

ROOTED

FALL-WINTER 2019



MOSCOW FOOD CO+OP
NO CHARGE



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Open daily from
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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 for all of the Co-op's publications.

{General Manager's Note}

WELCOME TO EVERYONE'S

favorite time of year! I can't wait to get into the swing of the fall semester and see the students back in town, warm in their knits and cozying up with a cup of Co-op coffee on campus.

First things first: 'tis the season for gratitude and good cheer! We are so thankful for all your energy and your commitment to our Co-op. October is National Co-op Month, so stop in to learn about all the wonders the cooperative model brings to businesses and communities around the globe!

I do have one quick announcement to make: we've been producing Rooted magazine since the fall of 2015, and we've recently decided to move to a three-issues-per-year schedule. This time, we include fall and winter, spanning from Labor Day to the new year. There's a lot of ground to cover, and information to provide! We love to hear your feedback, so be sure to drop our Marketing Manager a line to let her know what content you want to see more of. Alycia can be reached via email at marketing@moscowfood.coop.

In these pages, you'll find articles like Peg Kingery's whip-smart Wine department gift guide, information about upcoming events, and of course, beautiful fall-winter recipes and cooking tips. Board member Alice Ma wrote a gorgeous piece about the 6 R's of waste reduction, which is an empowering read! We really are all in this together.

I know everyone wants a Bakehouse update! For now, all we can say is we have a lot of moving pieces to coordinate before we're ready for production, but when completed, we'll be moving our entire bakery operation to its new location. The Bakehouse will nearly triple our bakery capacity while providing better work spaces for our bakers. In time, the Bakehouse will provide Moscow with delicious, high-quality artisan bread and even more thoughtful and house-made baked goods. We hope you're just as excited as we are!

Thank you for all of your continuing support — you make the important work we do possible!

Melinda Schab, General Manager



Co-op Wine Department

GIFT GUIDE



1. Canvasback Red Mountain Cabernet Sauvignon 2015: The Red Mountain AVA in Washington is renowned for its cabernet sauvignons. This wine has a small percentage of merlot, petit verdot, malbec, and cabernet franc added to enhance its roundness, structure, and intensity. With flavors of ripe Bing cherries, strawberries, and plums, its rich, juicy fruit is enhanced with notes of nutmeg, hazelnut, and sagebrush.

2. Veuve du Vernay Brut Rosé: The nose of this delicate rosé from France brings to mind ripe red fruits with light citrus notes. A blend of pinot noir, grenache, and ugli blanc, its fine bubbles deliver a lively and refreshing palate. Wine Enthusiast awarded this wine a Best Buy.

3. Domaine du Grand Montmirail Gigondas Les Deux Juliette 2016: The vineyards of Gigondas are some of the most ancient in the Southern Rhone. This wine is named after the daughters of the producer and the importer, both of whom have girls named Juliette. Aromas of kirsch, stone fruits, licorice, and baking spices continue on the palate, along with delicate floral notes. The finish is long, rich, and alluring.

4. Nicholas Feuillatte Brut Réserve: One of the best-selling Champagnes in the world, this sophisticated wine is a blend of chardonnay, pinot noir, and pinot meunier. It opens with flavors of crème de cassis, lemon curd, and puff pastry with notes of apple and almonds. The abundance of delicate bubbles gives us a soft and creamy texture with a lively crisp finish.

5. Domaine Reverdy Sancerre "Cuvée Les Coutes" 2017: The Reverdy family has been making wine in the village of Verdigny, a commune of Sancerre in the Loire Valley, for many generations. Their vineyards are sustainably farmed with minimal use of chemical treatments. This wine has aromas and tastes of green pear, white flowers, and lime zest. Its bright acidity is balanced by the fruit and floral notes, finishing with crisp minerality.

6. Patton Valley Vineyard Pinot Noir 2017: Patton Valley, located in Oregon's Willamette Valley, uses organic and sustainable viticulture methods in all aspects of their wine-making. They are certified Salmon Safe, LIVE certified sustainable and a certified B Corp. Their 2017 pinot noir opens with aromas of cherries, cola, berries, and cocoa powder. The palate is lively with boysenberry and raspberry notes and gentle spice.

LOOKING FORWARD

Read on for Co-op activities coming up this season.

By Max Newland, Education and Events Coordinator

Cooler weather, changing leaves, longer nights, bonfires, sweaters, hot cocoa, more students in town... we're so ready for fall and winter! If you're eager to learn and grow with us, we have a full calendar showcasing everything we have planned at www.moscowfood.coop/events.

CO-OP CLASSES

We host educational events every month at the Co-op! Find tickets and learn more about each session by visiting us online at www.moscowfood.coop/classes.

Healthy Eating on a Budget

This series, taught by registered dietitian and Co-op Board member Alice Ma, is one of the Co-op's longest-running and most popular classes! Each meeting includes samples, recipes, and an overview of tips and techniques to make sticking to a grocery budget easy. This is an allergy-friendly class: every sample provided is 100% plant-based and free of the top 8 most common food allergens. For all Healthy Eating on a Budget classes, register early and the cost of your ticket will be reimbursed to you as a Co-op gift card on the day of class! Head online to get tickets and location.

Whole Grains: Learn new techniques to get the most out of cost-effective gluten-free grains like millet, oats, and rice. **Saturday, September 7 at 4:30 p.m.**

Protein: Plant-based recipes that will help you meet your daily requirement for protein while maintaining a diet free of meat and dairy. **Saturday, September 28 at 4:30 p.m.**

Fruits & Veggies: Make entrées instead of sides! Plus, learn how to reduce waste and save money by cooking your own veggie stock. **Saturday, October 26 at 4:30 p.m.**

Everyday Desserts: You can eat dessert and still live a healthy lifestyle! We'll show you some recipes for indulgent dishes made with cost-effective ingredients. **Saturday, November 16 at 4:30 p.m.**

Meal Planning and Store Tour: One of the best ways to save is to plan ahead! Learn tips and take home tools to help make meal planning a part of your routine, and tour the store to see Alice's favorite spots to save at the Co-op. **Saturday, December 7 at 4:30 p.m.**

Wine Tasting and Pairing

The best way to learn about wine is to drink it! At these classes, you'll taste wines from around the world and learn how to perfectly pair them with dinner. Hosted by Co-op Wine Buyer Peg Kingery, each class includes samples of wine, cheese, and other accoutrements. Class tickets are discounted for Co-op owners.

