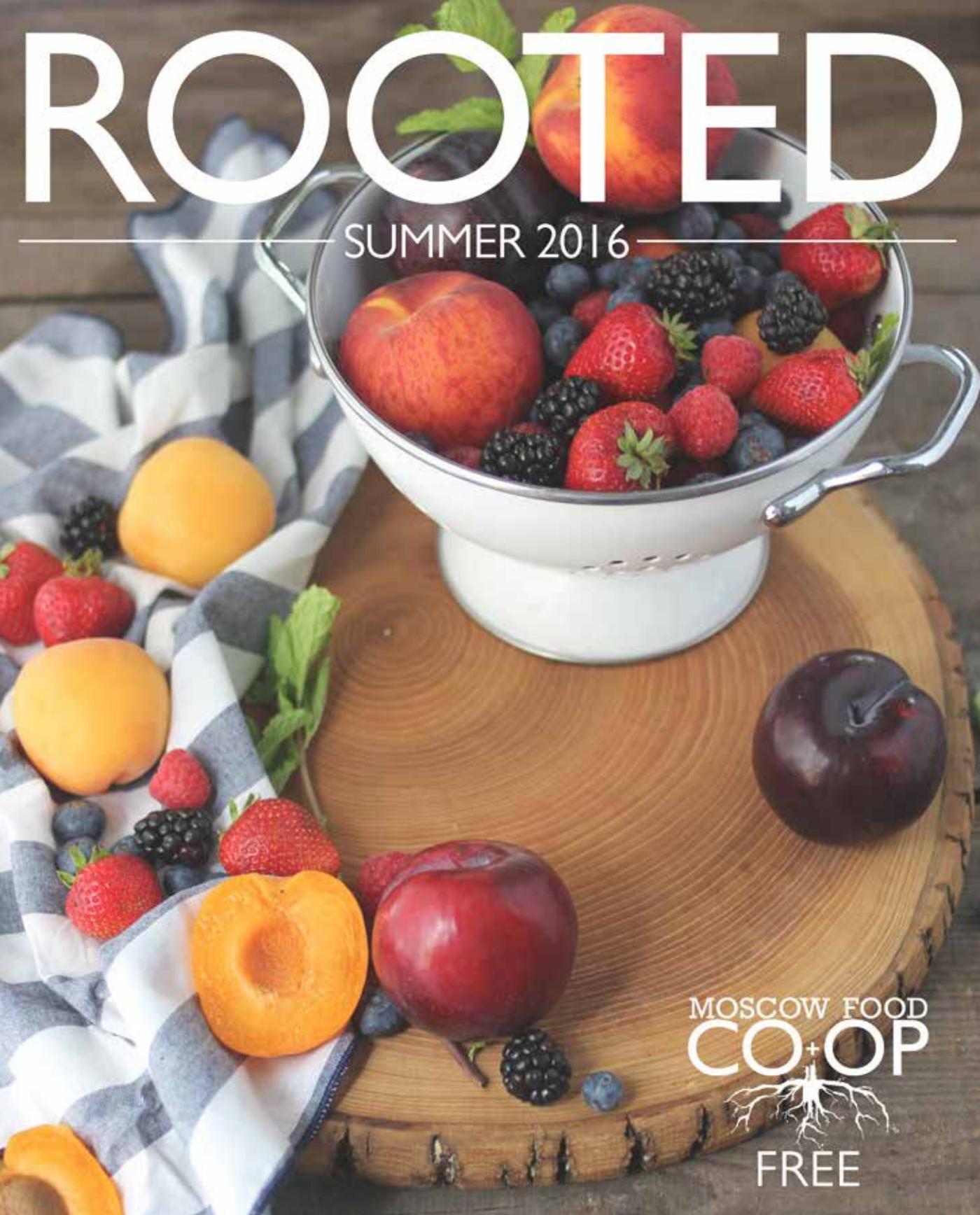


ROOTED

SUMMER 2016



MOSCOW FOOD
CO+OP



FREE



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.



The longest days of the year, between June 20 and 22, will afford us roughly 47.5 hours of daylight—that's almost two full days of light in a three-day period! Summers on the Palouse often evoke delight about the long days, warm breezes, and the shift to outdoor living we're able to make. In this issue we're helping you savor the season with an article about Palouse Prairie Kobe, offering up our favorite wines to take picnicking, and showing you four different delicious ways to enjoy stone fruits.

The Co-op is also excited to launch

the P6 program this August. P6 is based on the sixth cooperative principle, Cooperation Among Cooperatives. Designating businesses which are local, small, and cooperative with a P6 tag speaks to the value we have as co-ops when we increase our power by conducting business with one another—we truly are stronger together. Turn to the P6 Product Spotlight on page 5 to learn about some of the products receiving P6 designation and the committee of staff members behind this effort in our Co-op.

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.

June: Families Together

Families Together believes family involvement and support are essential for individuals with disabilities to reach their potential and maintain a life that is secure and meaningful. Their programs are designed to build and sustain strong, healthy, informed, and actively involved family members who can work together to improve the lifelong outcomes for their child, sibling, or loved one with a disability. Funds from Dime in Time will support their Family Unity Recreation Activity, which provides an opportunity to have a structured recreation activity with other families where parents can network and exchange information and children can renew friendships.

July: Latah County Historical Society

LCHS exists to preserve the heritage of Latah County for the benefit of our citizens through exhibits, educational programs, research facilities, public events, community collaborations, and publications. Funds raised through Dime in Time will support the Smithsonian traveling exhibition *Water/Ways* at the Third Street Gallery. This exhibit explores the many ways in which water plays a role in the lives of Americans. While the traveling component of *Water/Ways* is national in scope, LCHS will be creating a tandem installation focused on the regional story of water as well as a variety of community events related to this topic.

August: Backyard Harvest

Backyard Harvest (BYH) provides greater access to fresh fruits and vegetables for those in need on the Palouse and in the Lewis/Clark Valley. The Dime in Time grant will support their Shop the Market program at the Moscow Farmers Market and Tuesday Growers Market. Through this program, BYH provides "Fresh Bucks"—\$2 vouchers for the purchase of fresh produce, plant starts, and seeds from farmers market vendors. A \$2 Fresh Bucks voucher is given for every \$5 in SNAP/EBT food benefits processed. This program helps low-income consumers have greater access to fresh, locally grown produce; provides our hard-working, regional produce vendors with more customers; and fosters greater access to our farmers markets, which are vital parts of our local culture.

