

ROOTED

FALL 2018



MOSCOW FOOD CO+OP

NO CHARGE



121 East 5th Street and
on campus at 822 Elm Street
Moscow, Idaho 83843
(208) 882-8537
moscowfood.coop

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Editor in Chief
Melinda Schab

Managing Editor
Alycia Rock

Layout + Photography
Alycia Rock

Copy Editor
Willow Venzke

Contributors
Ashley Hamlin
Peg Kingery
Max Newland
Logan Morris
Sarah Quallen
Alycia Rock
Jeremy Winn
The Seasoned House

Board of Directors
Ashley Hamlin, President
Carol McFarland
Tom Bitterwolf
Laurene Sorensen
Tim Kohler
David Nelson
Idgi Potter
Cheyne Mayer
Dave Sutherland

Distribution
Mary Zuber
Donald Stanziano
Kurt Queller
Meggan Baumgartner

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.



LOOKING FORWARD

BOARD MEETINGS

Board meetings begin at 6:30 p.m. in the Fiske Room of the 1912 Center at 412 E. 3rd St. in Moscow. Owners are always welcome to join us for our monthly Board of Directors meetings. There is an owner comment period in the beginning of each meeting for those who would like to speak.

Dates:

September 11
October 9
November 13

To keep tabs on what the Co-op Board of Directors is up to, including Board meeting agendas and minutes, contact boardadmin@moscowfood.com to be added to the mailing list.

BOARD ELECTIONS

Now is a great time to consider running for the Co-op's Board of Directors! Election Packets will be out in November, and will contain an election timeline, what it means to be on the Co-op's Board, and details of how to apply. Keep your eyes open for more details about this exciting opportunity, and please email boardadmin@moscowfood.coop with any questions.

DIME IN TIME

We are excited to announce a change to the way Dime in Time donations are

collected! Dime in Time recipients will now be rotated on a quarterly basis – meaning more time in the spotlight and more impactful donations. When you bring your bag or cup, your cashier will give you a wooden token from our reusable, rotating stock, and you will have the opportunity to choose which cause to support by putting your token in the corresponding bin near the front doors. What a fitting way to re-use our old bulk bins! Two organizations will be featured each quarter alongside the Co-op Community Fund. This quarter, you'll be supporting the following organizations:

Pullman Community Council on Aging

Formed in 1973 (the same year as the Moscow Food Co-op!), the Pullman Community Council on Aging started Pullman's first ever Meals on Wheels program. Every year, the PCCoA delivers approximately 2,500 meals to homebound seniors in eastern Washington, and supports the Bishop Place Senior Living Center with donated food. Your dimes will support these programs as well as the free monthly food guide published by Pullman Community Council on Aging, and the Senior Chore Service, which connects homebound seniors with help to make their daily tasks easier. Learn more at www.pullmancoa.org.

Palouse Environmental Sustainability Coalition

Founded as part of the effort to fight global climate change, the Palouse Environmental Sustainability Coalition (PESC) disseminates information on environmental issues both local and far-reaching, promotes public policy, and sponsors local outreach and education. Your dimes will support a two-day workshop on pollinator health on the Palouse! Learn more about how you can work with the PESC at www.sustainablepalouse.org.

The Co-op Community Fund

From now on, you'll have the option to use your dimes to support the Co-op Community Fund (formerly known as Seed Sowers.) Donating to the Co-op Community Fund doubles the strength of your dime - we send these funds to the Twin Pines Cooperative Foundation, and they provide loan capital to other co-ops around the country. The interest on our donation is returned to us each year, which we award to local organizations in the form of grants. The fund grows as Co-op owners donate, and we all return more to our community and to co-ops everywhere! Of course you can always choose to "round up" at the register as well. Anyone is welcome to apply for a grant from the Co-op Community Fund online by visiting www.moscowfood.coop/coop-community-fund.

FOOD FOR THOUGHT FILM SERIES

This monthly film series offers showings of educational documentary films at the Kenworthy Performing Arts Centre in downtown Moscow. It's always free for everyone in the community! If you have questions about the films being shown, you can contact our Education and Events Coordinator by emailing outreach@moscowfood.coop or calling (208) 882-8537.

September 19 – Albatross
Doors open at 6:30 p.m., show starts at 7 p.m.

Discarded plastic is a major factor in the pollution of our oceans, and it has led to declining populations of fish, sea mammals, and even oceanic birds. Albatross is at times difficult to watch,

as it challenges our lifestyles and the systems we live in. Join us before the film for an introduction by University of Idaho Environmental Science graduate and Midway Atoll researcher Wieteke Holthuijzen, whose findings can be found in National Geographic magazine. Runtime: 97 minutes.

October 17 - Food for Change
Doors open at 6:30 p.m., show starts at 7 p.m.

October is National Co-op Month, and we're celebrating with this very special screening! Food for Change is a documentary about all the common good that food co-ops do for their communities. Food for Change tells the story of the cooperative movement's roots in the struggle for civil rights for all, from the Great Depression to today, and how its growth and popularity still influences food markets around the world. Runtime: 82 minutes.

CO-OP CLASSES

One of the Moscow Food Co-op's Ends (business guiding goals) is to "educate our owners, customers and the wider community about food and food systems." Discounts are available for Co-op owners and FLOWER participants.

New Class: Zero-Waste 101
September 15, 4:30 p.m.

One of the greatest challenges facing society in the 21st century is living sustainably. The Environmental Protection Agency estimates people in the USA produce more than four pounds of waste per person, every day! Join us for an introductory rundown on shifting your habits towards a zero-waste lifestyle - the first of a new class series. Join instructor Ollie Grove to learn about small changes you can make to begin your zero-waste journey. Your feedback will help us build this class series further, so we look forward to reading your evaluations! A list of resources for further reading will be provided.

Healthy Eating on a Budget
All classes begin at 4:30 p.m.

The popular Healthy Eating on a Budget classes return! This series, taught by Co-op volunteer and Registered Dietitian Alice Ma, is always a crowd pleaser. In

these classes you'll learn how to cut costs without cutting flavor, take home recipes that give you great value for your dollar, and taste a variety of delicious, easy-to-make dishes. Samples will be provided, and everything served is 100% plant-based and free of the eight most common food allergies (including gluten and tree nuts.) The first class in the series was in August, but you won't have trouble catching up if you missed it.

Dates:

September 22: Protein
October 20: Fruits & Vegetables
November 3: Everyday Desserts
December 1: Meal Planning and Store Tour at the Co-op's downtown location

FLOWER INCREASE

Thanks to our Co-op owners, we've been able to increase the support we offer to those on the Palouse affected by food insecurity! The FLOWER discount, formerly 10 percent off for owners who qualify for EBT/SNAP, WIC, Medicaid and the free school lunch program, has been doubled to 20 percent off! Additionally, guests who qualify for the above programs but are not Co-op owners are eligible to receive a \$10 gift card when they sign up. Co-op ownership is \$10 per year! Those who qualify can pick up an application at the Customer Service Desk, or apply for FLOWER online by going to www.moscowfood.coop/flower-application.