Sparkling & Dessert Wine 101
Just in time for the holidays, sample a variety of decadent sparkling and dessert wines! You'll learn how they're made, how to read wine labels, and of course, what kinds of food to serve to bring out their best flavors. **Friday, November 8 at 6 p.m. in the Fiske Room at the 1912 Center.**

Grass-Fed Beef 101

We love locally-raised food! Palouse Prairie Farms raises 100% grass-fed and grass-finished beef just a few miles

from here in Troy, Idaho. Jen, co-owner of the farm, has a wealth of knowledge about her product! Come to this class to learn about the many differences between conventional grain-fed product and the grass-fed beef you can find at the Co-op. You'll also learn how the farm operates and how to get the best flavor from grass-fed beef in your own kitchen. **Saturday, September 14 at 4:30 p.m. in the Arts Workshop at the 1912 Center.**

WSU Organic Farm Tour

During this year's Eat Local Month, we're taking a tour of the organic farm at Washington State University! You'll meet the farmers who grow some of the ingredients we use in delicious dishes prepared in the Co-op kitchen and learn more about organic certification, current farming techniques, and how to buy fresh produce! **Thursday, September 19 at 3 p.m. at WSU Organic Farm.**

Crop Mob at Pokey Creek Farm

Crop mobbing is one of the best ways to get involved with your local growers! Small and independent farmers work hard to bring their harvest to stores like ours, and you can help. Join us for an afternoon of volunteer work at Pokey Creek Farm, located in Santa, Idaho, whose potatoes, onions, and garlic are offered in the Co-op Deli and in our Produce department! Bring sunscreen, plenty of water, and your best outdoor shoes — we'll be getting our hands dirty planting and harvesting. There will be a free meal for all provided by the Co-op and Pilgrim's Market in Coeur d'Alene. **Sunday, September 22 at 10 a.m.**

Owners Week

Every year, the Co-op celebrates its owners by offering a big discount and the chance to win great prizes. Starting at 7 a.m. on Saturday, September 21, every Co-op owner gets an e-coupon for 15% off one whole shopping trip at the Co-op! Plus, visit us and take part in some free raffles for Co-op gift cards, goodie baskets, and coupons. But hurry — if you don't use your e-coupon, it expires at closing time on Sunday, September 29!

Food For Thought

The Moscow Food Co-op hosts a

free film series at the Kenworthy Performing Arts Centre. Food For Thought is committed to showing films that educate, inform, and inspire, centered around food and our shared world. Films begin at 7 p.m. and usually include a brief presentation or panel discussion related to the topic of the movie. No ticket or sign-up is required.

Just Eat It: A Food Waste Story
Recent estimates of food waste in the USA indicate that up to 40% of food ends up in landfills instead of feeding people. This film tells the story of two people who decided to take a pledge that would lead them on a strange journey: to buy no new food for six months. **Wednesday, September 18 at 7 p.m.**

Sustainable: Winner of the 2016 Accolade Global Humanitarian Award, Sustainable focuses on one farmer's journey to inspire other growers to band together and use sustainable farming practices to revive their ecosystem for the benefit of all of us. **Wednesday, October 16 at 7 p.m.**

Tasteful Thursdays

You're invited to join us for this popular and festive weekly demo series featuring your favorite products from the Co-op and original music by local artists! You'll sample holiday flavors and meet the folks that make them at Tasteful Thursdays, taking place every Thursday night in November and December (with the exclusion of Thanksgiving and the day after Christmas) from 5-7 p.m. Follow us on Facebook and sign up for our twice-monthly eNewsletter to see when your favorite vendors will be sampling!

New Owner Store Tours

Whether you're new in town or just learning about the Co-op, visit us on the first Saturday of the month for a personalized guided tour! We'll take you through every aisle, showing you how to reduce waste and get the best deals. The tour is made for new owners, but everyone is welcome, even if you haven't become an owner yet. **Meet us at the Customer Service Desk at the Co-op at 2 p.m.**

-Max Newland



FEAST YOUR EYES: A TO Z FARM

by Peg Kingery

On a small farm on the northern edge of Moscow, kumquats, lemons, limes, Mandarin oranges, and other heat-loving fruits grow plump and juicy. Yes, you read that right! Welcome to A to Z Farm, owned and tended by Keith Holzman. Enthusiastic and adventurous, Keith enjoys experimenting with growing a wide array of fruits, herbs, and vegetables — many not adapted to the growing conditions on the Palouse — with great success.

“I’m always looking to grow something nobody else does,” he states. “The citrus and garlic are my pride and joy!”

Keith and his family moved to Moscow from California in 2009, wanting to get away from crime that was coming into the area where they lived and attracted to the “claim” that a person could golf year-round here. Keith recalled with a chuckle that 2009 was actually a heavy snow year on the Palouse! He works as a general contractor, but in the summer months, he prefers to tend his gardens and spend time with his kids and his wife Gabriela.

“I love sitting on the deck and wow! So peaceful,” Keith shares about his new home. “I love the open space.”

Keith has been farming since he was six years old. He sold the vegetables he grew to older neighbors from a red wagon he pulled around the neighborhood. His early experiences led him to develop a love for cooking and growing his own food.