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 lecture. There are classes ranging from Cooking on a Budget to an Introduction to Homeopathy and more! Check out our website for a complete calendar of classes and register online or in the store for the ones that interest you today. Questions about classes or interested in teaching a class? Contact our Education & Outreach Coordinator at outreach@moscowfood.coop.

Food for Thought Film Series

All films are shown in partnership with the University of Idaho Sustainability Center at the Kenworthy Performing Arts Center, 508 South Main Street in Moscow.

KOMBIT: The Cooperative Story

August 31st at 7pm, FREE

Once known as the richest agricultural country in the Caribbean, Haiti has been wracked by instability and natural disasters. Decades of decline have taken their toll on Haiti's people and today the country is 98% deforested with little of its once prosperous agricultural industry enduring. Over the course of 5 years, we follow Timberland's support of a nascent partnership between a Haitian agronomist and a former NGO leader that commit to empowering communities of farmers to plant millions of trees while improving their crop yields. As the end of Timberland's financial support approaches, SFA's leaders race to develop new markets and opportunities for Haitian farmers that will endure and ensure a sustainable, greener future.

Beer with the Board and June Board Meeting

Tuesday, June 14th, 5pm

Gladish Community and Cultural Center, Gold Room
115 WA-270, Pullman, WA 99163

The Moscow Food Co-op Board of Directors invites you to join them for a beer in Pullman! Beginning at 5pm, meet your newly elected representatives in a relaxed social setting while enjoying a free beer brewed right in Pullman by Paradise Creek Brewery. Locally made appetizers and refreshments will be available to enjoy as well. The monthly Board meeting will start at 6pm and all are welcome to stay. Please RSVP since space is limited by emailing boardadmin@moscowfood.coop.

July + August Board Meetings

All are welcome! All Board of Directors meeting are held at 6pm in the Fiske Room at the 1912 Center in Moscow.

Upcoming meetings: July 19, August 9

Join us at Lentil Festival

Friday, August 19 5-10pm

Saturday, August 20 11am-5pm

Spring Street Park, 325 SE Spring Street in Pullman

The Moscow Food Co-op is excited to be the sponsor of the Ag Corner at the National Lentil Festival in Pullman this year. Stop by our pop-up shop in Spring Street Park to get your fill of tasty co-op goodies, Co-op merchandise, and lots of legume recipes. We'll be joined in the Ag Corner by the Pullman Farmers Market and other local producers, so you can pick up some farm fresh produce and eggs too. You won't want to miss the fun activities we have planned throughout the event for the whole family! We'll have games and giveaways, plus we're hosting a Feeding Children Everywhere packaging party from 12-3 on Saturday for volunteers to pack up one-pot lentil meals to be distributed around the Palouse by Backyard Harvest.

P6: Promoting Our Highest Values

Reasons for shopping at the co-op are at least as diverse as our 7,700 member-owners. Some people come looking for the best organic produce around, some are seeking a knowledgeable butcher, and some walk through the doors because we're the only place in town serving pesto rolls that inspire poetry. You might be interested in vegan products or those that are certified gluten free... or both. Maybe it's our public events that draw you in. Whatever your reason, the result of spending your dollars at our values-driven, cooperatively-owned grocery store is that more of your money stays local and more is reinvested in nourishing and nurturing our community.

The fact is, *ownership matters*. Small, local, and cooperatively-owned businesses fundamentally do things differently than their corporate conglomerate counterparts. They are more representative of the society that supports them. They're more responsive and responsible. The result is shared rather than concentrated prosperity.

This August, our Co-op launches a program called P6. Based on the sixth cooperative principle, cooperation among cooperatives, P6 is an educational and marketing initiative to increase our economic impact by directing more of our purchasing dollars to small, local, and cooperative producers. In a time when some of the items found on the Co-op's shelves are also available at outfits like Wal-Mart, and multinationals are rapidly acquiring trusted names in natural foods, P6 is a way for us to highlight and support those producers who are building an alternative to a corporate-controlled food system. We join in this effort with ten co-ops from across the country.

A staff committee is guiding our participation in the P6 cooperative trade movement. Our first task was deciding on definitions for important terms.

Producers designated as P6 at the Moscow Food Co-op must meet two of these three criteria:

1. **Local:** Producer's products are made or grown within 250 miles of the co-op or within the states of Idaho or Washington. We thought carefully about this expansion of the local definition we have used in the past. Our

committee decided that there's a meaningful difference between fish that comes from Seattle and fish that comes from Florida – or Asia. We'll still be prioritizing those growers and makers closest to home, but this definition allows us to honor more regional producers.

2. **Small:** Producer is independently owned and operated so the profits stay within the community. Transparency, limited distribution, and accessible decision-makers are additional criteria used to determine if a business is "small".
3. **Cooperative:** Producer has legal status and ownership structure of a cooperative. Some businesses that are not incorporated as cooperatives but are worker-owned, or otherwise encourage collaborative production methods with democratic control of production, may be eligible.

International products' main ingredients must be sourced from/through small farmer co-ops to meet the "small" and "cooperative" criteria and receive the P6 designation.

We'll be asking employees from all departments to find ways to grow the market share of these producers. That might mean better shelf placement, prioritized ordering, or coordinating special promotions. Our efforts will also include producer profiles as well as in-store demonstrations and educational events. Our goal is to get all of our shoppers to recognize and seek out the P6 icon next to their grocery items. We'll also be offering samples and in-store education about these producers.

Perhaps the most fun we have planned is our launch party and celebration of P6 month. Save the date for a parking lot party August 28 from 4-7pm!



PRODUCT SPOTLIGHT



PNW Co-op Specialty Foods Lentils

Known as PNW around store, the lentils from this local co-op—which can be found in our bulk bins—are sourced from 15 family farms within a 60-mile radius of the Moscow-Pullman area. Their farmers are dedicated to sustainable growing practices and nurture the land through crop rotation, soil conservation, and reduced tillage. (small local co-op)



Orchard Farm Bar Soap

With over 15 scents to choose from, these blissful bars are handcrafted in Moscow, ID by Kate Jaeckel. They are made with fair trade, organic oils, and homegrown botanicals, and come in delightful scents like Cedar Sage, Merrie Poppie, and Lemongrass Lavendar. (small local)



Twin Creeks Farm, Garlic Bovre

Voted winner of our Co-op's Cheese Madness competition, a very prestigious title, this creamy, spreadable cheese made from Jersey cow's milk is clean and smooth in taste and texture. Located in Princeton, ID, Twin Creeks Farm is run by Tiffany and Mark. (small local)

