

ROOTED

SPRING 2018



MOSCOW FOOD CO+OP

NO CHARGE



MOSCOW FOOD CO+OP

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

Open daily from
7 a.m. to 9 p.m.

THANKS TO

Editor in Chief
Melinda Schab

Managing Editor
Alycia Rock

Layout + Photography
Alycia Rock

Copy Editors
Deb Reynolds
Willow Venzke

Contributors
Naomi Brownson
Peg Kingery
Max Newland
Alycia Rock
Sabrina Slattery
Melinda Schab
Jeremy Winn

Board of Directors
Laurene Sorenson, President
Tom Bitterwolf
Colette DePhelps
Ashley Hamlin
Tim Kohler
Alex Lloyd
Carol McFarland
David Nelson
Idgi Potter

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

DIME IN TIME

Convert your reusable bags and mugs into a donation! For every reusable bag or mug you bring with you, 10 cents can either be applied to your purchase or donated to the selected charity of the month.

March: Idaho Environmental Education Association (IdEEA)

IdEEA supports and promotes the activities of all educators working to clarify our understanding of the natural world and our role in it. As an organization, they seek to: connect educators with a variety of resources, tools, and expertise in environmental education; engage stakeholders and elected leaders to build support for environmental literacy; serve as Idaho's partner with the North American Association for Environmental Education; and deliver essential services to all environmental educators and supporters.

April: Regional Theater of the Palouse (RTOP)

Regional Theatre Of the Palouse is a local, non-profit, semi-professional theatre company located in downtown Pullman. RTOP's mission is to promote the Arts and Arts Education through quality theatre. Through the efforts of management and a vast network of volunteers, RTOP has been

able to produce four Main-Stage Musicals, two contemporary dramas, three seasonal acting workshops, and four week-long summer camps each year!

May: Moscow Day School

Moscow Day School believes all children are entitled to fundamental rights and freedoms, but because of their unique vulnerability, it is incumbent upon adults to ensure not only that children are safe from exploitation and neglect, but that they have access to a fair share of society's resources. MDS invites ALL children to participate in their program. MDS also strives to provide educational activities in the form of community field trips. Some of these include trips to the Co-op, Sheriffs department, Book People, Zions Bank, Palouse Empire Gymnastics, and the fire station.

MOSCOW FOOD CO-OP BOARD ELECTIONS

Candidate Forum

March 19 at 7 p.m.

It's essential to know who your Co-op board candidates are – that's why you're invited to the Candidate Forum, held in the Co-op Deli's seating area. Coffee, tea, and light desserts will be provided, so enjoy a relaxed and casual atmosphere and get to know the candidates!

Board Elections Period

March 18 – 31

In order to be eligible to vote, you must be a valid owner no later than March 15. Each owner will receive an email with a link to their electronic ballot, and owners who would rather vote in the store will be able to do so from a kiosk provided at the Customer Service Desk during business hours. Voting is also available online at moscowfood.coop/ evoting.

HEALTHY EATING ON A BUDGET

This class series is focused on getting the most bang for your buck at the Co-op, without sacrificing variety or flavor. Each class will include samples of recipes in a particular category:

Fruits and Vegetables: **March 24**

Everyday Desserts: **April 21**

Meal Planning and Store Tour: **May 12**

FOOD FOR THOUGHT FILM SERIES

This series of educational films is shown free of charge thanks to our partnership with the University of Idaho Sustainability Center. Films are shown the third Wednesday of each month at 7 p.m. at the Kenworthy Performing Arts Center, 508 S. Main street in Moscow.

Wednesday, March 21: The True Cost

The price of clothing has been decreasing for decades, while the human and environmental costs have grown dramatically. The True Cost is a groundbreaking documentary film that pulls back the curtain on the untold story and asks us to consider, who really pays the price for our clothing? Filmed in countries all over the world, from the brightest runways to the darkest slums, and featuring interviews with the world's leading influencers including Stella McCartney, Livia Firth, and Vandana Shiva, The True Cost is an unprecedented project that invites us on an eye-opening journey around the world and into the lives of the many people and places behind our clothes.