A walk around his property is a mouth-watering experience. The space in his temperature-controlled greenhouse is mostly filled by fig trees, citrus trees, avocados, aloe vera, lemongrass, echinacea, and other plants competing for the remaining space. His home is encircled by berry bushes — blueberries, red and white currants, gooseberries, josta berries — all laden with succulent fruit. One edge of his property is lined with fruit and nut trees, 25 in all, including several types of apples and pears, plums, filberts, walnuts, oaks, sugar maples, and American chestnuts. The south edge of his property houses his 7,000-square-foot garden plots.



Keith Holzman pictured in his greenhouse. Everything he grows is organic and Keith chooses many heirloom varieties. He doesn't rototill; his soil health is enhanced by compost and crop rotation!



Keith plans to build another greenhouse in the near future, and get his Certified Naturally Grown certification. He uses all sustainable and organic growing methods. His fruit bushes and trees are watered with a drip irrigation system, and he has the water tested for quality by the City of Moscow each year. He only uses a vinegar-based organic spray on his weeds for control if needed, or controls weeds beneath his trees using a hula hoe or a propane burner.

Keith uses organic, non-GMO vegetable seeds. He gets much of his planting material locally from Fiddlers Ridge in Potlatch, or from the University of Idaho's Pitkin Nursery. He also gets seeds from Baker Creek Heirloom Seed Company in Mansfield, Missouri.

Keith hasn't rototilled his garden beds in six years, relying instead on layering them with compost and straw. Because of his mulching program, he doesn't need to water his gardens every day. He never uses any chemicals on his vegetables.

Keith began selling to the Co-op four or five years ago. Currently he brings heirloom tomatoes, winter squash, onions, shallots, leeks, lots of garlic, summer squash, and several kinds of peppers.

The garlic is part of a three-year crop rotation program he established. Each bed is planted with other crops with different nutrition needs in two of the three years to preserve soil health. The gardens are also home to a variety of cucumbers and asparagus. He even planted pink popcorn in the garden this year, and more citrus is planned for next year when his new greenhouse is built.

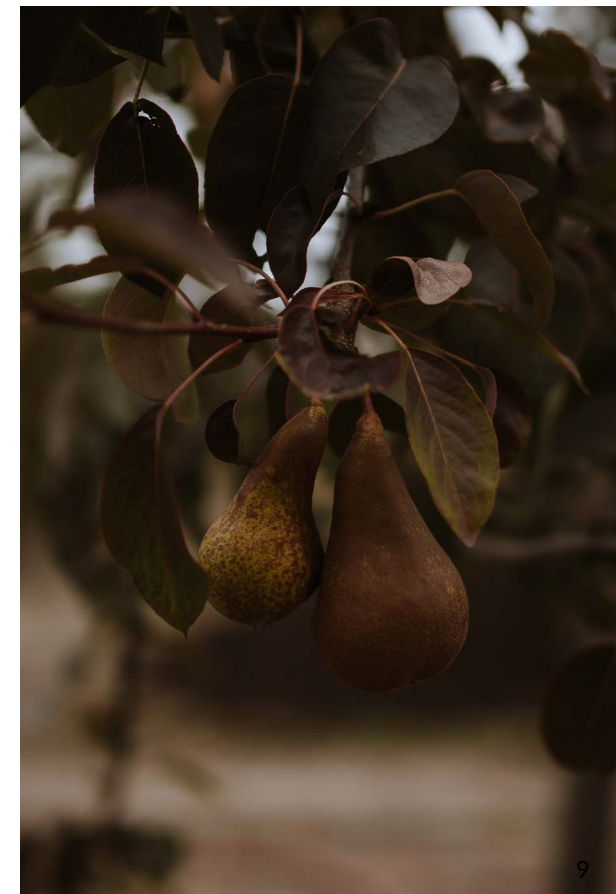
Keith is conscientious about making sure growers don't all bring in the same crop at the same time.

"We all need to work together because we don't want to put anyone out of business," he says, referring to all the local producers who provide produce to the Co-op. "Timing is important."

Keith's love of the beautiful landscape he created is evident as he gazes at the healthy plants thriving around him.

"I really push the organics. There's no "crap" on my farm except a lot of love. I really enjoy what I'm doing," Keith said.

-Peg Kingery



The Six R's

of Waste Reduction



We're all in this together.

by Alice Ma

Moscow Food Co-op Board of Directors

Many of us were quite frustrated with the recent changes in recycling standards, and it has been heartwarming to see how much our community has supported the Co-op's efforts to reduce waste, especially when it comes to plastic.

While recycling is a much better alternative to tossing something in the trash, it is important to keep in mind that there are more effective ways of reducing waste. If you've heard of the three R's: reduce, reuse, and recycle, you might be aware that those are listed in order of the most to the least preferred. Many efforts are focused on recycling, but addressing the root cause of waste involves reducing and reusing first.

Reducing our consumption prevents the introduction of new items into the waste stream. Reusing what we do have gives the item another life before it goes into recycling or the landfill. There are many ways we can be mindful and reduce and reuse before we recycle. Here are a few ways you can practice all three of those R's, plus a few bonus ones!

The Co-op is happy to help shoppers reduce, reuse, recycle, and everything in between. We welcome any suggestions on how we can improve our waste management efforts. For more information on the Co-op's sustainability initiatives, visit www.moscowfood.coop/sustainability.

Reduce

Consume and make your purchases thoughtfully and with intention. Before purchasing something, stop and evaluate your need for the item. Is the item truly a necessity? Is this something that will add to your life in the long run? Often, when it comes to purchases like new electronics and clothing, the answer is no. For necessities, look for the most environmentally-conscious way of purchasing the item. For example, purchase food without packaging, borrow the item from a friend, or buy a new-to-you version from a local thrift or consignment shop.