Wild Carrot Rose Eye Cream

Since 2000, the folks at Wild Rose Herbals in Enterprise, OR have been creating nutrient-rich skincare products at affordable prices for the whole family. Made from handpicked botanicals—wild rose petals offer protection for the delicate tissues around the eyes—this eye cream is their best seller. (small local)



Camas Prairie Huckleberry Mead

Even though they've moved their tasting room from Moscow to Bovill, we're still proudly carrying Camas Prairie's award winning wines, which are made from locally grown grapes. Their Huckleberry Mead—made from locally produced Star Thistle honey and wildcrafted huckleberries—is by far our Co-op's best seller and a delicious summer treat. (small local)



Snake River Seed Cooperative Seed Packets

Snake River Seeds is a collective of farmers, seed enthusiasts, and plant diversity advocates promoting local seed diversity and a more sustainable food system—and now you can find their packets of veggie and flower seeds in our store. Snake River Seeds is made up of over a dozen farms around Idaho. (small local co-op)



FROM THE BOARD

MEMBER ECONOMIC PARTICIPATION: A MEANS TO OUR ENDS



You've heard it said "Vote with your wallet!" Money is a tool; a force for creating the community and world we want to live in. One of the most impactful ways members participate in our Co-op is economically. In 2015, Moscow Food Co-op members (aka owners) spent \$8,629,600 at our Co-op which is 80.34% of our total sales. Simply put, the more members spend at the Co-op buying the food and goods they need, the more we can invest in our community.

Right now one way your Co-op needs you to participate is by buying your fruits and vegetables from our produce department. In our Strategic Plan, our members clearly directed operations to support the local, sustainable and organic foods economy. As a result, over the past two years we have developed preferential purchasing policies for local, sustainably produced fruits and vegetables. We now have more local produce on the shelves and more of each dollar you spend on local produce going to local farmers.

Yet, the shift to prioritizing local produce and increasing returns to local producers has decreased the profitability of the produce department. Here is where you come in. The Co-op needs you to

purchase the local, sustainably-grown produce you have asked us to put on the shelves.

When you buy conventional and/or non-local produce, you save money at the cash register, but not in the long run – the real costs of conventional agriculture are seen in our loss of top soil, surface and ground water contamination, exploitation of farmworkers, and the list goes on. These costs are paid with your tax dollars. When you buy local or organic at your Co-op, you are paying the real cost of your food and supporting an agricultural system that builds soil, enhances wildlife habitat, and values people who work the land. You are voting for social and environmental justice.

In 2015, the Co-op put more emphasis on having local available for purchase in the store. In 2016, we are asking you to put your money to work at the Co-op – increase your economic participation, buy more locally grown produce, support the local food and goods economy and make the world a better place. Super simple: Vote with your wallet. Support local farmers. Eat great food.

See you in the produce aisle!

EQUAL EXCHANGE

FARMER IMPACT REPORT



YEAR
2015



156,104 CUPS = 2 FAMILY FARMS

Total cups of Equal Exchange coffee consumed by Moscow Food Co-op customers in 2015

Number of small farms whose entire 2015 coffee crop was purchased by Moscow Food Co-op

Average amount of coffee produced by one small farm in a week:

40  LB.

Average amount of coffee consumed per week at Moscow food co-op in 2015:

82  LB. = 3,002  8oz

LEARN MORE AT: equalexchange.coop



Let's toast.

THE SUMMER'S BEST WINES FOR PICNICKING

Written by Peg Kingery, Moscow Food Co-op Wine Buyer

The sun-drenched landscape and cooling breezes of summer draw us to the outdoors. Whether we're boating at the lake, hiking to a scenic vista, or camping beside a river, all that fresh air makes us hungry! Picnic meals can be simple or extravagant; regardless of your food choice, any meal eaten outside is made all the more special with the addition of a bottle of wine. Here are four to consider when you're planning your next outing.



from left to right

Anew Riesling

Ste Michelle Wine Estates produces this elegantly-bottled Riesling, made from Columbia Valley grapes, at their Columbia Crest winery in Paterson, Washington. The wine contains a touch of gewürztraminer and Muscat to add a bit of spice to the bright, peachy flavors of the wine. With crisp acidity and slight sweetness, it would be a perfect accompaniment to smoked salmon, seafood pasta salad, and blue cheese.

Chateau de Campuget Rose

Chateau de Campuget is located in Costieres de Nimes in southern France. This winery dates back to 1640 and is operated by the Dalle family. Syrah and Grenache Noir are the predominant grapes that flourish in this region. The stony, clay soils add a unique characteristic to the flavor of these grapes. Chateau de Campuget Rose is peony-colored and tastes of red berries and black currants with a long delicate finish. Try it paired with grilled vegetables, ribs or fresh salad greens.

Wither Hills Sauvignon Blanc

Wither Hills is located in the shadows of the Wither Hills mountain range and watered by the Wairau River. As in Costieres de Nimes, the soils are rocky, which produces wines with much complexity. Wither Hills is converting several of their vineyards to organic production, are Sustainable Winegrowing NZ accredited, and participate in local conservation projects. Their Sauvignon Blanc has vibrant citrus and guava notes with a touch of herbaceous flavors and lively acidity. Pair it with oysters and other seafood, salty cured meats, and melons.

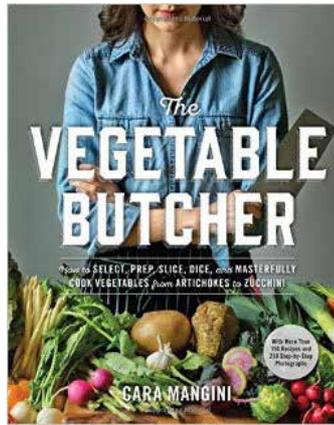
Maryhill Sangiovese

Craig and Vicki Leuthold opened the doors of Maryhill Winery in 2001 when there were only 100 wineries in Washington. Today there are over 800 and Maryhill is the ninth largest. With a case production of over 90,000 and more than 50 award-winning wines in their portfolio, it is not a surprise that they were awarded "2014 Winery of the Year". Maryhill grows many of their grapes at their stunning Goldendale, Washington winery and also sources from other grape growers in the Columbia Valley. Their Sangiovese tastes of ripe strawberries and rhubarb, with dried cranberries and hints of cinnamon spice on the finish. An ideal food wine, Sangiovese pairs with a wide variety of foods including pasta, grilled meats, aged cheeses, and antipasto.

library PICKS

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

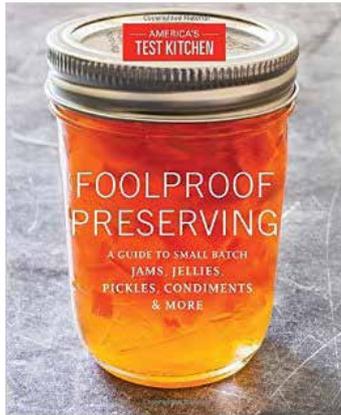
by Chris Sokol



The Vegetable Butcher: How to Select, Prep, Slice, Dice, and Masterfully Cook Vegetables from Artichokes to Zucchini

Cara Mangini

Tame your fear of proper veggie preparation while bringing out the best characteristics of vegetables through such recipes as stinging nettle pesto and crimini mushroom ragout.