Don't forget to follow us on Facebook and check the events calendar at www.moscowfood.coop for up-to-date info on class offerings, film showings, and more!



What

is it about autumn on the Palouse that causes such a stir in the hearts and minds of all our local residents? I know I'm not supposed to say, but autumn really is my favorite time of year. Let me count the joys: the beauty of Third Street in Moscow — draped in the finest orange, red, and dappled light, the touchdown-filled Vandal and Cougar football seasons, fresh fall squash and pumpkins from local producers, bonfires and hot chocolate and cozing up in our fair-trade knits... I could go on and on.

I always feel incredibly inspired after Labor Day in September. It must be something about seeing all the students back in town, reviving our downtown and campuses, and feeling the excitement and the energy they bring. October is Co-op Month, all about enjoying and celebrating the cornucopia of wonders co-ops worldwide offer... and November always goes hand-in-hand with gratitude, of course.

We're so excited to experience our first fall semester with a Co-op satellite location on the University of Idaho campus. We believe every student, faculty, and staff member deserves access to the healthy and sustainable options the Co-op offers, and we're so excited to see everyone who stops by! Don't forget the early-morning happy hour specials!

After the quiet restfulness of this summer, the change of seasons provides us with a great jolt of thoughtfulness and energy, and everyone at the Co-op is gearing up in hopes of making an even bigger impact than we did last season. You'll be hearing a lot about our Dime in Time program in the following pages, and we're working tirelessly to streamline our processes, map out our goals, and follow our plans. I'm delighted and I hope you all are too.

The shoppers of the Moscow Food Co-op have made it clear: you want more than just a place to buy healthy, organic, sustainable groceries. We're here to provide you with a platform to make an impact — and a place your voice will be heard, your dollars will be ethically spent, and your family well cared for. I am so excited about our FLOWER discount increase! Now, families who qualify for certain types of assistance can receive 20 percent off their total every time they shop at the Co-op. This increase is a victory for both the Moscow Food Co-op and our community-at-large. Thank you for all of your continuing support — you make the important work we do possible!

We hope to provide you with plenty of inspiration on how to make the most out of the autumn adventures that lie ahead. Let's make this fall one of the best yet!

-Melinda Schab, General Manager

CCMA:

Consumer Cooperative Management Association. A conglomeration of GMs, board members, staff, and co-op support businesses like CDS Consulting Co-op. A meeting place for co-ops from across the country to share ideas, practical advice, inspiration, and challenges. To share our stories.

Several hundred co-op enthusiasts gathered in one room — a conference hall in the Lloyd District of north west Portland, Oregon. Energy buzzed. Pockets of conversations crescendoed then wafted away as I wound my way through the maze of tables looking for an open seat. The theme this year: **Courageous Evolution: Strategies for Strong Co-ops and Communities.**

Throughout the week we gathered in small groups and large assemblies. Each day I learned how various co-ops had envisioned their Ends and strengthened their stores and communities through their strategic planning, how they had successfully grown their co-op into multiple stores or collaborated and consolidated with other stores, how their board and owners had run a successful capital campaign, and how governing boards successfully examined their own effectiveness, refined their practices, and built strong collegiality and work

ethics. The keynote speakers inspired hope through revisiting the history of cooperatives and how they have changed cultural ills for the better and survived, forging new paths in economic hardships. They addressed current challenges in our world and how people coming together can make an impact on food systems and food security. I toured co-ops from across the business spectrum, and heard about their firm commitment to supporting fair compensation for small farmers even in the face of a dilution in the meaning of "fair trade."

As the three days neared completion, I realized how much I had gained. Not only did I glean many new ideas and tools for effective board leadership, but I had found myself immersed in a larger idea of "cooperative." **Our Moscow store is strong and works hard to strengthen our community and make an impact, but we are also part of a bigger movement. A cooperative movement that has roots in bringing hope and bettering our communities at large. A movement with the inspirational roots of shaping the values of our communities.** This is something worth being a part of. This is something worth fighting for. CCMA — I traveled there for training, to strengthen my skills as a director so I can better serve the Co-op. I came away with that and so much more.

-Ashley Hamlin, Board President

CO-OP SHOPPERS ARE SUPPORTING OUR COMMUNITY: ONE DIME AT A TIME

We're making some changes to our Dime in Time program that will allow us to increase our community impact and donate even more.

By Max Newland

Change for change! Our Dime in Time program is an indispensable part of the Co-op, and one way Co-op shoppers support Moscow's nonprofit economy.

Since 2009, as far back as our records go, Co-op shoppers have donated approximately \$57,877 to nonprofit organizations on the Palouse. That's almost 600,000 reusable bags and cups passing through our cash registers!

As we grow, we're making adjustments that allow all Co-op shoppers to make the deepest impact in our community, even if they're not an owner! We're increasing your participation and agency with our Dime in Time program. For each reusable bag or cup you bring, you'll get a token representing a ten-cent donation! You'll then have the opportunity to donate that dime to the community organization of your choice.

Drop your token in the corresponding bin and the organization will reap the rewards at the end of the three month period, when we rotate in the new recipients! The more reusable bags and cups you bring, the deeper the impact.

Dime in Time began at the Moscow Food Co-op in late 2008, under the guidance of then-Outreach Coordinator, now Co-op business partner and owner of BookPeople, Carol Price.

"The Dime in Time donation program seemed like the most elegant way to accomplish several things at once: saving Co-op money, being environmentally responsible, and raising money and awareness for local groups and causes that benefit the entire community," Price said. "What's not to like?"

Over the years, Co-op customers have raised thousands of dollars for local organizations all across the Palouse. These partners include groups like Backyard Harvest, whose funds help bolster EBT/SNAP purchases at the Moscow Farmers Market, and the Pullman Community Council on Aging, whose Meals on Wheels service delivers hot food to seniors living on their own. Now that each Dime in Time recipient will be with us for three months instead of just one, we expect to be able to pitch in more than before.

A lot has changed in the past 45 years. When the Good Food Store opened in 1973, there was no Deli, Bakery, or Coffee Bar, and back then, the technology used in cash registers was nothing like what you see at the Co-op's pods when you check out today. Despite all the changes over the years, one constant has been our commitment to supporting good work in our community, and making it easier for our guests and owners to do the same.

One of the greatest joys of the cooperative model is working together for communal benefit. When you shop at the Co-op, you provide real, tangible benefit to our community. There's never been a better time to celebrate your continuing investment in our shared landscape, one dime at a time.

-Max Newland

LET'S TALK ABOUT FOOD SECURITY.

Nearly 1/5 of local residents lack access to healthy food. Latah and Whitman counties are two of the most food-insecure areas in the Inland Northwest.

The Moscow Food Co-op offers food insecure households 20% off every shopping trip.