Regift

One person's trash can certainly be another person's treasure. If you have something you can no longer use or repair, ask around to see if someone else will find it useful. The Buy Nothing Project (www.buynothingproject.org) is a wonderful resource for donors looking for receivers, and has local chapters in both the Pullman and Moscow areas. If you have some extra silverware on hand, the Co-op's Sustainable Silverware project is happy to take it. Extra shopping bags and egg cartons can also be dropped off in the front of the store to be shared with fellow shoppers.



Repair

It's tempting to throw away items that are no longer in working order. Before tossing it, consider whether or not it can be repaired. This may involve patching up a hole in clothing or finding a replacement part for an electronic device. Many times, if you are unable or unwilling to make the repair, you can find a purpose for the parts, or maybe a neighbor can! Ask around!



Recycle

If the item has no useful life left in it for you or anyone else, search for a means of recycling it. Moscow Recycling accepts paper, aluminum, glass, screw-top plastics #1 and #2, and a few types of electronics. For items that don't fit into those categories, consider looking into alternatives, like the Co-op's partnership with Trex, to recycle plastic film and packaging. Companies like TerraCycle (www.terracycle.com) can also take your granola bar wrappers, toothpaste tubes, and other items and upcycle them into backpacks, shoes, and shower curtains. Check the recycling standards in your community to be sure you are not mixing recyclables with non-recyclables. Be careful: dirty items can cause a whole neighborhood's collected load to be unrecyclable!



Repurpose

If you've come across an item that has served its intended function, give it another life by reusing or re-purposing it. Did you recently buy a plastic jar of gelato that is now empty? Bring it into the Co-op bulk section, use the scale to measure the tare weight, and fill it up with your favorite bulk item. Other examples include using old clothing to make reusable produce or bulk bags, or reusing paper bags to wrap gifts. You can also get creative and use old fabric to make toys, art projects, and so much more!



Refuse

Consumption waste can occur without the exchange of money. We are often enticed by free samples and other giveaways while attending events. Many times, these items are made of plastic, or otherwise meant to be an item with a limited lifespan. Instead of accepting every freebie that comes our way, try politely refusing instead!

The CO-OP COMMUNITY Fund



In 2015, we announced a new Co-op giving program: The Cooperative Community Fund, then known as Seed Sowers. The Moscow Food Co-op and its shoppers work hard to nourish and nurture our community, and this year, we're delighted to announce our process for making financial contributions to three local organizations by harnessing the power of our Cooperative Community Fund.

First, what exactly is the Cooperative Community Fund and how does it work?

A quick history: in 2015 we began working with David Thompson and the Twin Pines Cooperative Foundation to develop our own Cooperative Community Fund (CCF) as part of their Give Where You Live campaign.

This fund is used to increase our impact and generate more assistance for local organizations whose work relates to our Co-op's mission or supports our community.

Creating the Cooperative Community Fund aligned with our mission and directly connected our work to our foundation in the cooperative principles: Cooperation among Cooperatives (Principle 6) and Concern for Community (Principle 7.) It made perfect sense!

But how does it work? It can be a bit confusing. In short, we raise money locally, and this money is then invested — with money raised by other co-ops like us in their Cooperative Community Funds — as part of a large endowment.

The endowment is managed by the Twin Pines Cooperative Foundation, and is used to invest in cooperative development around the country. This is done by financially supporting credit unions, locally-owned banks that support cooperatives, the Northcountry Cooperative Development Fund, the National Cooperative Bank, or other socially responsible funds.

Then, each year, Twin Pines returns to us the interest our initial investment earned. We, at the Moscow Food Co-op, then invest that income in nonprofit organizations in our community — nonprofits you'll help choose by following the process detailed here.

Therefore, every dollar invested in the Co-op Community Fund has double the impact! Our dollars work with others raised around the country to ensure our investment is used for both cooperative development and community good.

Your donations to the Cooperative Community Fund will directly support the work accomplished by the incredible nonprofits in our own community! You can give to our fund at any register at any time, and we will occasionally hold "round up at the register" campaigns in an effort to drive our donations! The Cooperative Community Fund is one of our permanent Dime in Time recipients as well. All donations made to the Cooperative Community Fund are tax-deductible.

Organizations interested in receiving grant funding from the Cooperative Community Fund will need to fill out an application, which will soon be available online at www.moscowfood.coop/community-fund.

*Grow
something
good.*

A committee of Co-op owners and Board members will then review applications and decide which organizations best represent the Cooperative Community Fund! They will give priority to nonprofits working on sustainable agriculture, organic food, hunger and other social issues, environmental protection, and those

expanding the presence of cooperative businesses in the community.

The chosen finalists will have the opportunity to present at our Annual Meeting. Co-op owners who attend our Annual Meeting will be involved in awarding the Cooperative Community Funds using a voting system. Because we don't know exactly how much money we will be receiving to donate to local organizations, we are still finalizing this process and may make changes in the future. We appreciate everyone's patience while we navigate this exciting new program!

If you have any questions about applying for a grant, please email marketing@moscowfood.coop and we will point you in the right direction. Here's to working together to strengthen and enrich our community!

KINDNESS & COMMUNITY

By Max Newland



Our area is home to a wealth of nonprofit organizations, and each has a visionary goal to boost the health and strength of our community. Moscow Food Co-op shoppers have expressed an interest in opportunities to volunteer around the Palouse, and it's perfect to consider for this holiday season. We're detailing a few ways you can give back with your time and skills instead of your money.

When we sat down and spoke with three leaders of nonprofits around the Pullman-Moscow area, one common theme emerged: volunteers across our corner of the Inland Northwest are the power that propels their work and helps them climb toward their ambitious goals.

It takes an incredible number of people to help our local nonprofits run. Many nonprofits need volunteers because typically they are small organizations with only a few paid staff members.

Take, for example, Backyard Harvest. A small local nonprofit serving four

counties in Idaho and Washington, Backyard Harvest is supported by about 400 individual volunteers per year. Backyard Harvest helps growers glean fresh produce and redistributes that produce to food banks and individuals in need.