Foolproof Preserving: A Guide to Small Batch Jams, Jellies, Pickles, Condiments, and More

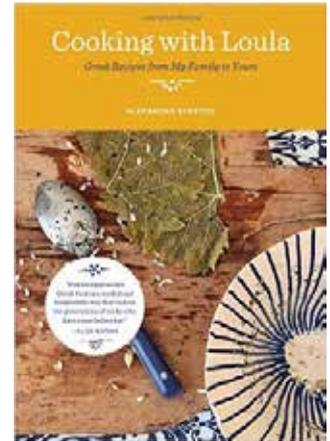
America's Test Kitchen

More than 100 sweet and savory recipes, with tutorials, troubleshooting tips, and equipment recommendations. "An exceptional resource for novice canners, though preserving veterans will find plenty here to love as well."-- Library Journal

Cooking with Loula: Greek Recipes from My Family to Yours

Alexandra Stratou

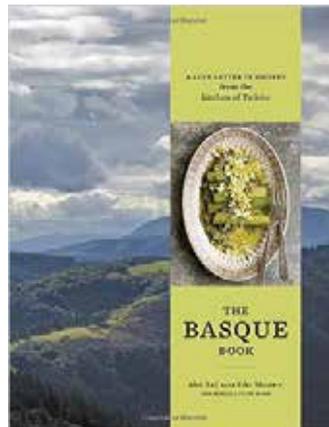
Athens native Stratou presents simple Greek dishes, from classic to inventive. Recipes are accompanied by sumptuous photographs and fond remembrances of Kyria (Mrs.) Loula, her family's cook for three generations. Alice Waters praised Stratou for her "soulful and imaginative way that honors...cooks who have come before her."



The Basque Book: A Love Letter in Recipes from the Kitchen of Txikito

Alex Raji and Eder Montero

The authors, owners of the New York City restaurant Txikito, celebrate a people, culture, and language via the distinctive Basque culinary tradition. "As much a travelogue as it is a primer, it's a perfect introduction to one of the world's most ancient and interesting culinary traditions."--PureWow



GOOD FOOD book club

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

June: *Bread, Wine, & Chocolate: The Slow Loss of Foods We Love* by Simran Sethi; meeting June 26

July: *Eating Animals* by Jonathan Safran Faur (Back Bay Books, 2010); meeting July 31

August: *Miraculous Abundance: One Quarter Acre, Two French Farmers, and Enough Food to Feed the World* (Chelsea Green 2016) by Perrine Hervé-Gruyer & Charles Hervé-Gruyer; meeting August 28

All Book Club meetings are held from 7-8:30pm 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.



PALOUSE PRAIRIE KOBE: LET'S CHEW THE FAT

Written by
Erica Wagner

“That one’s a little skittish. And that one’s pretty protective—but look how sweet she is.” It’s clear that Eric Smith spends quite a bit of time with his Wagyu cattle as they gather around him at sunset on the hills of his Tekoa, WA farm, Palouse Prairie Kobe (PPK).

These particular cows—14 of 24 are about to have calves—know Eric and his wife, Joni, really well. Wagyu cattle, or American-style Kobe beef, are raised on pasture for 24-30 months, unlike the typical grass-fed cows—18 months—giving Eric and Joni more time to know and understand their animals. For omnivores it’s an ideal way to raise animals, really.

Eric and Joni’s cows roam on pasture, are never exposed to hormones or antibiotics, and are then finished on non-GMO barley. They grow their own barley and they never use corn or soy. They’re then butchered at Vandal Meats at University of Idaho, aged for between 14-21 days, then made available to customers at our Co-op.

Eric and Joni grew up farming. They were both born and raised in Tekoa, which is nestled in the hills of eastern Washington about 50 miles from the Moscow Food Co-op. Eric’s father was in wheat and lentils and Joni is a fifth generation farmer. They moved away for college, returned to Tekoa, married each other in 2013, and started PPK that same year. Joni says, “We returned because we love the farm lifestyle. This is how we show thanks—by giving back. It’s an honor to be stewards of the land and animals.”

Though both from conventional farming backgrounds, Eric and Joni chose this niche market because of this love for the land, their animals, and a passion for food. People who love and appreciate food are often drawn to the superior flavor produced from the marbling, or fat, in Kobe beef—its signature. Kobe beef is known to fetch high prices at restaurants around the world—sometimes \$300 for a 12-ounce steak—but you'll only find reasonably priced American-style Kobe from PPK in the Co-op.

Yes, it's more expensive than traditional grass-fed beef, but Wagyu cattle are special. Wagyu were originally draft animals used in agriculture because of their physical endurance.

The Smiths are dedicated to only raising registrable Wagyu cattle, which are classified into three categories—full blood, pure bred, and cross-bred (see the sidebar for details). This passion for raising this type of cattle means that PPK can guarantee the outcome of supreme marbling every time.

Though Joni and Eric both have day jobs, they begin and end their days with their cows. Eric says being with the animals is his favorite part of farm life. "I look forward to feeding them every morning, talking to them. I spend a lot of time with them."

Joni follows, "He has a true relationship with them. Eric knows each cow and will introduce them to visitors by age, personality, and Wagyu bloodline. We could never do a big feedlot style operation. We would miss out on the connection to the land and relationship with the animals."

They both express their gratitude to the Moscow Food Co-op for the opportunity it affords them to meet their customers and talk about what they do and why they do it. "One of my favorite things to do is the tasting events," Joni says. "We're meeting people who care about food, and I love that more than anything."

They're also grateful for their families who made the land and barns available to them. Joni says her father and Uncle David have been great supporters to her and Eric since they've begun their farming adventure. "We are blessed and grateful to be surrounded by amazing mentors, our family. This business comes from our hearts! We give 100% to every part of the process."



KOBE + WAGYU EXPLAINED

Kobe beef- refers to beef from the Tajima strain of Wagyu cattle, raised in Japan's Kobe region. Any Wagyu raised and slaughtered outside of this region is considered Kobe-style. It is prized for its intense marbling.