(We'll also get new owners started with a \$10 gift card!)

Let's keep working together to nourish and nurture our community.



FRESH, LOCAL, ORGANIC AND
WITHIN EVERYONE'S REACH

Learn more online at www.moscowfood.coop/ways-to-save

NEW!

ON OUR SHELVES:



Kodiak Cakes Waffles come from a small, family-owned business in Park City, Utah that began in 1982. They use 100 percent whole grains in their waffles because they taste better and are full of fiber, protein, B vitamins, and antioxidants that provide long lasting energy. Their waffles are free of GMOs, preservatives, and artificial additives, and contain 12 grams of protein per serving. Kodiak Cakes donates a portion of their profits to conservation efforts in their local area and provides a stipend to every employee to spend on outdoor activities. Find three nutritious flavors in the freezer aisle: blueberry, double chocolate, and buttermilk vanilla.

Three Trees Almond Milks are naturally high in healthy fats, plant-based protein, and micronutrients such as vitamin E, manganese, magnesium, vitamin B2, and phosphorus. They do not add any thickeners, stabilizers, emulsifiers, or fortifiers in making their milk. In fact, they only use reverse osmosis filtered water and organic almonds! Three Trees almond milk is gluten- and dairy-free, vegan, and kosher. Look for their almond milk in unsweetened and unsweetened vanilla flavors in the refrigerated foods aisle.



David's Unforgettable Balsamic Sauces originated at Café Unforgettable Cakes in Sherman Oaks, California. Their "robust and yet subtle" flavors complimented almost every dish the café served. Demand for the sauces by customers and local restaurants became so great that David reached out to form a manufacturing partnership with Earth Island, well-known for its natural product line "Follow Your Heart". David's Sauces are Non-GMO Project Verified and certified gluten-free by the Celiac Spruce Association. They do not contain preservatives, cholesterol, trans- or saturated fat and are available in two flavors: balsamic soy ginger and balsamic Thousand Island.



Plant Snacks chose cassava root as the base ingredient for their chips because it is naturally grain-, gluten-, and nut-free. They source their sustainably-grown and harvested cassava from farms in Brazil. Cassava is a good source of fiber, and is high in vitamin C, folate, and magnesium. Plant Snacks do not contain sugar or any of the major allergens, and are vegan, Non-GMO Project Verified, and certified gluten-free. They use a blend of yeasts, acids, spices, sea salt, and natural and organic flavors to make their vegan "cheese" blends. Look for three snack-satisfying flavors in the Co-op's grocery department: vegan cheddar, beet goat cheese, and sea salt.



Carina Organics has been replacing the chemical and synthetic ingredients found in other brands with natural and organic plant extracts, essences, and oils since the company formed in 1972. All of their products are made with medicinal organics and are completely free of ingredients that are potentially harmful to human health or the environment. Using palm kernel extract and coconut in their shampoos creates mild cleansing properties and creamy foam. Organic essences and oils from avocado, olive, flax seed, pumpkin seed, and sunflower go into their skin creams and conditioners to help the skin to naturally maintain its moisture level. All their certified organic ingredients are hand-selected from different regions of the Pacific Northwest and impact nature as little as possible in the harvesting process. We have a wide variety of products! Look for their hair, body, and baby care in the Wellness department.



Homemade Hoshigaki

These Japanese dried persimmons have a lingering caramelized sweetness that is delightful on its own, and pairs perfectly with autumn tea.

Meet hoshigaki, the Japanese dried fruit that as *Saveur Magazine* says, "lives a better, more pampered life than you." The striking delight of hoshigaki has not gone unnoticed, but is somewhat rare these days: *Slow Food USA* has placed hoshigaki in its *Ark of Taste*, "a living catalog of delicious and distinctive foods facing extinction."

While there is nothing particularly revolutionary about dried fruit in autumn, there is a magic in making hoshigaki — persimmons that are peeled and dried over a month's time. It takes patience, commitment, and tender, loving care to make the high-maintenance delicacy, but the end result is moist, rich, deeply sweet, and wildly unique in its own way.

To make your own, head to the Co-op's produce department and select firm persimmons with the stems in tact. Using a vegetable peeler, slowly remove the skin with minimal, smooth, and consistent strokes — this is the most gentle part of the process. Lasso the persimmon stems like we did here with butcher's twine. Hang them where they can air dry without touching. The fruit should be protected from dew, so a warm, dry environment like a sunny window is best. Please note: a place that receives direct sunlight may speed up the process, but you'll have to massage your hoshigaki more often.

After 7-10 days, give your fruit its first massage. A skin-like layer will have formed on the outside of the persimmon, which you will gently massage using the tips of your fingers to break up the inner pulp. Massage the fruit until the inside is squishy, being careful not to tear the skin. Check and rub the persimmons every three days, smoothing the edges and ensuring they dry evenly without forming hard ridges or pockets that can harbor moisture or mold. After three to five weeks, a white frost will have formed on the skin, the result of the sugar in the fruit rising to the surface. Your hoshigaki are ready when the pulp sets and you can no longer squish or manipulate them. The persimmons will look small, wrinkled, and dusted in sugar. Success! To store, break the stems and disconnect the strings. Seal them in a zip-lock bag and place them in the refrigerator or freezer.

Some people detect a subtle floral flavor in hoshigaki, while others are reminded of honey with a hint of cinnamon and gingerbread. We recommend them alongside green tea, or as an uncommon addition to a cheese board. You could also make *Sujeonggwa*, a Korean tea made by simmering ginger and cinnamon sticks, and then adding sugar and dried persimmons. They make a great gift for the produce lover in your life, though after the labor and love, you might not want to share them at all.

-Alycia Rock



"You needn't be insane to practice the ancient Japanese art of hoshigaki — just reasonably obsessive."

-Kent Black for the *Los Angeles Times* in 2005

Savor the
Homegrown
HARVEST



Our Garlic Guide & Mushroom Manual

Use these handy catalogs to help you make the right decision when picking a new garlic variety or exploring unfamiliar mushrooms at the Moscow Food Co-op.

Food tastes better when it's grown with love, right here at home.

We've called the Palouse home for 100 years, and we're proud to work with Moscow Food Co-op.

Our family farms:

- Are located within a 60-mile radius of Moscow-Pullman
- Use low-till or no-till methods to nurture and protect the soil
- Promote soil conservation, sequester carbon and reduce fossil fuel usage
- Grow legumes, wheat and barley that are Non-GMO Project verified and Kosher certified



Look for our local lentils, garbanzo beans & green split peas in the Bulk Department.

Want more info & recipes? Visit EatRealPNW.com

MUSIC

One of the most popular hardneck varieties, Music garlic is believed to have been brought to North America from Italy. This variety provides a truly gourmet garlic flavor when cooked, and is often a staple in the kitchens of casual garlic lovers and professional chefs alike. Music garlic produces scapes in the spring and has an exceptional shelf-life: up to nine months. It is great all around, often roasted whole or eaten in soups, sauces, and dips with its easy-to-peel cloves and mild to medium-hot flavor.