Wednesday, April 19: Island Earth

To feed all the humans on the planet, we are going to have to grow as much food in the next 35 years as we have grown since the beginning of civilization. However, our conventional agricultural practices are depleting the earth's natural resources faster than we are replenishing them. How are we

going to feed the world without destroying the planet we live on? Island Earth brings this question to life by taking us on the ground to Hawaii, the "ground zero" where all of these issues collide in sharp relief. Modern-day Hawaii imports 80-90% of their food supply from elsewhere in the world, due to a complex web of public policy and private interests. This film captures our moment in time, where two separate paths are being forged at once: one that builds upon the past in the name of progress, and the other that rejects the past in the name of progress. It bears witness to the choices that we are making today that will affect our future no matter what.

"FOOD CHAINS" MOVIE AND FORUM

Tuesday, April 10

The Owner Engagement Committee at the Co-op and the Moscow Human Rights Commission are teaming up to present a special movie and forum event on the working conditions of farm workers. A panel will field questions and present on this topic after the movie. In addition to providing healthy food options from many local farmers, the Co-op offers a space for thoughtful discussion about how food impacts our values and economy, and how we can be agents of change in creating fair and sustainable food systems.

ANNUAL MEETING

Friday, April 20

Considering the amazing grand opening of our new Co-op on Campus and its success, as well as the exciting center-store remodel which will bring greater beauty and functionality to the main store, celebration is in order! And who doesn't love a party? Join the Board and General Manager as we throw a fête for all our owners to reflect on the year's news. Music and food will adorn the event and your Board members will be there to discuss our beloved Co-op and answer any questions you may have. We look forward to the Annual Meeting each year as a way to celebrate you, our owners, who ensure our Co-op remains one of Moscow's most cherished institutions.

The Annual Meeting is a serious event in which to highlight the Co-op's well-being. But, that does not mean that we can't have fun while reflecting, especially considering

the significant advances the Co-op has made this year. More information can be found online at www.moscowfood.coop. We hope to see you there!

EARTH FEST

The Co-op is overjoyed to partner with the University of Idaho Sustainability Center (UISC) for this month-long celebration of our shared environment. The Moscow Food Co-op is hosting several events, and UISC is partnering with other organizations on the Palouse to sponsor even more. Below are the events your Co-op is participating in:

Vandalizing the Kitchen Thursday, April 5

Think you don't have time to cook? This is the class for you. UI Campus Dietician Marissa Rudley hosts this interactive cooking class intended for students who are on a tight budget and facing a strict deadline, and all skill levels are welcome. UI students who attend can earn a personal fitness credit for the class – email outreach@moscowfood.coop for more info.

Zero-Waste Cooking Friday, April 13

Join Co-op volunteer and Registered Dietitian Alice Ma for a unique class and learn how to reduce waste in your kitchen! You'll learn recipes and techniques that will allow you to use parts of your produce you previously thought you couldn't, with recipes like Banana Peel Curry. Samples will be provided, so come hungry!

Palouse-Clearwater Environmental Institute's Sustainability Festival Saturday, April 28

The final weekend of Earth Fest is a celebration of all the participants who helped bring it to life! This yearly festival will feature booths hosted by the Moscow Food Co-op, as well as Friends of the Clearwater, Latah Trail Foundation, Palouse Land Trust, and the Palouse Environmental Sustainability Coalition. Meet at the Co-op on 5th Street the morning of the festival for our Sustainability Bike Ride – we'll be riding over together and celebrating with food and drink from the Co-op when we arrive.

-Max Newland

1

THE MOST EXCITING THING

I have to report is also the most relaxing: we have a Co-op with couches! On January 11, I cut the ribbon at our new University of Idaho campus location. It's located in The Center on campus, a 1957-vintage building at 822 Elm Street. In the



1960s, The Center housed The Burning Stake, a basement coffeehouse whose denizens were "progressives and ... Vietnam protesters [who] smoked dope and listened to rock and roll, and had a tolerant relationship at best with the Bible studies classes upstairs. They gathered at The Burning Stake to listen to bluegrass and a lounge piano player, to drink hot coffee and play bridge." (Argonaut, Jan. 21, 2016). The Burning Stake flamed out in the early seventies, just before the Moscow Food Co-op began. Now, the Co-op occupies the clean, well-lighted space on the main floor next to the Center's living room, where guests are welcome to lounge.