With a small team of part-time staff and AmeriCorps service members, it's easy to see Backyard Harvest's volunteer need.

"We depend on volunteers for weeding, planting, and watering garden plots and for joining us to glean fruit trees. We could always use more volunteers and want to continue diversifying their activities," said Anne Zabala, Executive Director of Backyard Harvest. "We want to continue finding ways to pair people up with the work they're most passionate about."

Henri Sivula, co-founder of Food Not Bombs of the Palouse, says that for their organization, they identify the primary skill each prospective

volunteer brings to the table, then they "make that skill into something they can contribute to Food Not Bombs."

The goal of Food Not Bombs is simple: use donated food to feed the hungry. They support sharing, respect, peace, cooperation, dignity, a nurturing of the environment, and most of all, optimism at a time when many are in despair. Food Not Bombs encourages a "do it yourself" feeling of empowerment. A flexible organization with a wide base of skilled volunteers, their framework is built on a strong foundation of communication.

"No matter what you like to do, come to our dinners and we'll connect you," Henri said. "We'll find something, because to us, that's what solidarity is about: meeting people where they are, with the amazing talents they bring to the community."

Henri said open communication between volunteers and the nonprofit is a vital part of the process.

"The more grassroots, face-to-face friendships we're building on help it go so much better," Henri said.

No matter where you're putting in time and effort, it's crucial to keep in mind both the need that you're serving, and the unique skills you bring to the table at an organization.

"We all have individual things we're more drawn to, so take the skill or talent you have, and share it with us!" Tara Wimer, Executive Director of the Humane Society of the Palouse said. "Volunteering is always really open to the volunteer. Really the sky is the limit."

The Humane Society's mission is to ensure the humane treatment, welfare, and safety of companion animals in Moscow and Latah County. They strive to prevent cruelty to animals, ensure companion animals are adopted by responsible and caring owners,

promote spaying/neutering, educate the public regarding responsible pet ownership, and minimize euthanasia.

As a volunteer, you can assist with the care and training of the animals, help at fundraising events, socialize with the dogs and cats, take photos of their adoptable pets, help HSoP staff with cleaning, and much more.

Another common thread in our conversations was the importance of timing in doing effective volunteer work in our community.

"We really ask that people follow our Facebook page and get on our email list, because we often know the best time for fruit retrieval about four or five days in advance!" Ann said about Backyard Harvest.

Henri of Food Not Bombs mentioned that the timeliness of the need they serve is often reflected in their calls

for volunteer help. Needs can arise at a moment's notice.

"When we have someone who's like, 'I have four kids and don't have enough food for dinner, do you think you could help me out in the next day or two?' It's like 'we'll be by in the next half hour! It's dinner time and you don't have food? Let's get something over there!'" Henri said.

At the Co-op, we believe everyone can serve their community, and that belief was echoed by everyone we interviewed. Co-op shoppers are unique, and they each have a unique way of giving back. Sharing your skills with your neighbors is how we all grow stronger, together, as Co-op owners and as members of a thriving community.

-Max Newland

**Co-op
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PEG KINGERY: THE HALLOWEEN EDITION

Tell us a little bit about how you got involved with the Moscow Food Co-op.

I wandered into the Co-op at its location on the Moscow-Pullman highway (the old Kentucky Fried Chicken building) 21 years ago, when I couldn't find recipe ingredients in conventional grocery stores. I heard about the Co-op's volunteer program and signed up. I began as a freight assistant (pricing and stocking the freight load) one day a week. By the time the Co-op moved to its next store (on 3rd Street, beside Marketime Drug), I was not only bucking freight but also writing for the monthly newsletter and serving on the Board of Directors. After seven years of volunteering, the Grocery Manager at that time, Vicki Reich, hired me as the chill and frozen foods buyer. This was just before the Co-op moved to its present home on 5th Street. My roles at the Co-op have changed during the 14 years I've been an employee. I am now the Wine Buyer (officially) but still stock freight and write for the Co-op's outreach publications. I've stayed on as an employee over many years and many changes simply because I believe in the mission, values, and beliefs the Co-op pursues, and because I love the accepting "family" atmosphere that exists here.

What are some of your passions?

My greatest passions outside of work are my family and friends, fly fishing, exercising, and gardening. Most of my family lives far from Moscow, but I'm blessed with an amazing husband and friends who are like family to me. My closest friends are my fly fishing buddies. I love everything about fly fishing! I teach casting and fly fishing skills for several organizations. A strong body is important to me. I hit the gym every day so I can continue to enjoy the outdoor activities I so love. There are few things more satisfying to me than growing food for my family and friends. We have three raised-bed gardens at our home and a 12' x 12' greenhouse on our farm in Deary. I spend a lot of the late summer and fall canning!

Do you have a favorite Co-op wine?

I'm fortunate to have personally met all of the Lewis Clark Valley wine makers, so I'm partial to the wines the Co-op carries from these wineries. The first vineyards ever planted in Idaho were on the hillsides surrounding Lewiston (in the 1860s) so it's no surprise that these next-generation vineyards are producing quality fruit and incredible wines. My very favorite wines, however, are white varietals from France and Italy. Sauvignon blanc from Sancerre, vermentino and garganega from Italy, and chardonnay from Burgundy put a big smile on my face!

What is your favorite Co-op memory?

Freight days at the Co-op's two former homes were always so much fun! At the "old, old store" (the Kentucky Fried Chicken location), the freight pallets were dropped in the middle of the parking lot and we had to hand-truck cases of product into the store — no matter what the weather was! The "old store" (on 3rd Street) had a loading dock so the pallets were brought right inside. The Co-op didn't have a point of sale system then, so every item had to be hand-priced before shelving. It was a lot of work... but the bakery always made us pesto rolls to help keep our energy up!

you're there for your kids.