KOREAN MOUNTAIN

A weakly bolting hardneck, the Korean Mountain is an Asiatic variety with 8-12 fat cloves. The flavor of the garlic is straightforward and fresh, with a slightly grassy notes and wasabi-like warmth. Keep your eyes open for these: Asiatic garlic like this may be difficult to find due to its short shelf life and early sprouting. Korean Mountain garlic is great in kimchi and will exude an even more robust flavor if cooked.



TZAN

This hardneck garlic originated in the Shandong Province in China, but is sometimes sold as “Mexican Red” when grown in Mexico and brought to the United States. One of the earliest garlics to harvest, this variety is complex and savory, with a rich flavor that is one of its most shining features — alongside the gorgeous purple skins, of course. Eat this one fried with a little butter, or alongside ginger in stir fry. When eaten raw, it’s pungently hot, so it makes a great addition to marinades, barbecue sauces, and Bloody Mary pickle mixes.



METECHI

Some of the most beautiful and largest of our local garlic, the Metechi variety is praised for its monstrous cloves that leave a pleasant, lingering aftertaste when eaten raw. Warm and rich in flavor, without the sharp acidity that sometimes comes from smaller garlic bulbs, Metechi garlic is a favorite in many kitchens due to their large bulbs that are covered in thick, easy to peel paper-like skin. This garlic variety is huge in size, and boasts an even bigger flavor. They are harvested in mid summer, but store all the way through winter.



INCHELIUM RED

This softneck artichoke variety was discovered on the Colville Indian Reservation in northern Washington! Artichoke strains are generally the easiest to grow of all garlic varieties. Large and robust, it stores well and is relatively resistant to most diseases. It has a mild and buttery flavor that is often used as a “true medium” when it comes to pungency, heat, and garlickiness. It’s great cut in half and roasted, then blended with mashed potatoes. Inchehium Red has even been called one of the best American heirloom red garlic varieties.



AJO ROJO

A Creole hardneck variety, Ajo Rojo is as hot and strong as it looks. Great for beginners interested in growing their own garlic, Ajo Rojo is resilient and low-maintenance. Its silky, reddish cloves are easy to store long-term, and carry an incredibly rich flavor that is creamy when cooked, but builds to become quite intense when eaten raw. Slice it and eat it raw atop pizza and pasta, or add it to soup for a dynamic and warm finish.



MORELS

One of the most sought-after wild mushrooms growing in our region, morels are in season on the Palouse after the last of the snow melts in late spring: usually late March to early May. Everyone has their own morel hunting secrets, so take an expert with you if you plan to forage for them on your own! They can be hard to spot, but here's the thing: morels are delicious. Woody, nutty, slightly toasty tasting, and completely un-slimy, every bite with a morel is the best bite. Eat them prepared minimally, like cooked with butter and a tiny bit of salt, or atop a soft French omelet.

KING OYSTER

Resilient and meaty, king oyster mushrooms have a long shelf life and can last in the refrigerator for more than a week. The stems are sometimes likened to squid or tubby scallops in texture: in fact, some vegan eaters swear by replacing scallops with the stems of king oyster mushrooms. They are savory but less earthy than the average mushroom. We recommend them sautéed in butter until golden brown, or cooked in slices on the barbecue.

OYSTER

Oyster mushrooms are much more subtle and nutty than their name would suggest. Good for soups, stews, and sauces, oyster mushrooms are delicate and soft. They cook very quickly and can get squishy, so be aware! In general, the lighter the oyster mushroom, the more subtle the flavor.

SHIITAKE

We firmly believe shiitake mushrooms should be a staple in everyone's kitchen. A little smoky, a little buttery, and very satisfying, shiitake mushrooms are rich and delicious. Versatile, firm, chewy, and strongly flavored, shiitake mushrooms truly have it all. We know their stems may seem too woody to eat, but don't throw them away! Save them in the freezer; they're a key aspect of making an incredible, umami-packed veggie stock. Find these dried in the Co-op's Grocery department: aisle two!

ENOKI

The flavor of this delicate mushroom is even more unique than its outward appearance. Mild but slightly crunchy when raw, they are similar to toothy al dente noodles when cooked. They have a sweet, clean flavor and have been a longstanding staple in East Asian cuisine. Enoki mushrooms are enjoying an invigorated popularity in the American fine dining food scene too, showing up on menus from Oriole in Chicago to Contra in New York City. Avoid exposing them to water - they can get slimy. They do best when kept in a paper bag in the fridge for only a few days.

CRIMINI

Another of this page's *agaricus bisporus* species, criminis are earthy, small, and brown. Crimini mushrooms are just as common and can be used just as widely as their white button relatives. In fact, the difference in color on the cap between white and crimini comes down to the specific strain of *agaricus bisporus* they're cultivated from. The crimini's under-cap gills are covered, unlike the mature version, portobellos. Their stems are completely edible, and the mushroom itself will last up to a week in the fridge.

WHITE

White button mushrooms are just one version of the "common table mushrooms" on this page - all from the *agaricus bisporus* species, which includes portobello, crimini, and white button mushrooms at different stages of development. They are easily accessible due to being fairly inexpensive, and have a great flavor profile that stays strong regardless of how they're cooked. Use these anywhere a recipe calls for mushrooms: sautéed in stir fry, as a pizza topping, or skewered on a kebab.

DRIED WOOD EAR

These beautiful crinkles will add a unique element to each soup you make this season. If you look closely, you can see their lack of stems and caps, so they don't have a spongy texture and don't absorb a lot of water. Oddly enough, their velvety color and dark interior exist in contrast to their fresh flavor. They're often sold dried as pictured here. Wood ear mushrooms are crunchy in texture, high in iron, and rich in dietary fiber.

PORTOBELLO

A vegetarian's delight due to their meaty texture and rich flavor, portobellos are the most mature of the *agaricus bisporus* on this page. They're plucked and allowed to ripen to full maturity, so their gills are exposed. However, J. Kenji Lopez-Alt, author of the James Beard Award-nominated column The Food Lab, recommends prying the gills out with "the tip of a spoon," which will allow them to be removed in neat chunks instead of staining the whole cap, your hands, and your meal. The stems are fully edible, but may be woody in texture: reserve them for making veggie stocks. Grilled portobellos make great substitutes for burgers — they're the perfect size.

Moonstruck Farm

Goat's Milk Soap



Rochelle is pictured here proudly with her pear tree, which produced fruit for the first time this summer.

The fact that Rochelle Troyano loves animals and gardening is apparent as soon as you step onto her 5-acre farm in the hills high above Kendrick, Idaho.

As a child growing up in Pennsylvania, her parents would take her for drives to look at cows, and she helped raise organic vegetables in the family garden. She dreamed of one day owning a farm herself.