Vestiges of the Burning Stake still linger downstairs:

a surrealistic mural, an old Smith-Corona typewriter, and a sooty hearth. If you used to hang out there back in the day, I'd love to hear your stories. Please get in touch with me: Isorensen@moscowfood.coop.

I also want to mention that Board elections are coming up this March. Thank you to Dave Nelson and the rest of the Elections Committee for recruiting a full slate of qualified candidates. We will have a contested election, and I hope all owners will vote during the period of March 18-31. Our electronic platform lets you vote from any device with Internet access. If you don't have one, or need technical assistance, you can also vote at an in-store terminal at the downtown Co-op location.

I wanted to take a moment

to give you a personal thank you. The Co-op's current strategic plan includes this goal: increase economic and cultural accessibility for all community members. Five years after we adopted that plan, many of our neighbors are struggling with hunger. Many Co-op owners participated in Mayor Bill Lambert's "Poverty on the Palouse" forum in early February. While this was not a Co-op-sponsored event, it spotlighted our Co-op's mission: "Working together to nourish and nurture our community." Thank you for showing up and sharing your ideas!

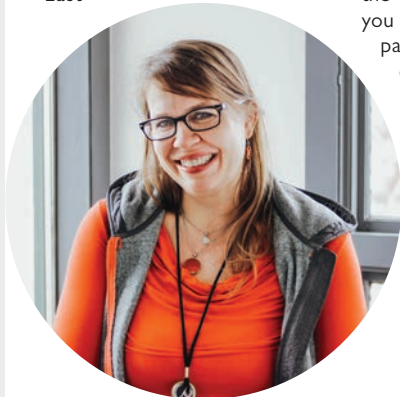
Best,
Laurene Sorensen,
Moscow Food Co-op Board President

2

WITH AN END TO WINTER ALWAYS COMES

THE PROMISE OF SPRING... for our Co-op, this spring also brings with it the culmination of many exciting changes and new growth.

After nearly 13 years in this location (can you believe it?) we're continuing to settle into our building and make our house a home. We've extended our lease at 121 East



5th Street, and are committed to remaining a resource for Moscow from our downtown location. Time to do some freshening up!

We've been working hard to move forward with some long-considered improvements to the store that will both enhance the customer experience and create a more pleasant work space for our employees. We know we've had a few disruptions over the course of the project, and I can't thank you enough for your continued patience throughout the duration of our remodel.

Part of our stewardship responsibility is ensuring adequate reinvestment in our shared assets. Putting money back into the cooperative protects the investment of the Co-op's nearly 8,000

owners, and ensures the Co-op can continue to provide for our community on the Palouse. Some of this reinvestment is cosmetic, such as freshening up the paint, crafting aisle signs, designing and fabricating new menus, and installing new checkout lanes. Everyone can benefit from improved public bathrooms, and our well-loved seating area was overdue for a sprucing up. The hickory planks match the art wall, and our new bar seating has provided a beautiful workstation for community members, Co-op owners, and even our own staff. We love it, and we hope you do too.

Less noticeable are the behind-the-scenes updates that make our work for the community easier. Increasing our back-of-house spaces means we can work more safely, and more efficiently, with increased elbowroom for all our

employees. We're updating our inefficient and unreliable equipment too: everything from refrigerators to computers is being updated. Replacing our worn-out gear with better, more energy-efficient models gives us an opportunity to mindfully reduce our environmental impact.

Reinvesting in our Moscow Food Co-op allows us to work for social change and maximizes our community influence and impact. Check out some of the photos to the right: our Facilities Manager Bill Bonner placed the aisle sign lettering himself, and our Deli seating area looks beautiful in the spring light.

Thank you,
Melinda Schab
Editor in Chief

NEW!