Here at the Moscow Food Co-op, our littlest shoppers are some of our favorites, and we strive to be an inviting and comfortable place for families. We offer several programs so that kids — and their caregivers — can get the most out of their trips to the Co-op. Come join us!

Co-op Kids

Come for earth-friendly, hands-on activities for kids and families, all downtown in the Co-op Deli... or occasionally off-site when opportunities arise. These activities are aimed at children ages 3-5, but all are welcome! In addition to fun projects and social time, parents are offered free coffee, and there are raffles for kid-friendly prizes.

"Co-op Kids offers a way for parents and kids to meet other families in a welcoming, fun environment. It's a chance to do creative activities you might not otherwise think of, eat good food, and make new friends!", said Melissa Snow, Volunteer Facilitator and mom of three girls. "I enjoy meeting new people through Co-op Kids, because just 4 years ago it was me who was new to town and didn't know anyone. I found Co-op Kids soon after we moved here, and I've been coming — and now facilitating — ever since!"

Verity Lectka, Volunteer Facilitator and mom of two boys, shared that she most enjoys facilitating Co-op Kids because she likes getting to know other parents and their kids. She also appreciates that it's easy to include Co-op Kids in your weekly routine since they meet every Tuesday morning.

"We get comfortable with each other quickly, even if we only see each other on Tuesday mornings at the Co-op," Verity said.

As for a favorite Co-op Kids activity, it's hard to pick just one! Melissa really enjoys decorating pie pumpkins and mixing winter soup ingredients, while Verity loves sing-alongs and the homemade play dough recipe she has followed many times.

Let us know what your favorite activity is! **Free. Every Tuesday from 9-10 a.m. in the Co-op Deli, 121 East 5th Street in Moscow.**

Mamas & Papas

Join us in learning, playing, and connecting with other

growing families in the community. Each month, we focus on a different educational and informative topic related to childcare, parenting, and raising healthy families. Snacks, prizes, and childcare are provided!

"This group is aimed at education for parents and caregivers. Kids are welcome to stay with their parent, or join other kids for playtime in a separate, adjacent room," said Melissa, who also facilitates Mamas & Papas.

A variety of topics are covered, including improving sleep patterns of babies and toddlers, healthy and safe habits at home, homemade body care products, gardening with kids, and many more.

"I really enjoy the opportunity to get to know other children in the community, and their parents," said Jessica Adkins, Childcare Provider and mom of three. "Mamas & Papas is a great way to meet people and make friends while learning something new."

We welcome you to come learn and play with us! **Free. First Mondays from 9:30-11 a.m. at the Uma Center, 414 South Jefferson Street in Moscow.**

Co+op Explorers

Shopping while hungry can be hard for little ones... and everyone welcomes a tasty treat while roaming the aisles of the Co-op!

We invite all kids 12 and under to take part in our free fruit program: just grab a piece of fruit and a Co+op Explorers sticker at the Customer Service Desk on your way into the Co-op. Placing the sticker on your child's clothes helps staff recognize that the fruit is from the Co+op Explorers basket. Ask anyone at the Customer Service Desk for a children's activity too — we have mazes, coloring pages, and word searches all ready for you. Then, relax and enjoy your shopping experience while your little ones enjoy their fun Co-op activities and delicious fruit!

We want to thank you, parents, for bringing your kids to see us at the Co-op! We truly love seeing them grow. If you haven't already, join us for one — or all! — of our family-focused activities. We look forward to seeing you there!

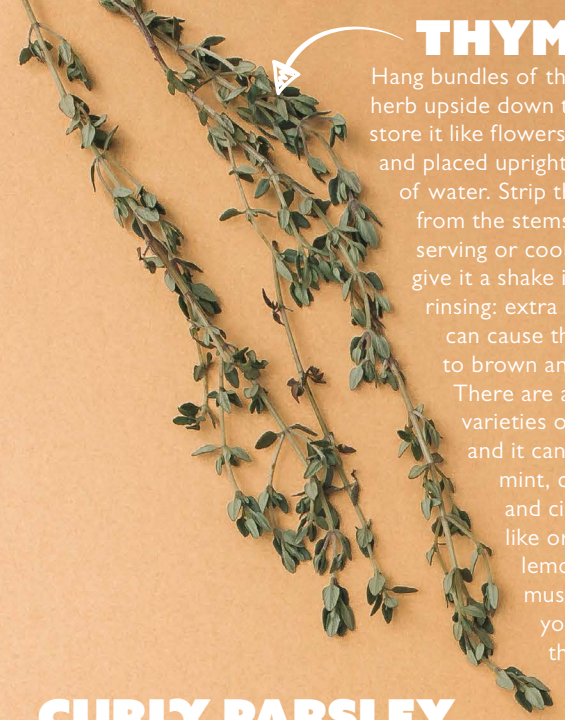
-Willow Venzke

we're here for you.



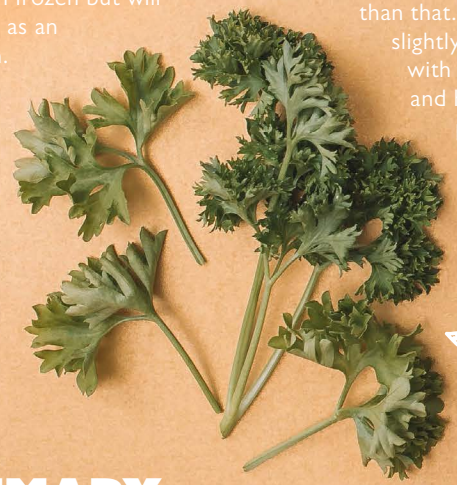
FLAT-LEAF PARSLEY

Fresh and dried parsley are both typically available at the Co-op year-round. We prefer the pop of flavor fresh parsley brings. Store this by trimming the stems with scissors and placing the bundle in a glass of water in the fridge. Rinse the delicate leaves before serving with pasta, vegetables, and of course, tabbouleh. It will retain most of its flavor when frozen but will lose crispness, so use it in recipes as an ingredient rather than a garnish.