Rochelle's educational journey led her west to Washington State University to study Wildlife Biology. Upon graduating, she decided to call the Palouse area her home. When she retired in 2012, she and her partner purchased the property that became Moonstruck Farm. What sold her on buying the property? The huge machine shop and all the possibilities it afforded her!

Rochelle also planted and nurtures a sizable organic garden and raises chickens for organic eggs and meat. This farm has it all - puppies and dogs, big and little goats, chickens, an edible organic garden, sweeping views of the Palouse, and even a llama named Lloyd.

Once settled in, Rochelle invited her sister Susan to come to Idaho to live on the farm. Rochelle spent many hours transforming part of the machine shop into a cozy apartment for Susan and her dogs.

Rochelle had raised sheep in the past, but was intrigued by goats. She is "enthralled with the idea of milk, and all you can do with it" and purchased the

first of what is now a herd of 35 friendly and personable goats who have no problem coming right up to guests for a scratch.

The goats are beautiful, and a colorful mix of four breeds – Nigerian Dwarf, Boer, Nubian, and Alpine – separated into three paddocks by sex and age. They have a happy life in the dust and sun, sometimes chipping bark of nearby trees and lounging in the shade.

Also living in the paddocks are Lloyd the llama and three livestock guardian dogs: Aslan, Lucy, and Moby. These dusty dogs are Anatolian shepherd Great Pyrenees mixes, and as large as their Great Pyrenees relatives. They are lovingly attached to their goat wards, and fond of the other creatures living on the farm. Several years ago a bear got into the paddocks and, although Lloyd the llama valiantly fought it off, several of the goats (and Lloyd) were badly injured. Since bringing the three dogs into the family, there have been no other attacks.

There are, of course, house dogs too! We met two of the five in the happy pack - one orange and one black corgi puppy, both loving and demanding to be pet. If you're like us and can't get

enough puppies, we've included more pictures on the Moscow Food Co-op's website.

All of Rochelle's goats have names and enjoy being scratched and fussed over. Rochelle feeds them local grass hay most of the year. The does receive extra nutrition from grain and alfalfa hay before and after they give birth. As a treat, Rochelle makes "fodder" for the goats – cereal grains that are germinated until they form a lush and nutritious green mat of grass.

"I love projects; I have to be creative," Rochelle admits.

What started out as a business selling raw goat milk through Idaho's Raw Milk program to local customers and to our own Moscow Food Co-op has now expanded to include making goat milk soaps.

The basement of Rochelle's home serves as her creative space. In her soap-making room she has an assortment of hand-made wooden molds, colored powders, fragrant oils, and bits of flowers and herbs from her garden that she uses when designing her soaps.

"The essential oils in the soaps come to life when you bathe," she shares. And she's right — the soaps are gently fragrant, and leave your skin silky-soft to the touch. Some made with oatmeal are great for reducing inflammation and calming irritated skin.

Rochelle's personal soap recipe calls for using 26 ounces of goat milk (by weight) to make between 18 and 20 bars. She uses her creative gifts to design different colored and themed bars depending on the season. As you see pictured to the right, the soap is shaped in molds or by hand in Rochelle's basement.

Our Co-op gives her the steadiest sales, especially in the fall and winter, but she also sells her soap at Vigs in Lewiston and online through Etsy.com. Most of her advertising is through her Facebook page. Rochelle uses any milk left over from soap-making and local sales to make cheese and yogurt for home consumption.

Rochelle describes herself as an "Earth Mother who came of age in 1970". She has been dedicated to an environmentally-conscious and organic lifestyle for as long as she can remember. Her goal for Moonstruck Farm is for it to operate as sustainably as possible, to use and re-use materials.

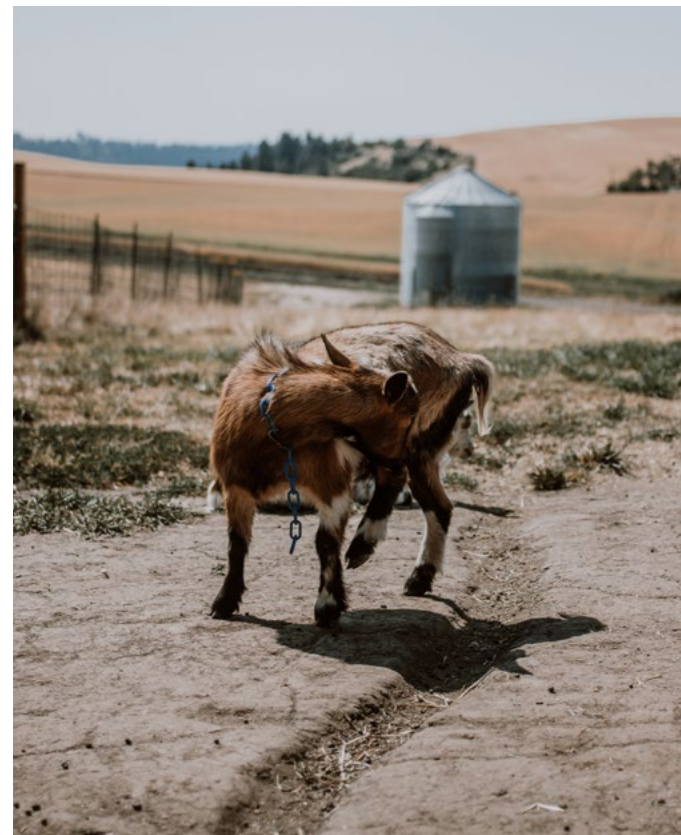
Between the goats and the chickens, the farm generates a lot of manure. All of it is composted and used to fertilize her garden. She doesn't use chemical sprays to control the fly population (always a given when a person has livestock.) Instead she uses fly predators: small, non-stinging wasps that destroy flies while they are still in their pupa stage.

A quote from Constance Reeves, a woman believed to have been America's oldest cowgirl when she died at 101, means a lot to Rochelle: "You just don't let that rocking chair take over. You get up and go even if you don't want to." That philosophy led her to purchase an old horse trailer . . . and to learn how to weld in order to repair it!

"I'm getting to live my lifelong dream," Rochelle says. "I always knew this was where I wanted to be."

She is an inspiration for all of us to hold steady to the direction we wish our lives to someday go and to not "let that rocking chair take over."

-Peg Kingery





Heather Nelson and the Co-op Way

The Moscow Food Co-op is pleased to feature our Human Resources Manager, Heather Nelson, who took some time to tell us how the Co-op endeavors to be a workplace of choice for all employees.

What sets the Co-op apart from other employers?

The Co-op puts the employee first in all decisions we make! We accept all people for exactly who they are and where they are in their journey. It is exciting that the Co-op can be a place where employees feel safe and don't worry about harassment or discrimination. In the HR department, we put our employees first by providing access to health care, allowing flexibility, and continuing to improve our wages and benefits. We also invest in our staff! We help them develop their skills so they can be successful in their job.

Can you tell us a little bit about the Co-op's workplace culture?