ON OUR SHELVES



WrawP Foods Veggie and Fruit Wraps

WrawP Foods' goal is to ". . . offer healthy and unprocessed food to everyone" – without compromising quality. Their rectangular-shaped wraps are made using hand-cut organic fresh vegetables, fruits, and spices that are dehydrated at a low temperature for 14 hours to preserve nutrition, enzymes, and flavor. WrawP wraps are 100% organic, paleo-friendly, vegan, raw, gluten-free, low in fat and high in fiber, with no preservatives. They have a shelf life of 12 months and no refrigeration is needed. An excellent way to get more veggies and fruit into your diet, find these wraps on the wall by the milk cooler.

Alternative Baking Company Cookies

If you're vegan and crave a treat that is normally made with eggs and milk, or if you are gluten-intolerant but would like a sweet snack, Alternative Baking Company cookies are for you! This company makes vegan, gluten-free, and low-carb varieties. The vegan cookies are free of dairy, eggs, soy, trans-fats, hydrogenated oils, cholesterol, animal ingredients, artificial ingredients, and refined sugar. The gluten-free cookies, which are made on separate equipment, are also vegan and free of dairy, animal products, and other allergens such as peanuts, tree nuts, and soy. Best of all the cookies look and taste like the very best traditionally-made cookies. Find three gluten-free and five vegan flavors with the other cookies in aisle three.



Foodstirs Baking Mixes

Foodstirs' mission is to "stir up the food industry with a revolutionary baking line." They believe that all the ingredients in their baking mixes must be clean, sustainable, and equitable. The ingredients are organic and never genetically-modified, so the flavors are true and vibrant. These include fair trade chocolate and cocoa; biodynamic cane sugar; heirloom flour; and chemical-free coloring agents. They choose planting methods that keep the soil healthy and enrich the land. And they source from small farms that value their employees. With only six steps from opening the box to taking the finished product from the oven, Foodstirs mixes are a simple way to enjoy a home-baked treat. Look for five flavors in the baking set: gingerbread, chocolate brownie, sugar cookie, chocolate chip cookie, and vanilla cake.



Good Belly Infused Beverages

The founders of Good Belly probiotic juices believe in the union of sustainable food practices and science. Their research into food to enhance the health of all generations led them to a probiotic strain called *Lactobacillus plantarum* 299v (LP299V). Good Belly, containing LP299V, became the first dairy-free probiotic juice in the U.S. It is “good for the belly” because it helps improve digestive health in your gut. Their infused beverages combine fruit juices and water with just twenty calories and five grams of fruit sugar; they’re soy-, dairy- and gluten-free; vegan; and contain no GMOs. Packed with 20 billion probiotics per bottle, it’s the perfect on-the-go thirst quencher and is available in three flavors: watermelon lime, pineapple orange, and lemon ginger.



Funny Farm Macaroni and Goat Cheese

Funny Farm Foods is a small employee-owned company passionate about goat milk products and driven by their amazing health benefits. Their deep love and respect for the animals is evident in their commitment to animal welfare through ethical

treatment and humane standards. They strive to bring education of the benefits of goat milk to both consumers and the food industry. Funny Farm goat milk macaroni and cheese mixes come in several flavors: yellow cheddar; a “fun-shapes” yellow cheddar option for kids; a whole grain gluten-free option; and a white cheddar jalapeño. All of these are rich and creamy with no “goaty” aftertaste or artificial ingredients. Look for them with the other packaged meals in aisle one.

real. good. food.



FIGHTING FOOD WASTE

**HOW THE MOSCOW FOOD CO-OP
HAS POSITIONED ITSELF AS A KEY
PLAYER IN THE FIGHT AGAINST
FOOD WASTE**

BY SABRINA SLATTERY



Roughly 50 percent of all produce in the United States is thrown away.

That's according to The Atlantic, which reported in 2016 that the US throws away some 600 million tons of produce annually — and the Moscow Food Co-op aims to change that.

A main priority of the Moscow Food Co-op's daily operations, food waste reduction is multifaceted. At the Co-op, there are several methods in place to help reduce the amount of food that is thrown into the trash.