THYME

Hang bundles of this hearty herb upside down to dry or store it like flowers: trimmed and placed upright in a glass of water. Strip the leaves from the stems before serving or cooking, and give it a shake instead of rinsing: extra moisture can cause this herb to brown and mold. There are a lot of varieties of thyme, and it can taste like mint, caraway, and citrus fruit like orange and lemon. It's a must-have in your soups this winter!



CURLY PARSLEY

The cuter sibling of flat-leaf parsley, this variety is commonly used as a garnish, but it's worth so much more than that. The curly variety is more bitter and slightly less flavorful than what you're used to with flat-leaf, but it's high in vitamin A and C, and has a surprisingly significant amount of protein. Select leaves that are perky and green. You can store curly parsley in the same way you store flat-leaf. Use it to add a pop of color and subtle flavor to dishes and soups.



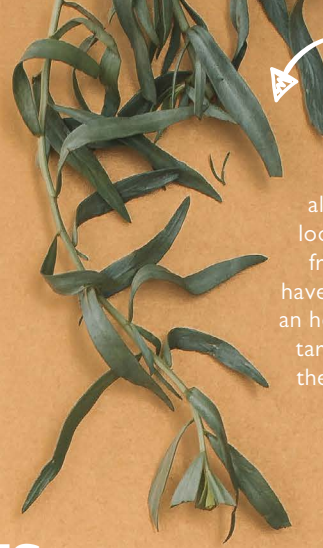
ROSEMARY

If you plan on using your rosemary within a week or two, store it in the fridge wrapped in a damp paper towel and kept in a storage container (our Stasher bags would work well.) You can also freeze rosemary if you have too much! Chop it up or and seal it in a container, or place it in your soup stock before freezing. Dried rosemary is less fragrant, but it will last the longest: arrange it in a single layer on a plate, then leave it in a cool, dry place for several days. Once dry, grind it with a mortar and pestle or store the leaves whole.



SAGE

This aromatic herb of the mint family has delicious and peppery leaves when cooked. To store it, wrap the leaves in a paper towel and place them in the refrigerator. To make sage last longer, cover the leaves in olive oil! For a D.I.Y. smudge stick, bundle these leaves, then hang them upside down to dry.



TARRAGON

A staple in French cooking and referred to as the king of herbs, this versatile powerhouse is fragrant and delicious. Like others on this page, this soft-leaved herb can also be stored in water, or wrapped loosely in a damp paper towel in the fridge. It's not at its best dried; it'll have the most flavor if used fresh. Make an herb butter if you must preserve extra tarragon. To use, strip the leaves from the stalks and chop it up for everything: potatoes, eggs, and of course, Béarnaise sauce.

CHIVES

A well-known but small member of the onion family, chives are mild in flavor and beautiful when cut finely. Use them in fresh salads, or mixed with butter on your toast or steak. Store them upright in a few inches of water in your fridge, and don't wash them until you're ready to use them. Too much moisture will make them decay more quickly.

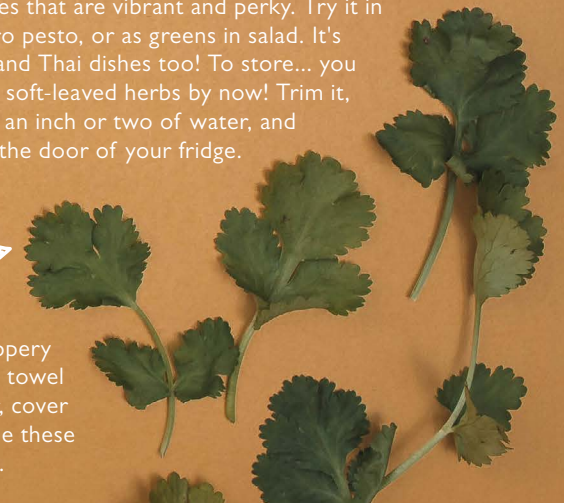


DILL

Bright and cheery and impossible to dislike (we assume,) dill is one of the most popular herbs on this page. It has a pretty short lifespan, so use it often, and use a lot of it: it takes more than you'd think to overpower a dish. Some store it wrapped in paper towels and placed in plastic bags, but we prefer to trim the stems and place it in a sealable glass jar with a couple inches of water. Screw the lid on to prevent spills and protect the dill from oxygen, which can brown the leaves. Change the water every 3-5 days and store it in the door of the fridge: the warmest place will make sure it doesn't get too cold and dry out as quickly.

CILANTRO

Cilantro is loved by some and hated by others who claim a soapy or metallic taste, making it the most polarizing herb of them all. If you are willing to eat it, choose leaves that are vibrant and perky. Try it in sauces like cilantro pesto, or as greens in salad. It's perfect atop tacos and Thai dishes too! To store... you know the drill with soft-leaved herbs by now! Trim it, stick it in a jar with an inch or two of water, and keep it upright in the door of your fridge.



NO KIDDING: YOUR BEST ROASTED CHICKEN

We know it sounds suspicious. A perfectly roasted chicken is hard to come by. That is, unless you're employing this new technique: an unconventional style of trussing chicken coined by Chef Steps, a Seattle-based content and cooking technology startup.

In short, a trussed chicken is tied with butcher's twine to enable more even cooking. Even if it sounds a little intimidating and perhaps labor-intensive, this version of trussed chicken is so worth it.

In an un-trussed chicken, the breast cavity stays open, which allows too much hot air to circulate inside. By the time the chicken is done (when the temperature at the thickest part of the thigh reaches 165°F) we're left with disappointingly dry breasts and a generally unevenly cooked bird. Traditionally-trussed chicken may look a little prettier and solve some of the problem, but it's not super practical, often leading to soggy skin and undercooked legs from being tied too closely to the bird's body.