Wagyu cattle- a Japanese beef cattle breed – derive from native Asian cattle. 'Wagyu' refers to all Japanese beef cattle, where 'Wa' means Japanese and 'gyu' means cow. Wagyu is a horned breed and the cattle are either black or red in color.

Full-blood Wagyu- 100% Wagyu bloodline; Eric and Joni currently have 7 full-blood cows.

Pure-bred Wagyu- 93% Wagyu bloodline; Eric and Joni currently have 4 pure-bred cows.

Cross-bred Wagyu- 50% Wagyu bloodline; Eric and Joni currently have 13 cross-bred cows.

**The American Wagyu Association is located in Post Falls, ID.*

from the GM's kitchen

Fortunately for my family, my husband grew up on a farm. When we bought our house six years ago, the very first thing he did was rototill up a bunch of the lawn to create spaces suitable for gardening – some in the front yard and some in the back. Among the first plants we put in the ground were the raspberries we purchased 16 years ago at the Ballard Farmers Market in Seattle from a grower on Bainbridge Island. Those raspberries lived in a pot for ten years until we finally had a home with space for a garden.

Our garden plots, and in some cases our edible landscaping, have grown well beyond those first raspberry plants. We have two raspberry patches, strawberries, blackberries, reluctant blueberries, concord grapes, white currants, and 20 fruit trees. We also have asparagus, rhubarb, horse radish, hops, and a variety of herbs. We usually plant potatoes, onions, garlic, cucumbers, tomatoes, leeks, carrots, kale, chard, sunflowers, squash, and peppers. Two years ago I even planted amaranth! If you include our ten hens, we practically have an urban mini-farm.

One of the highlights of summer is seeing the neighborhood kids (28 of them total) grazing in our front garden on strawberries, raspberries or cherry tomatoes. Once the fruit ripens in our orchard, it's not

unusual for our kids and their friends to spend the day outside picking their snacks from the yard.

The most positive unintended consequence of our little farm and our love of gardening is that we've passed an appreciation of good food on to our three children. They know that even when we buy produce at the Co-op, a farmer worked hard growing that food so that we might eat. And as they've watched and helped as their father and I make pickles, applesauce, sauerkraut, and jam, they've learned how much labor is involved in making certain we have good food to eat even when fresh produce isn't in season, and how everything seems a bit tastier when it's homegrown and homemade.

We also love to cook, and we love to cook what we grow. This time of year my husband and I love to eat breakfast salads with our homegrown eggs atop fresh local greens, with some Pure Country Pork bacon, local blueberries, whatever other veggies we have around that need to be eaten, and my go-to salad dressing recipe.

I look forward to sharing recipes from my family each season with you.

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





Melinda's Vinaigrette

- ¾ cup olive or avocado oil
- ¼ cup red wine vinegar or citrus juice
- 2 teaspoons Italian seasoning
- 1 teaspoon ground mustard seed
- ½ teaspoon garlic powder
- ½ salt
- ¼ tsp black pepper

Put all ingredients in a mason jar with a lid and shake to mix.



Alice Ma, Registered Dietitian

Ask a Dietitian

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.

I see so many stone fruits this time of year—cherries, apricots, peaches—are there any health benefits unique to these summer staples?

If you've ever been told to "Eat a rainbow of fruits and vegetables," or to include a variety of colors in your diet, this is because every color found in plants is associated with a different type of substance, or phytochemical, that provides a specific health benefit. While stone fruits are similar to other fruits in that they contain fiber, vitamin C, and potassium, the unique colors of cherries, apricots, and peaches each represent a different phytochemical.

Dark red, blue, and purple fruits, such as cherries and plums, contain anthocyanins, a phytochemical with cancer-preventative properties that may also slow memory loss as we age. The red/orange colors of apricots, peaches, and nectarines all come from carotenoids, a phytochemical that supports eye health, reduces inflammation, and controls blood sugar.

That being said, as each fruit differs in their nutrient profile, it's good (and much more interesting) to include a variety in your diet. Touting one fruit as healthier than another would be like trying to compare apples to oranges (see what I did there?).

I know that kale has been touted as a superfood, but I've recently heard that too much kale can actually cause harm. How much kale is too much kale?

Like many poorly supported nutrition claims, this one probably rose from anecdotal evidence. Last year, one

California researcher noticed that many of his patients who reported experiencing fatigue, foggy brain, and skin and hair issues were also eating kale frequently. Kale, as well as other vegetables, has the ability to absorb thallium, a heavy metal that can be toxic if large amounts are present in the blood. Thallium is a heavy metal that occurs in soil, and can enter our bodies through a number of ways (including exposure from hazardous waste sites and smelting plants, cocaine or heroin use, or accidentally consuming rat poison or contaminated fish).

These patients had abnormal thallium levels in their blood. Thus, it was inferred that kale was the culprit for the experienced symptoms. This one incident, however, should not be a cause for concern. As far as kale is concerned, there is currently no scientific research linking high consumption of kale, or any other vegetable, with thallium poisoning symptoms.

In other words, thallium poisoning is probably not a good excuse to eat less kale or fewer vegetables. But, keep in mind that large amounts of anything can be dangerous. If kale is the only vegetable you are eating, there's a chance you're missing out on nutrients found in other vegetables. Like with any food, whether it be fruits, vegetables, grains, proteins, or sweets, eating a variety is key to a nutritious and sustainable diet.

Disclaimer: Nutrition, wellness, and general health information is intended only to assist readers. It should not be used as a substitute for medical information. As always, please consult your physician regarding any medical condition.



Mini Brown Sugar Plum Galettes

For the dough:

2 1/2 cups flour
1 teaspoon salt
1 teaspoon sugar
1 cup cold butter, cut into 1-inch cubes
1/3 cup ice water

For the filling:

4 tablespoons brown sugar
1 teaspoon vanilla
1 tablespoon water
2 cups thinly sliced plums
1 egg, slightly beaten

In a food processor, pulse the flour, salt and sugar 4-5 times until combined. Add the cold butter and pulse until pea-sized chunks form, being careful not to over mix. Add in ice water 1 tablespoon at a time until the dough just comes together. You may not need the entire 1/3 cup (and you may need a tablespoon or 2 extra). Flour a countertop and turn dough out. Form into a disk and cover in plastic wrap. Refrigerate for at least an hour or up to 2 days.

In a small sauce pan over medium heat combine the brown sugar, water, and vanilla, stirring until the sugar has dissolved and the mixture has slightly thickened—about three minutes.