One of these methods is the donation of day-old bread from the Moscow Food Co-op to local food banks. Day-old bread once went straight

to the compost, but at the Co-op, this edible food is redistributed back into the community.

For 2017, the total food bank donations added up to 3,182 pounds of bread and 2,051 pounds of other food.

"That's the one thing that really sets the Co-op apart from other grocery stores or from other food businesses in the community," Melinda Schab, General Manager of the Moscow Food Co-op said. "It shows what can be done on an industrial level if you have a group of

people that care about it in the same way."

Another key player in this effort is the Co-op's Produce department. The Moscow Food Co-op often sees blemished or

"IT SHOWS WHAT CAN BE DONE ON AN INDUSTRIAL LEVEL IF YOU HAVE A GROUP OF PEOPLE THAT CARE ABOUT IT IN THE SAME WAY."

misshapen fruits and veggies get neglected by customers. (See Max Newsland's article on pages 16-17 for more on that.)

This misshapen food is still edible, but traditional supermarkets are forced to stock produce according to an unrealistic cosmetic perfection. The blemished foods are referred to as "B" stock, or "seconds."

Due to this demand, large-scale farmers avoid selling the seconds to supermarkets, which in turn wastes perfectly edible food, according to Business Insider's 2014 article "Why Grocery Stores Like Trader Joe's Throw Out So Much Perfectly Good Food."

At the Co-op, blemished or misshapen produce has many more uses, and is held in higher regard.

First, if he must, Produce Manager Logan Morris can take it off the shelf and determine the best way it can be utilized — freeing it out to staff, using it in the Co-op kitchen, or donating it to local farmers.

"This avocado is not pretty—maybe you wouldn't spend money on it," Morris said, holding up an avocado that is half

green and half black. "But we know that it's perfectly edible, and still delicious, and someone wants it."

Damaged or misshapen produce that is still edible is placed in a box and left in the shed in the Co-op's alley, where farmers can come grab it at their discretion. Every day, farmers and growers on the Palouse stop by to take scraps and leftovers for use in their gardens or for their livestock. This creates an efficient and effective system at the Co-op where all food is used or returned to the food system.

Farmers and growers on the Palouse also benefit from using the Co-op's produce: the foods are all organic — free from sprays commonly used to preserve produce, Morris said. This ensures the livestock eat better than they may otherwise.

If the produce is genuinely damaged or expiring, and it's no longer edible, it can still be composted, Morris said. The composted produce is placed into a box in the employee section of the produce department, and taken outside whenever necessary.

The goal is for no food to end up in the trash can, and this is more easily achieved when everyone at the Co-op is intentional about where their discarded food ends up.

Over the last few years, the Co-op's Sustainability Committee has focused its efforts on providing efficient food recycling options within the store and by providing new composting options.

White 5-gallon buckets are placed in key areas around the store for the employees to use when they need to dispose of any food scraps. Behind the Deli counter and in the kitchen, the white buckets are placed at the end of each table, so Co-op



employees are easily able to toss vegetable scraps, the ends of bread, or anything which can be turned into compost.

The Co-op's kitchen can use remaining ingredients, such as roasted veggies or steamed beans, in new soups or quesadillas, Mira Warner, the Co-op's Kitchen Manager said. This reduces the amount of food that is thrown directly into the trash or compost.

If the kitchen has vegetable scraps they can't use, they donate them to local farmers to use as food for their livestock. This allows the ingredients to be contributed directly back into the food system here on the Palouse, alongside the produce mentioned earlier.

"The Co-op has systems in place – things like the Sustainability Committee – where we hope we can show everyone this is the way it should have been done from the beginning," Warner said. "You know food being sold by the Co-op is either being used to feed the public, used to feed the staff, used to feed the local food system, or

returned to the composter and returned to the earth."

When the Co-op's 5-gallon compost buckets are full, they are taken to the Palouse-Clearwater Environmental Institute (PCEI). PCEI has promoted citizen involvement in sustainable living for the 32 years it's been on the Palouse.