The Co-op's workplace culture is about co-operation, being high achieving, and friendly! Like I mentioned before, it's really important to us that all Co-op employees feel safe being themselves at work. We have a high-standard in our performance and how we treat each other with respect.

What's your favorite thing about your job at the Co-op?

I love helping new employees get started at the Co-op by making them feel welcome, appreciated, and ensuring they have what they need. Currently, I do all the new-hire onboarding and I use that time to really ensure that new employees gain some understanding of how a co-op works, what is expected of

them from day one, and how to access all the information they need to take advantage of their benefits. I believe that we are doing exciting work here at the Co-op and we are challenging the status quo when it comes to food and business as well as how employees are treated. It's exciting to be able to share that with new employees and to help them start to see why working at the Co-op is a privilege: you get to make a difference in our community!

What is your favorite Co-op employee memory?

There have been a couple of instances where an employee was having an emergency or crisis and needed to switch positions at the Co-op for their own well-being. I love that we can make those types of changes quickly and do the right thing for an employee that is having a difficult time! We want everyone to love working here, and we want to work with the employees' needs.

What are some things you wish people knew about the Co-op?

There are so many great things about the Co-op that I wish every one knew! One is that we pay 100% for medical and dental insurance premiums for all full-time Co-op employees. We also have programs in place to help with the costs of the deductible. With insurance costs rising all the time, I am proud of the hard work we do to provide free or affordable insurance for employees. I hear from

applicants and employees that the Co-op is a great place to work while going to school. It is a good part-time option, but it is also somewhere employees can build a career. At the Moscow Food Co-op, we strive to promote from within. We also make sure employees already understand the cooperative model and can talk to customers about the important work the Co-op is doing.

Why did you decide to do the work you are doing now?

I grew up on an orchard and farm in Troy, Idaho. As a kid, I spent summers helping my grandma in her garden and sold lemonade to the customers that came to pick cherries. We also picked cherries for local stores in Moscow and Clarkston. Now, I garden with my dad, and I am teaching my own son how to pick cherries as a summer job. My grandfather helped start our orchard in the 1920s and he ran it as a way to help others. He insisted the price of our cherries be reasonable so everyone would have access to high-quality food. I was drawn to the Co-op because of a similar attitude toward local food and community-oriented work.

I worked as a retail manager and business owner for more than 20 years, and my favorite part was employee development and training. I am passionate about Human Resources because I like to help people be their best self!

The POWER of Peels

BY LOGAN MORRIS

WE'RE BIG FANS OF REDUCING FOOD WASTE AND INCREASING ACCESS TO NUTRIENTS AT THE CO-OP. BUT WHAT TO DO WITH ALL THOSE OUTER LAYERS OF FRUITS AND VEGGIES THAT GET TOSSED OUT?



First, make sure you thoroughly wash all produce before eating it or using it on your skin. We recommend organic produce when eating raw skins and peels to avoid exposure to pesticides. When shopping organic is not possible, check out the Environmental Working Group's Shopper's Guide to Pesticides in Produce online to help you choose conventional foods that are lowest in residues.

Research from the Royal Society of Medicine has found that produce peels provide health benefits in the form of high fiber, vitamins, and antioxidants similar to those found in the fruit itself. You are likely already eating plenty of rinds, peels, and skins on plants that you grew up with. Do you peel an apple before you bite into it? A pear? Would you skin a pepper or an eggplant before chopping it up for your meal? Perhaps a cucumber dances on the knife's edge: sometimes you peel it, sometimes you don't. While some peels and rinds are clearly inedible, others can be saved and used with a few simple preparations. The next time you stop by the Co-op's Produce department, consider new uses when picking up some of the following:

Citrus peels: Gram for gram, citrus peels contain more minerals and vitamins — such as vitamin C and dietary fiber — than the fruit itself. According to the USDA database, orange peels pack in the vitamin C: 14 percent of your daily value is contained in a single tablespoon of peel. The peel of an orange contains twice as much vitamin C as the fruit, and one tablespoon of lemon peel contains double the vitamin C and triple the fiber than one wedge of lemon without the peel. Since the entire peel can be bitter and difficult to digest in large pieces, peels grated with a microplane are a great addition to salads, dressings, and even chocolate ice cream. To enjoy citrus peels, juice them, zest them, dice them up, make them into tea... the possibilities are nearly endless. If you're a smoothie drinker, add some to your blend.

Watermelon rind: Watermelon is 92 percent water, making it great for hydration! It's also an excellent source of vitamins A, B6, and C, and contains the antioxidant lycopene. Lycopene is naturally occurring and gives fruits and vegetables a red color. All the vitamins and nutritional benefits are found in the melon and the melon's rind! Watermelon is famous for containing large amounts of citrulline, and watermelon rinds are great for your skin and immunity. They hold even more citrulline than the flesh

of the melon itself! Citrulline converts to arginine, an essential amino acid that provides benefits to your circulatory system, heart, and immune system. Rinds can be sautéed or pickled, and eaten in salads as frequently seen in the American South. They can also be juiced and added to smoothies. If you find the rind to be a bitter addition to your drink, try adding some fresh ginger. Watermelon rind is also ideal for cutting and stir-frying like any other vegetable: just slice it up and cook it with a little salt and pepper. Using the watermelon rind is a wonderful way to cut down on your food waste too. You can scoop out the melon and use the rind as a decorative bowl and serving vessel!

Banana peels: Bananas are a great example of the influence our culture has on the way we eat. In other countries, eating the banana peel is a common practice! Though it is thick and slightly bitter, the exterior skin of a banana contains much more fiber than the flesh, and is richer in potassium. Potassium is one of seven essential "macrominerals," and the human body requires it to support blood pressure, bone health, muscle strength, and heart health. According to a Business Insider article written in 2015, a medium-sized banana contains "significant percentages of your daily recommended intake of various nutrients, such as 12 percent of your daily fiber, which helps with digestion and may help lower your risk of diabetes, 17 percent of your vitamin C, which is important for your immune system as well as growth and development, and 20 percent of your vitamin B-6, which aids the body's ability to convert food into energy... If you then eat the skin along with the flesh you get an even bigger boost in these same nutrients." Another use? Some swear by rubbing a banana peel on their skin to help reduce inflammation and itchiness and even their skin tone. Chopping up a banana peel and adding a few small pieces to seedling soil can help with disease-resistance and root development by giving young plants a boost of nutrients. Banana peels can also be used to make sweet-sour vinegar over the course of about two months! Check the Moscow Food Co-op's blog for a recipe.

There are, of course, some peels and rinds that are inedible, both cooked and raw, such as avocado peels, onion skins, and garlic, but with all the interesting options across the board, we think there's plenty for you to explore!

-Logan Morris, Moscow Food Co-op Produce Manager

WORKING TO OUTGROW HUNGER ON THE PALOUSE

Backyard Harvest works in partnership with our community to connect those with extra fresh produce with those who need it.