Preheat oven to 400 degrees. Place a sheet of parchment paper on a baking sheet. On a floured countertop, roll crust out to about 1/8-inch thick and cut out 6-inch circles. Re-roll the scraps as needed. Place dough circles on parchment and arrange plum slices in the middle of dough, leaving about 1/2 inch edge on all sides. Fold the rim over, pressing slightly to form a crust. Pour a teaspoon or two of the brown sugar over the plums. Brush the beaten egg on the crust.

Bake for 15 minutes or until the crust is golden brown and the fruit is bubbly.

Vegan Cherry Bran Muffins

1 1/2 cups soy yogurt
1/2 cup safflower oil
1/2 cup applesauce
1 teaspoon vanilla
2/3 cups wheat bran
2 1/3 cups all-purpose flour
1 cups sugar
1 1/2 teaspoons baking soda
1 1/2 teaspoons baking powder
3/4 teaspoons salt
1 1/4 cups cherries, pitted and chopped

Preheat oven to 325 degrees and fill a muffin pan with liners. In a medium mixing bowl, whisk the wheat bran, flour, sugar, baking soda, baking powder, and salt together. In another small bowl, whisk together yogurt, oil, applesauce, and vanilla. Add wet ingredients to dry and mix until just combined. Gently mix fruit into batter and fill muffin liners two-thirds of the way. Bake for 20-25 minutes.

Grilled Nectarines with Fromage Blanc + Honey

1 cup of balsamic vinegar (for reduction, recipe follows)
6 ripe nectarines or peaches
1 small container Fromage Blanc
1 tablespoons local honey from Woodland Honey
1 sprig fresh rosemary, leaves removed

Make the reduction:

Pour the one cup of vinegar into a small non-reactive sauce pan. Bring to a simmer over medium-high heat, then reduce to a simmer for about 15 minutes, until vinegar is reduced by half and is a syrupy consistency. Let cool.

Slice fruit in half and remove the pit. Heat grill to medium-high and place fruit cut side down. Cook for 5-7 minutes, until dark brown grill marks appear. Remove from grill and top with a spoonful of cheese, a drizzle of honey and balsamic reduction and some rosemary.

Frozen Stone Fruit Pops

1-2 cups fruit puree
Greek yogurt
honey to taste
wooden sticks
frozen treat molds (paper cups work well in a pinch)

Wash, slice, and pit all fruit. Blend fruits separately in a blender or juicer. Keep in separate cups. Pour small amounts into molds and freeze (30-45 minutes). Add a different kind of puree and freeze again. Add stick part-way through so that it can stand up. Let all layers freeze and remove from molds.

Pedal Your Way To Discounts With Bicycle Benefits

According to the League of American Bicyclists, biking to work or the grocery store just once every two weeks would reduce the emissions of nearly one billion gallons of gasoline from entering the atmosphere each year. Still need a little more encouragement to commute or run an errand on your bicycle? What if you could get a discount off goodies from your favorite local businesses just for arriving by bike? Well, now you can!

The Moscow Food Co-op and other businesses on the Palouse are excited to announce the roll out of Bicycle Benefits. Through this nationwide program, businesses award discounts to patrons who show up on bike with their Bicycle Benefits helmet sticker. Started in Saratoga Springs, New York by Ian and Dillon Klepetar, Bicycle Benefits is designed to reward individuals for their commitment to cleaner air, personal health and safety, and the use of pedaling energy in order to create a more sustainable community.

Bicycle Benefits allows the Co-op to reward bicyclists with a 5% discount every time they ride their bike here and provides perks at over 1,600 participating businesses all around the country (including Spokane, Coeur d'Alene, and Seattle)!

Bicyclists on the Palouse can buy the helmet sticker at the Co-op, BookPeople, Backcountry Lark, Hyperspod, and One World for a one-time payment of \$5 and receive the benefits indefinitely, everywhere. Any funds generated by sticker sales will be used to support the program. Now more than ever it's a good time to be a bicyclist. In addition to avoiding the whole gas thing, this national campaign offers solid perks to those who choose to pedal. Plus, it can decrease



traffic congestion, parking demand, and pollution all while encouraging commerce and alternative transportation within the community.

Join us September 21 for a screening of *Bikes vs. Cars* and a bike tour hitting all of our participating businesses. In the meantime, visit bicyclebenefits.org to search by location for a list of all participating business in your area as well as the rewards they offer. Some places, like Seattle, have over 100 participating businesses and we hope to build the Palouse Bicycle Benefits program to encompass all local businesses and organizations interested in encouraging alternative transportation and rewarding those who choose to ride their bikes instead of driving.

Together we can help shift the transportation paradigm to one that is more sustainable and healthier for all.

Interested businesses or anyone with questions can contact our Education & Outreach Coordinator by e-mail at outreach@moscowfood.coop or phone at 208-882-8537.

Written by Misty Amarena

We are excited to be rolling out this new program with:

- Ampersand Oil & Vinegar (5% off purchase)
- Backcountry Lark (10% off clothing)*
- BookPeople of Moscow (5% off purchase)*
- Hyperspod (15% off clothing, excludes sale items)*
- Moscow Food Co-op (5% off purchase, does not stack with other discounts)*
- Palouse Bicycle Collective (\$1 off Day Pass, \$5 off Criterium and Joyride Memberships, and \$10 off Family and Lifetime memberships)
- One World Café (10% off a latte)*

*Buy your Bicycle Benefits sticker here



how's it growing?

get to know:

THE PRODUCE DEPARTMENT

Mike, Assistant Produce Manager:

Co-op employee since 2012

Janel,

Co-op employee since 2008

fun fact:

The Produce Department spent
\$113,434 with local growers in 2015.

What's the best part about working at the Co-op?

Mike: The people I work with. Especially the group I work closely with. We pester each other to eat healthy, keep hydrated, and we have a lot of fun

Janel: We keep a good sense of humor about ourselves and our work. Compared to other jobs I've had, I love how hands on I get to be.

M: It's nice how creative we get to be with our displays.

J: There's a sense of satisfaction in seeing your tasks completed and accomplished at the end of the day.

What role does the Produce Department play in our local food system?

M: Easily 9-10 months out of the year we're able to offer locally grown, fresh produce from within 50 miles of the Co-op.

J: A consumer can shop with us and not know a thing about the local food system and still make a difference.

M: It's a two-way street between us and our customers. In any conversation we have with them we learn from the experiences of consumers and growers. We learn what their experiences are like.

J: We learn what our customers are growing in their gardens, what they're cooking, what they want to see—we need opinions from them!

What kind of standards does the Produce Department have for local growers/food producers?