The Co-op has two large composters, which recently moved to the PCEI site.

"They're ten feet tall, and they smelled terrible," Morris said. "They're named Eartha and Bertha."

For a while, the Moscow Food Co-op only had one composter. A waste audit was done a few years ago, which found that a lot more food waste could be composted if the Co-op had two composters, Facilities Manager Bill Bonner said.

The Main Market, Spokane's cooperative grocery store, had a composter they were not utilizing, Bonner said. It was the exact composter the Moscow Food Co-op already had, so it made sense to buy it. The two composters have allowed the Co-op to double the space available for food waste — basically allowing everything to be composted.

"Around 6,000 pounds are composted every three or four weeks," Bonner said. "As compared to just a few years ago only 3,000 every three months."

In many other countries around the world, food waste is closer to being eliminated – in France, for instance, supermarkets are banned from throwing away food (they direct scraps and waste to composters and food banks too.) The Guardian reported in 2015 that this legislation was "aimed at tackling the epidemic of waste alongside food poverty."

The US might have a long way to go – but the Moscow Food Co-op hopes each of its systems can help us get there.

"We don't want to live in a community or in a world where so many people are hungry but so many people are throwing away food," Schab said. "Anything we can do for the Palouse, we will explore."

-Sabrina Slattery







LIVING IN HARMONY

THE GENESEE VALLEY DAOIST HERMITAGE

BY PEG KINGERY

AMIDST THE SLOPING PALOUSE HILLS

lies the former Borgen family farm, original homesteaders of Genesee, Idaho. This century farm is now home to the Genesee Valley Daoist Hermitage, a fitting location for a healing center

and organic farm that utilizes many ancient Chinese traditional practices. Gracious and welcoming, owners Da-Jin and Charlotte Sun bought the farm in 1992 and founded the hermitage in 1994.

Charlotte's educational background is in Chinese Medical Nutrition. She spent 30 years studying and teaching Daoist healing practices in San Francisco at the Daoist Longevity Center and in China at the Qigong Science Research Institute, where she met Da-Jin. Deciding it was time to move out of California, the two came to Moscow, where Charlotte's sister lived. At the encouragement of her teachers in China, Charlotte felt called to open a Daoist

hermitage, choosing the Palouse for its location.

The old farm needed some work – it didn't have a septic system and the well was over 100 years old. The Suns made the necessary improvements and renovated the building using recycled and "gently-used" materials, relying on feng shui as their guiding force.

Charlotte and Da-Jin wanted to grow their own organic and sustainably-farmed food. They first made sure that the soil and water were clean. During the Chinese Cultural Revolution, children were sent to farms to reconnect with the land, Da-Jin included. He used the skills he learned overseeing the gardens of a 30,000 person commune to design the gardens at the hermitage.

Their gardens don't have insect problems, except when the neighboring farms spray their fields. Thankfully, their neighbors let them know when they will be spraying, and also hand-spray the edges of their fields to minimize any pesticide drift. The Suns don't use any pesticides on their crops, not even "acceptable" organic sprays.

Their first crop was one acre of



soybeans planted and harvested completely by hand. They are still eating them today!

Da-Jin and Charlotte's farm has been registered organic since 2002. They grow close to 30 different vegetables, as well as 40 medicinal herbs for healing teas.

"We work with the land, not against it [when choosing what to grow]," Charlotte said.

They sold their produce at Moscow's Farmer's Market for 20 years and have been selling produce, eggs and seeds to the Co-op for nearly 30. They also provide produce to the Black Cypress, a local restaurant in Pullman, Wash. They use strict food safety practices when harvesting and cleaning their produce.

"If it's not good enough for us to eat, it's not good enough for the community," Da-Jin said.

Growing organic vegetables and herbs isn't all that occupies Da-Jin's and Charlotte's time. They raise chickens and ducks and grow the flax straw used for the bedding in their coop. Their kitchen is a certified commercial kitchen where Da-Jin holds cooking classes. A large sun-room space off the kitchen is used for plant starts and for drying the medicinal herbs Da-Jin uses in his Chinese medicine clinical practice. On Wednesday evenings they host a Qigong open practice session. Space in the farm is available to rent for

meetings, day or weekend retreats, and sometimes houses students studying Daoism.