The way we've detailed here is not traditional, but trust us and give it a shot. It just might turn into your favorite weeknight or holiday meal.





1 Place the chicken on its back, facing you, with the butcher's twine behind its spine. You'll likely need around three feet of twine, since too much is better here than too little.

2 Pull both ends of the twine up under the chicken's armpits, continuing past the wings. Cross the twine and pull tight. During this step, make sure you're keeping the skin at the very top pulled over the meat. This will keep it protected, not shrinking back to reveal and overcook the breast, and will create crispy skin all around.

3 Pull the twine down either side of the breast back toward you. At this point, you can either leave the wings tucked in close to the chest for a more presentable or formal bird, or leave them out to allow for skin-crisping.

4 Cross the threads up under the crown of the bird and pull it nice and tight.



5 Loop the twine under the bird's legs so that it creates a little wrap-around band. The lines created by this twine will allow you to carve your chicken perfectly once it's done cooking.

6 Bring the twine back down over the top of the legs. This will allow you to bring them closer to the center to protect the cavity.

7 Cross the twine under the crown again.

8 Pull the twine to tighten. The thighs should perk up a little. After this, flip the bird onto its belly and tie the ends in a knot to keep the tail down. Snip the twine, then cook your chicken on its back with the legs elevated.



ORANGE ROASTED CHICKEN WITH ROSEMARY

Orange Glaze

- ¼ cup chicken stock
- 3 Tbs. orange juice
- 3 Tbs. light brown sugar
- 2 Tbs. white wine
- 2 Tbs. rendered duck fat
- 1 tsp. kosher salt
- ¼ tsp. cinnamon
- ¼ tsp. allspice
- ¼ tsp. ground cardamom
- 3-4 inches of sliced ginger (skin-on is fine)
- 1-2 fresh chilies, sliced in half top to bottom (Fresno chilies preferred)

1. Add all ingredients to a small saucepan.
2. Bring to a boil, and then simmer gently for 10 minutes. It should slightly thicken, but it is okay if it doesn't. Set aside.

Roast Chicken

- 1 whole chicken
- 1 Tbs. rendered duck fat
- 2 tsp. minced fresh rosemary
- 1 tsp. kosher salt
- 3 whole unpeeled oranges, sliced into rings

1. Preheat the oven to 425°F. Truss your chicken as shown on pages 24-25.
2. Rub the trussed chicken with duck fat, salt, and minced rosemary.
3. Place chicken in a roasting pan. Scatter sliced oranges around the chicken.
4. Pour the glaze, ginger and chilies included, into the roasting pan. Spoon, baste, or brush the glaze evenly over the chicken.
5. Roast at 425°F for 15 minutes. Rotate the roasting pan, then lower the oven temperature to 375°F.
6. Cook for 50-60 minutes, basting the chicken and rotating the pan every 15 minutes, until the temperature at the thickest part of the thigh reaches 165°F.
7. Let rest for 20 minutes, then remove the string, carve, and serve.

STUFFED BUTTERNUT SQUASH

Ingredients

- 1 butternut squash
- 1 cup cooked grain (rice, farro, quinoa, etc.)
- 1 bunch of kale cleaned off the stems and roughly chopped
- 10 crimini mushrooms, sliced
- Olive oil to coat the pan
- ½ yellow onion, diced
- 4-6 cloves of garlic, minced
- ½ cup toasted walnuts
- 1 pomegranate for garnish
- Salt to taste

4. Heat olive oil in a large sauté pan over medium. Add garlic, and sauté until soft, then add onions and cook until translucent.
5. Add the rough chopped squash you set aside. Cook until fork-tender.
6. Add mushrooms to the pan with a pinch of salt. Cook until the mushrooms have softened and released some of their moisture.
7. Add the kale, and cook until it folds easily into the mushroom mixture.
8. Add the cooked grain and toasted walnuts to this mixture. Toss together and salt to taste. This is your stuffing. *Tip: this mixture can be made ahead of time, and makes a great cold salad.*
9. Fill the squash with the stuffing, distributing any extra around the halves in the pan.
10. Roast the whole dish in the oven for another 20-30 minutes. This will allow the squash to cook fully and the stuffing to heat thoroughly.
11. Garnish with pomegranate seeds and serve.



KNOW YOUR SQUASH

Butternut Squash

One of our favorite fall staples, butternut squash is incredibly versatile and flavorful. It's easier to peel than it seems! Eat these with the seeds scooped out, and peel to add to soups and stews this winter. Butternut squash is a great source of fiber and vitamin A.



Acorn Squash

Take note! This squash comes in multiple colors, with the most common being green with a splotch of orange. There's also a yellow and white variety. Acorn squash is most commonly eaten stuffed and baked. Look for a dull rind on these so you know you're getting a ripe squash.



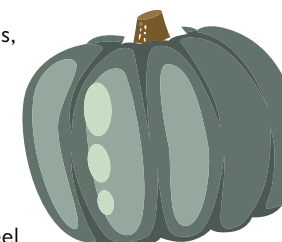
Pie Pumpkins

This variety, aptly named, will provide you a starchy, dry interior, which makes for a better-set filling in your pumpkin pies. Tiny pumpkins have more concentrated flavor, and less water makes for a more smooth, finely-textured flesh.



Kabocha Squash

Similar in flavor to sweet potatoes, this Japanese variety is good as a puree or for use in baking. They look like squat pumpkins but can have green or orange rinds. A quick tip: kabocha squash reaches peak ripeness about 1.5-3 months after it's harvested, so feel free to give it some time in the pantry!



Spaghetti Squash

When scraped with a fork, the "meat" of spaghetti squash falls away in strands that look like spaghetti! Use this squash as a healthy alternative to traditional noodles: serve it with your favorite sauce or Parmesan cheese.



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