M: What we bring in is naturally grown—whether it's certified or not. That means it's grown using organic methods. This is important because it considers all levels of ecological integrity of our region and at all layers. It considers the health of our soil, water, birds, and insects—as well as the people who are growing, harvesting, and consuming the items produced.

J: When we make purchases from local producers we're supporting the local economy as well as the local ecology.

What are some of the challenges to getting local produce into our store?



M: We're directly tied to the whims of nature!

J: We're not able to guarantee anything. And that means that we have to do a good bit of education about food production and how it relates to the local weather. We're also concerned about affordability and seasonality. We want to be able to give customers the best local options at the best prices.

What are some of the interesting things you've learned from local growers over the seasons?

J: I've learned that some of them love growing things they don't actually eat. We have a producer who loves growing tomatoes, but doesn't love eating them. And his standards are extremely high for what he brings us! And I hear over and over that even through the stress of what they do, they wouldn't trade it for anything.

We hear a lot about eating seasonally. What are local items we can expect to see in each season from growers?

Summer- greens (lettuces, arugula, kale, chard), radishes, tomatoes, peppers, herbs, beets, onions, apples, plums,

apricots, cherries, grapes, berries, mushrooms

Fall- squash, onions, potatoes, beets, carrots, kale, apples

Winter- greens, potatoes, cabbage, parsnips, beets

Spring- radishes, green onions, leeks, lettuces, arugula, chard, spinach, rhubarb, beets, mushrooms, kale

What would you like customers to know about your department?

M: With the LC Valley, the Palouse, and the Santa Creek Mountain area we have two and a half growing zones, which gives us greater availability. Our growers are also working to extend their seasons through hoop houses, which will provide more local items in our department throughout the year. And we have some growers working to specifically extend their growing of fresh greens through the use of greenhouses.

J: We love talking about produce! Please don't hesitate to talk with us about how something is grown, where it comes from, and how to cook with it.



the
5
spot

UP WITH FEET

Summer weather is here, and among the things to emerge from winter covers: my feet! How lovely it feels to walk barefoot over the cool grass in my backyard, my toes rejoicing in their newly restored freedom. Our feet carry us, uncomplaining, over terrain rough and smooth, day in and day out, yet we rarely consider them. So I've decided to show my dogs some gratitude this month. Here are five ways to treat your feet:

1. A foot bath! Scatter chamomile flowers, a few slices of ginger, and a quarter cup of Epsom salts into a large bin of warm water. Soak your feet for 20 minutes. The herbs and minerals will draw out impurities; plus it just feels good! If you can turn off your electronics during this rest, all the better. In case of ankle and foot swelling, such as during pregnancy or travel, add a few drops of grapefruit essential oil to the footbath, and consider wearing compression knee socks. (If your feet or ankles swell often, consult your healthcare practitioner).

2. Try reflexology. Modern reflexology is based on an ancient form of therapy, evidently first practiced in China as long ago as 4,000 B.C. and at the same time in Egypt. Hieroglyphics found in the tomb of Ankmahor translate to: "Don't hurt me." The practitioner's reply: "I shall act so you praise me." "Not only will your feet thank you, your whole body will!"

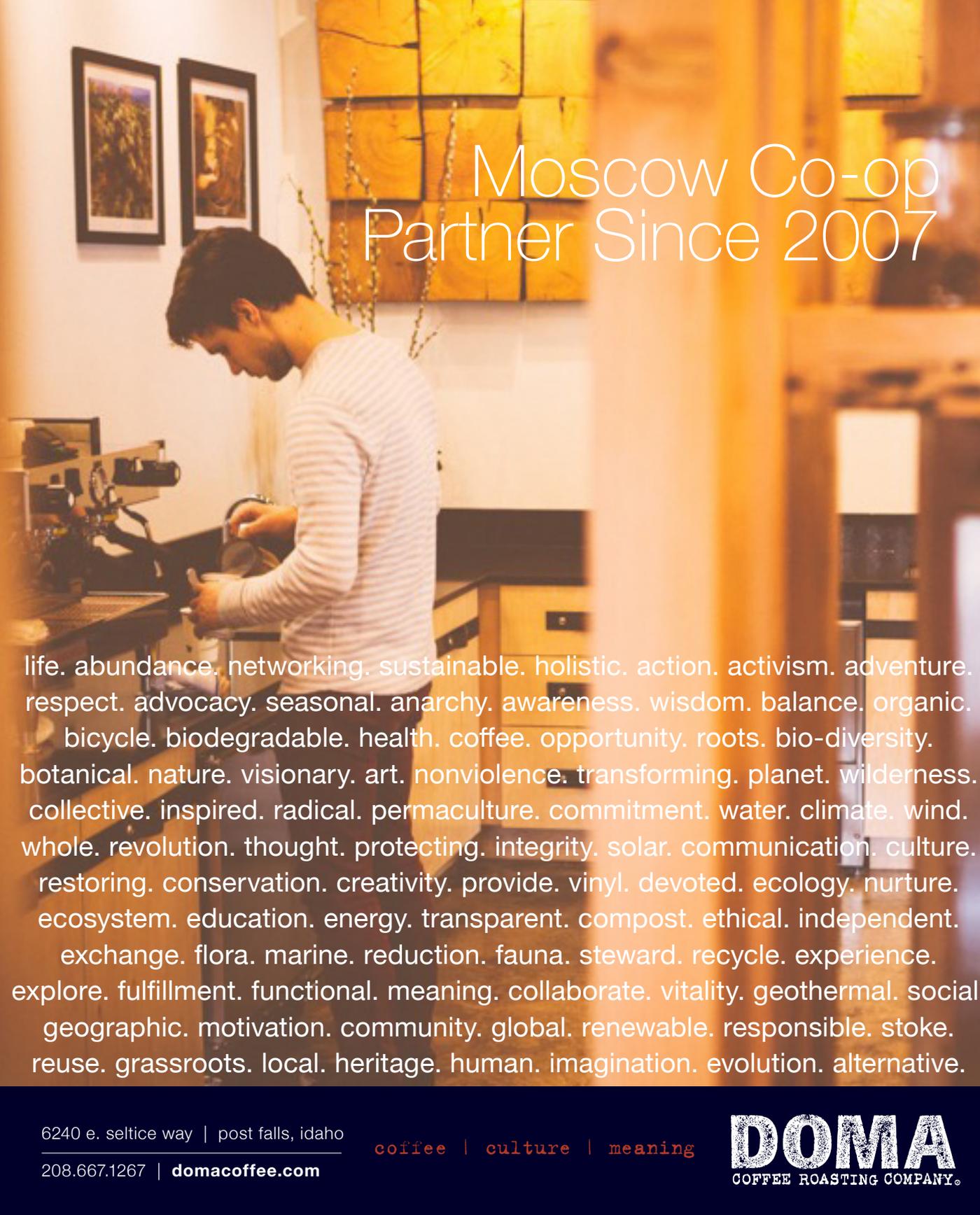
3. Sesame oil foot massage. When the air temps are high and dry, we can feel a little scattered due to our easily-deranged vata dosha. For a soothing, grounding Ayurvedic remedy, massage sesame oil into the soles of your feet in the evening, then put on cotton socks and go to bed. You'll sleep well, and wake up feeling rested and more stable. The Co-op carries a couple of brands of organic sesame oil, which you'll find in the condiments aisle.