The Suns also host a vegetarian Chinese community meal on Sundays using farm-fresh produce in season. Proceeds from this meal go to the Genesee Mountain Village Foundation, an organization that provides for the education of orphaned and disadvantaged children in China. Charlotte serves on the foundation's Board of Directors.

The warmth of spring brings much-anticipated garlic scapes from Da-Jin and Charlotte's garden to the Co-op. Even though they could bring in more income selling heads of garlic instead, they believe in the benefit of eating the whole plant. Their focus is on nutrition, not money.


"Food is medicine. [It's important to learn] how to cook it", Da-Jin believes.

Da-Jin and Charlotte's commitment to organic and sustainable farming practices; the health benefits of organic whole foods and herbs; and Daoist healing practices creates a peaceful and nurturing environment at their hermitage.

And about the garlic scapes the Suns grow? They are most nutritious when picked when the stem has two curls and one leaf, and the seed head is soft and slightly yellow.

-Peg Kingery





The Beauty

BY ALCIA ROCK

*Past the
prettiness
of a petite
bloom on the
plate,*

edible flowers and herb blossoms are powerful and unique ingredients. From golden chrysanthemum garnishes used in ancient China to red petal safflower for oil in Egypt, flowers and herb blossoms have been powerful threads of flavor in world cuisines for thousands of years.

In upper-class Victorian England, the use of edible flowers was quite common — culinary dishes and beverages

often included delicate blooms for flavor and aesthetics. Both fresh and candied edible blossoms decorated tower-high desserts, molded foods, and homemade jellies and pickles. Served alongside elderflower liquor or dandelion tea, lavishly ornamented desserts like rosewater cakes, lemon verbena candies, and apple tarts could round out a meal.

Flowers gradually fell from favor, but recently, cooking and garnishing plates with flowers is enjoying a revival. Edible flowers are cropping up on menus and plates all across the world, from the haughtiest French cafés to the simplest donut shops in California. Flowers

like syrupy borage, herbal lavender, or peppery nasturtium add an indefinable hint of flavor to each bite.

"It's the role of chefs to look for new flavors," Jean-George Vongerichten, of New York City's three-Michelin star restaurant Jean-Georges, told Food & Wine in 2001. "Flowers are beautiful, to start with... People eat them raw in salads, so I thought it would be interesting to cook with them."

Vongerichten isn't the only one to think so. Starting in the 1990s, Michel Bras and Marc Veyrat — two French chefs, each with three Michelin stars — reclaimed the use of edible flowers in

modern cuisine, and since then, some of the world's most renowned and artistic chefs have positioned edible flowers as legitimate ingredients in fine dining.

At restaurant Meadowood in California, Christopher Kostow uses flowering herbs and seasonal blossoms from his culinary garden to enhance his dishes. Celebrated celebrity chef Ferran Adrià of El Bulli in Spain — known as the father of “molecular gastronomy,” a term he dislikes — used florals to help him explore his culinary aptitude, coming up with treats like candy floss encrusted with colorful petals. Magnus Nilsson of Faviken in northern Sweden forages for only the most beautiful field flowers to use as the top layer in his tartare. All of these chefs see flowers as essential ingredients.

And while, yes, it is about the attention to detail and visual beauty, edible flowers are a communication tool as well. Championing sustainability and safeguarding the idea that seasonal dining means eating what's outside, when it's outside, edible flowers and blossoming plants emphasize the beauty of the environment and local offerings of a region.

Nutrition is another facet of flora. Most edible flowers can help ward off infections by supplying vitamin C: nasturtium contains ten times more vitamin C than lettuce, and small amounts of vitamin D. A cup of raw borage delivers 31.2 milligrams of vitamin C, which is about 42 percent of the daily requirement

for women, and 35 percent of the daily requirement for men. Edible weeds like dandelion provide vitamin A, and are high in calcium. Cruciferous vegetable flowers, like broccoli and cauliflower, have many of the same benefits as the vegetables themselves. Squash and cucumber blossoms, tissue-papery and airy, are packed with calcium, iron and vitamins C and A.