Almost half of all fruit and vegetables produced are wasted. The Palouse and Lewis-Clark Valley provide the perfect place for a wide bounty of fresh products to thrive, yet at least 25,000 community members struggle to get the food they need to survive. Backyard Harvest ensures fresh produce in our region makes it to vital access points such as food pantries, senior meal sites, youth programs, and shelters, rather than going to waste.

Through Backyard Harvest programs, small vegetable gardens, residential fruit trees, and farmers markets make an even bigger impact on our community's food system.

Harvest Share:

Community members donate extra produce from their gardens and farms. We collect donations at a variety of locations and events throughout the area, and are happy to make home visits to pick up produce as well. We are grateful to our partner gardens in the community for helping grow food to feed our neighbors and support the greater good.

Community Orchard:

With the help of a small but dedicated group of staff and volunteers, we glean thousands of pounds of fresh local fruit. Everyone who helps with harvest can take produce home too! Over the past ten years we have registered over 500 residential fruit trees, berry patches, and grape vines across the Palouse and Lewis-Clark Valley.

Shop the Market:

We believe everyone in our community should be able to enjoy our local farmers markets and purchase fresh, locally-grown fruits, veggies, breads, honey, eggs, and more directly from local producers! Our Shop the Market program increases the power of SNAP funds when used at local farmers markets. This year, shoppers will receive \$2 in FREE Fresh Bucks for fruits and veggies, herbs, and plant starts for every \$5 spent. Unlike some programs, Shop the Market has no limit on how many Fresh Bucks a shopper can receive — meaning 40 percent extra every time, no matter how much is spent!

Food grows communities. When people produce and share their own food, a community's sense of common purpose and fellowship is strengthened. Gathering, gleaning, and growing are activities that engage and connect people of all ages, ethnicities, and socio-economic backgrounds.

Thank you to our generous community and amazing volunteers. With your help, Backyard Harvest has gleaned, gathered, grown, and delivered over 325,000 pounds of fresh produce to sites spanning the greater Palouse and Lewis-Clark region.

Volunteer today! Join us to explore the beauty of our region and help your neighbors in need at the same time. Have a productive berry patch or a few too many carrots? Let us know! Have a few extra dollars to support a good cause? Send it our way!
www.backyardharvest.org



ROASTED GARLIC AND CHILI INFUSED OIL

- Ingredients:**
- 8-10 heads of garlic (enough to line the bottom of a 10-inch, oven-safe pan)
 - 4-6 dried chilies (your choice! We used guajillo.)
 - 4 sprigs fresh thyme
 - 4 sprigs fresh oregano
 - A neutral oil like grapeseed or safflower
- Instructions:**
- Preheat oven to 350°F. Cut just the tops off the garlic so you can see the cloves.
 - Line a 10-inch cast iron or other oven-safe pan with the garlic, cut side up.
 - Scatter the remaining ingredients around the garlic, tucking the herbs and chilies evenly around the garlic.
 - Fill the pan with enough oil to reach slightly below the garlic's cut-off top.
 - Cover the pan with parchment paper, then cover the parchment paper with foil (so the pan is double-wrapped.)
 - Bake for 45 minutes, then remove the foil and parchment paper.
 - Continue to bake until the tops of the garlic become caramelized and brown in color. Remove the whole pan from the oven and cool on a wire rack.
 - Once cool, strain the oil into your desired container. Discard the chili and herbs. Save the garlic cloves for later use.
 - Refrigerate the oil for up to 2 weeks. It's more delicious to eat when it's been warmed to room temperature.

Note: The roasted garlic will be spreadable and creamy. Spread the cloves on toast, mix them with hummus or mashed potatoes, or add some to your salad dressing.

SOY PICKLED GARLIC

- Ingredients:**
- 1 cup peeled and rinsed garlic cloves
 - 6 ounces soy sauce
 - 3 ounces rice vinegar
 - 2 ounces honey (or sugar if you prefer)
 - 2 teaspoons Korean chili powder (gochugaru)
- Instructions:**
- Place the raw peeled garlic into jar or container and set aside.
 - In a small saucepan bring the remaining ingredients to a boil.
 - Once boiling, remove from heat and taste. If you would like a more acidic flavor, add vinegar. For spice, add more Korean Chili powder, and for sweetness, add a bit more honey.
 - If you adjust the recipe, bring the mixture back

to a boil, making sure to stir until all the honey is dissolved.

- Pour the warm mixture over garlic. Refrigerate for up to three months.

This recipe for Manul Changachi (Korean pickled garlic) is typically made with sugar. In this recipe, we used local honey instead. The end result is just as flavorful and has a huge variety of uses.

Note: if your garlic turns blue or green during pickling or cooking, it is still completely safe to eat, and the color has no effect on the garlic's flavor.

MUSHROOM BROTH WITH BLACK BARLEY

- Ingredients:**
- 1 cup black barley
 - 15 crimini mushrooms, stems separated from caps
 - 4 bay leaves
 - 4 eggs
 - 2 carrots
 - 1 tablespoon salt
 - Green onion for garnish
- Instructions:**
- Soak the black barley in cold water overnight, covered in the refrigerator.
 - The next day, strain the barley, then add 5 cups of fresh cold water, the bay leaves, and the stems from the crimini mushrooms.
 - Bring this mixture to a boil and add the salt.
 - Cook the barley until tender, usually about 45-60 minutes, but possibly longer, so taste periodically.
 - While the barley is cooking, thinly slice the crimini mushroom caps and carrots, and bring another pot of water to a boil.
 - Once the second pot of water is boiling, drop in your eggs and cook them for 6 minutes.
 - Immediately drop the boiled eggs in a bowl of ice water, shocking them.
 - Once the barley is cooked, strain, but reserve the liquid. Discard the crimini stems and bay leaves.
 - Add the mushroom caps to the reserved barley cooking liquid.
 - Slowly bring to a simmer, then turn off the heat, and taste, seasoning with salt. This becomes your broth.

To assemble: Place the barley in a bowl, and garnish with the cooked mushroom caps, green onion, slices of raw carrots, and soft boiled egg. Top with hot broth.