4. For cool nights in the mountains: Socks. Socks. Socks! The Co-op carries a couple of brands of socks made with organic cotton and/or recycled fiber. Maggie's Organics socks are made in the USA of organic cotton or wool. PACT makes organic, fair trade cotton socks, in several stylish patterns. This reporter loves her PACT purple and white floral cotton knee socks.

5. The human foot contains 26 bones, 33 joints, and over a hundred muscles, tendons and ligaments. No wonder they sometimes hurt! For relief, consider acupuncture, massage, or Ayurvedic medicine. Check the Co-op's Business Partner Listings, at moscowfoodcoop.org, for practitioners in our area.

In ancient India, it was customary to touch the feet of one's elders, to show respect and to ask for their blessing. Such a practice may be a little out of place here and now, but I'm going to take a cue from this tradition, and let my feet remind me to be grateful for all that carries me along my path, from my parents and teachers to my own many-boned, ever-ready feet.

Written by Naomi Brownson

A man in a white and grey striped long-sleeve shirt is working at a coffee machine in a cafe. He is looking down at the machine. The background is a warm, orange-toned interior with wooden walls and framed pictures.

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All we needed was *love...* and bulk grains and elbow grease...

We had a lovely surprise the other day from one of our earliest Co-op owners and co-managers.

Jim Cohen, now a Reno area resident, saw the 1974 photo we ran in the last Rooted and contacted us to talk about the Co-op's formative years. He was among a group of University of Idaho students and their friends who worked at the Co-op – first called the Good Food Store – after it opened in 1973.

“Moscow during the 70s was one of the most evolved places you could imagine,” Jim shared. He came here for college from Washington D.C., sight unseen. Moscow just seemed like it would meet his desire for an affordable college in a small town that might feel a bit like Davis, California, where he had grown up before his family moved to D.C.

“Moscow was more like a miniature Berkeley back then, and the Good Food Store was a big part of that,” Jim, now 62, recalled. Moscow was among the first cities in the country to have neighborhood recycling pick-up, there was a lot of yoga happening in the community, and we even had an all vegetarian restaurant on 3rd Street. Jim also remembers picking up hitchhikers and letting them crash at his house without any oversight or concern.

An informal community formed among those who took yoga classes and ate at the vegetarian restaurant, and many pitched in to make the Good Food Store work. For Jim and the others, the draw was that the Co-op was all bulk and all vegetarian. The small inventory was mostly peas, lentils, grains, peanut butter, cheeses, and spices.

But it wasn't long before the store was faltering. Those who were students struggled to juggle work with school, and there wasn't enough money coming in to provide anyone a living. The founders burned out and moved on to new opportunities. “It was really kind of falling apart,” Jim said.

In 1974, a friend from the yoga community, Skip Crossen, encouraged Jim to join the Board and work at the Co-op. Jim recalls a Board Meeting at the Student Union Building where he recommended that the Good Food Store become the Moscow Food Co-op. “I felt that people in town needed to know that we were a Co-op and

were community oriented; the old name made it sound private,” Jim said.

The name changed, and with grant support from the Community Action Agency based in Lewiston, the Co-op moved to a slightly larger Main Street storefront across from the fire station. Jim became a co-manager with Sandy Ogle and someone named Michael. “I remember being there by myself late one night prior to opening, scrubbing the floors with everything out on the sidewalk, ready to move into the store,” he said.

Our roots started to take hold, despite some opposition. Jim recalls a sandwich shop owner actively working against the Co-op, complaining in the Daily Idahonian about the Co-op being subsidized.

The Co-op found its audience, and that audience began to grow as more people became concerned about food quality, affordability, and how food practices impact the environment. Jim needed steadier income, and so he took up carpentry and left in 1979 for a job back east. “I would have lived in Moscow the rest of my life, but I had to make a living,” he said. “My years in Moscow were some of the best in my life.”

We look forward to Jim's visit this summer – his first since a trip here back in 1995!

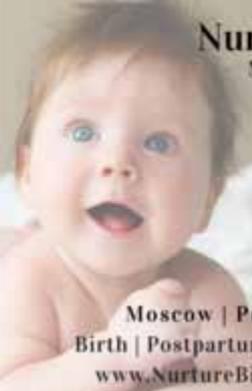


Jim remembers the first names of two people in this 1974 photo. Elaine, 4th from left, was a key player in the Co-op's survival before she moved away from Moscow. The man in the left foreground, Chris, also gave a lot of energy to the cause.

Written by Joan Rutkowski

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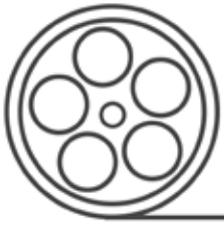
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Sunday, August 28
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Join us for a **FREE** family-friendly party to kick off the launch of the P6 program in our Co-op. P6 celebrates local, small, and cooperative vendors. Meet these vendors, sample their items, listen to live music, and **MORE!**



Principle Six

co-operative trade movement



Looking for ways to connect with the Moscow Food Co-op?

CO-OP E-NEWSLETTER

Sign up for our twice-a-month e-newsletter that lets you know about Co-op news, sales, and events via our website, at the Customer Service Desk, or at community events.

BOARD NEWS

Email boardadmin@moscowfood.coop to regularly receive Board meeting agenda info and minutes. You can also read Board news on our website under the Governance tab.

VOLUNTEER OPPORTUNITIES

Visit moscowfood.coop for information about becoming a Participating Owner and for current opportunities.

COMMUNITY NEWS and EVENTS CALENDAR

Read our monthly online publication for features and briefs about our programs, business partners, new books, staff product picks, and more. Hard copies also are available at the front of the store.

BEE T BOX

Check out our blog, moscowfood.coop/blog, which features recipes, DIY ideas, and other features.

SOCIAL MEDIA

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