MUSHROOM AND SQUASH FARROTTO

- For the squash:**
- 1 acorn squash
 - 1 tablespoon butter
 - Salt and pepper to taste
- Instructions:**
- Preheat the oven to 425°F. Trim the top and bottom off the squash, and cut in half. Scoop and discard the pulp and seeds.
 - Lay on a baking sheet, cut side up. Add butter to the center, sprinkle with salt and pepper, then bake until fork tender.
 - Scoop out the flesh (with the melted butter) into a blender, and blend on high until smooth. Use some water or stock if necessary.
- For the Farrotto:**
- 2½ quarts mushroom stock
 - 2 cups of farro
 - 4 tablespoons butter
 - 1 onion, diced
 - 3 garlic cloves, slivered
 - 1 bunch of kale, destemmed and chopped
 - 1 cup fresh grated Parmesan
 - ¼ cup canola oil
- Instructions:**
- In one saucepan, bring the stock to a simmer. Keep hot.
 - In a separate saucepan, add enough canola oil to cover the bottom and warm over high heat.
 - Once the oil is hot, add the farro and toast until golden. Transfer to a bowl and set aside. Lower heat

- to medium-high.
- Add 2 tablespoons of butter, then add the onions and cook until translucent. Add the garlic and cook until soft. Add a pinch of salt and stir. Add the farro back to the pan and drop the heat to medium.
- Ladle in about 1/2 cup of the hot stock into the farro, then stir until the liquid is absorbed. Continue to add one ladle of hot stock in at time, stirring until the liquid is completely absorbed. The farro will slowly expand and become creamy in texture like risotto.
- Once the stock is depleted, turn off the heat, and add the squash puree. Mix thoroughly, then add the kale and mix again.
- Add the butter and Parmesan, then season with salt to taste.

For the mushroom garnish: You can use any type of mushrooms for this part: cut them into large pieces. Add a knob of butter to a hot saucepan, then toss in the mushrooms. The moisture from crowded mushrooms will prevent a good browning, so work in batches if you need to. Once the mushrooms have released some liquid, add a pinch of salt. Toss toss, taste.

To assemble: Top farrotto with cooked mushrooms, more grated Parmesan, and chives or green onions.

the five spot

FIVE UNIQUE USES FOR OLD TEA BAGS AND COFFEE GROUNDS

Before you go to dump your tea bags and coffee grounds into the compost bin (or garbage, let's be real,) consider some of the following unusual ways to reuse them (and then you can compost!)

1.

Eliminate odors: both tea and coffee are good at eliminating odors. Have you ever been on a flight when someone was sick? The first thing the flight attendants do is dump coffee grounds on the mess. After cutting garlic or onion, rub coffee grounds or tea bags on your hands. Coffee grounds can also be kept in a bowl in your refrigerator — not unlike baking soda — to help with odor. Sprinkle dried tea leaves over your rugs or carpet, let them sit for a bit, then vacuum them up.

2.

Make fire starters: coffee grounds, used paper filters, egg cartons, and paraffin will give you 15 solid minutes of slow burn. Bake used coffee grounds in the sun, a food dehydrator, or in the oven at 250 degrees to get the moisture out. Fill egg cartons with grounds, tear and twist coffee filters for a paper starter, and stick them in. Melt paraffin in a double boiler and pour it into the prepared egg cartons. When the paraffin is cool, they're ready to light.

3.

Touch up furniture and flooring: weak tea will clean and shine hardwood floors and polish wood furniture, while coffee grounds will hide scratches in wood furniture. Simply let used coffee grounds sit on furniture for up to 10 minutes. This will stain the scratches. Follow up with a tea polish: the tannic acid in the tea will help remove the old polish and make your furniture shine again.

4.

Degrease dishes and grills: both tea and coffee are natural degreasers. Coffee grounds add some grit for scrubbing so they work well for cleaning grills. Add your used tea bags to your dish water and let them soak with the dishes for easy grime removal.

5.

Keep pests away: stuff some used tea bags into corners and under cabinets to keep mice out. As mentioned in a previous 5-Spot, drop some peppermint oil onto the tea bags to keep spiders and ants away.

-Sarah Quallen



Do It Yourself: A GRAVEYARD SNACK

This dessert is wickedly customizable, and so easy it's scary. We've included our own Co-op chocolate pudding recipe below - make these with your family as a fun Halloween-time activity, or bring them to a party to delight your friends.

Ingredients for the chocolate pudding:

⅓ cup sugar
4 tablespoons unsweetened cocoa powder
2 tablespoons plus 2 teaspoons cornstarch
Pinch of salt
2 cups whole milk
¼ cup heavy whipping cream
1 ounce bittersweet chocolate, chopped
2 teaspoons vanilla extract

Instructions for the pudding:

Mix together the sugar, cocoa, cornstarch, and salt in a medium saucepan. Combine the milk and cream in a pitcher, then whisk it gradually into the saucepan of dry ingredients, making sure there are no lumps. Slowly cook over low heat, scraping the bottom of the pan to prevent scalding. Cook together until the pudding thickens. Remove the mixture from heat, then add bittersweet chocolate and vanilla. Stir until smooth, then pour pudding into a bowl or pan to cool. Cover until ready to use.

Ingredients for the sugar cookies:

2¾ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon baking powder
1 cup butter, softened
1 ½ cups white sugar
1 egg
1 teaspoon vanilla extract

Instructions for the sugar cookies:

Preheat the oven to 375°F. In a small bowl, stir together flour, baking soda, and baking powder, then set aside. In a large bowl, cream together the butter and sugar until smooth. Beat in the egg and vanilla, then slowly add the dry ingredients. Shape your sugar cookie dough into large rounds, and place them on ungreased cookie sheets. Bake for 8-10 minutes, and cut into a gravestone shape using a cookie cutter or pizza cutter while still warm. Let the cookies sit on the baking sheet for a few minutes before moving them onto a wire rack.

You'll also need chocolate cookie crumbs to mimic dirt! We used some chocolate and chocolate chip cookies from the Co-op Bakery.

To assemble, layer your pudding and cookie crumbs in a transparent cup. Decorate your sugar cookies with the spooky festive phrase of your choice, then add them to the pudding cups. You can add gummy worms, candy pumpkins, or decorative flowers - it's up to you! These treats are fully customizable and make for a great afternoon activity!

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

CO-OP ENEWSLETTER

Sign up for our twice-a-month eNewsletter to stay up-to-date with Co-op news, sales, and events.

BOARD NEWS

Email boardadmin@moscowfood.coop to regularly receive Board meeting agendas, minutes, and more information. You can also read the most recent Board news on our website.

VOLUNTEER OPPORTUNITIES

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

COMMUNITY NEWS and EVENTS CALENDAR

Read the monthly newsletter online for features and briefs about Co-op programs, business partners, new books, staff product picks, and more. Hard copies are available near the Customer Service Desk.

BEEET BOX

Check out our blog, moscowfood.coop/blog, which features recipes, DIY ideas, and suggestions from the Co-op.

SOCIAL MEDIA

Find us on Facebook, Instagram, Twitter, and Pinterest for recipes, sales, specials, and events.

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Landgrove Coffee is proud to bring you Direct Trade coffee from Yepocapa, Guatemala.

These beans are planted, harvested, processed, dried and milled by hand, by hard-working farmers in San Pedro Yepocapa, which lies in the shadow of Guatemala's most active and dangerous volcano.

By engaging in the direct trade practices of having personal relationships with these farmers and paying them fairly, Landgrove actively improves the future for coffee producing communities such as Yepocapa.

Landgrove roasts this coffee to three different levels and we encourage you to try them all:



**GUATEMALA
SAN PEDRANA**



**GUATEMALA
YEPOCAPA**



**GUATEMALA
ALTURA**