In a study that analyzed the nutritional value of 12 different edible flowers, the Journal of the Academy of Nutrition and Dietetics showed that edible flowers may “have the potential to be used as an additive in foods to help prevent chronic disease and prevent food oxidation.” The flowers with the peak mineral content were violas, chrysanthemum, and dianthus, with potassium being the most plentiful mineral.

There is plenty of folklore surrounding eating edible flowers as well. One old wives' tale states that if a woman slipped a bit of borage — which Roman author Pliny the Elder believed to be an anti-depressant — into her beloved man's drink, it would give him the courage to propose.

In Tatterhood, a Norwegian folktale, the queen seeks the advice of an “old beggar wife” to help her conceive: against the old woman's advice, the queen eats two flowers instead of one:

“...When she looked under the bed next morning, there stood two flowers; one was ugly and foul, and had black

leaves; but the other was so bright, and fair, and lovely, she had never seen its like; so she ate it up at once. But the pretty flower tasted so sweet, that she couldn't help herself. She ate the other up too, for, she thought, “it can't hurt or help one much either way, I'll be bound.”

The queen gave birth to one girl with ragged hair who rode a goat and carried a spoon in her hand, and another “who was so fair and sweet, no one had ever set eyes on such a lovely child.” The story ends well, but we won't spoil it.

The phrase “to eat lotus” is used by writers to mean “to forget,” or “to be unmindful.” In the *Odyssey*, Odysseus reaches the land of lotus-eaters, and his crews also partake in eating the mysterious plant. They become so blissfully apathetic and sleepy they had to be dragged back to the ship while weeping bitterly lest they never return to their duties.

Regardless of your reason for exploring the wonderful world of edible blossoms, we've included two recipes for you on pages 19-20.

—Alycia Rock



and The Beasts



WHY ARE CHEFS, GROWERS, FOOD PHOTOGRAPHERS AND MORE NOW RALLYING BEHIND WHAT THEY AFFECTIONATELY REFER TO AS THE UGLY FOOD MOVEMENT?

BY MAX NEWLAND

It's not rare to see diners at restaurants whipping out their smartphones to document the beautiful appearance of a well-plated meal; you may have even done it at home to share with your #foodie friends on Instagram.

Demand for beautiful, shareable, artistic food is high, and that means some not-so-beautiful specimens end up in the trash. This is why chefs, growers, food photographers, and more are now rallying behind what they affectionately refer to as the Ugly Food Movement - and it's not just about reclaiming flawed fruits and veggies, it's about building a sustainable system that reduces food waste by changing shoppers' food-buying habits.

Think about the last time you bought a load of fresh fruits and vegetables - did you pass up a couple of bruised apples? Maybe you left behind a crooked carrot in favor of the more traditional "Frosty's nose" variety. More than a third of

produce sold in the United States is thrown out before it even reaches the checkout lane (some sources place the number as high as 50% in 2017), so obviously retailers know what you're looking for: most consumers want pretty, "perfect," produce free of blemishes and bruises - wilted lettuce and brown apples need not apply. The unfortunate side-effect of those preferences, is that millions of pounds of edible, nutritious food end up in landfills every year, feeding flies and not people.

Ugly food is practical - not only does buying misshapen, discolored, or otherwise unappealing (though no less nutritious) food help reduce waste, at many grocery stores and supermarkets you'll even find them at a lower price (your Co-op's discounted brown bananas, for example). Not only does that mean less cost for the consumer, it adds up to extra profits for farmers. Normally, unappealing produce has to be shipped back to its source to be wasted - shipping that the farmer has to pay

for. When ugly food sells, farmers profit on what would have otherwise been a loss.

While major retailers are slow to adopt trends like the Ugly Food Movement, Moscow is fortunate to have options for consumers who want to support local farmers and reduce food waste. Of course shopping at The Co-op is one way to do that, and during the summer and early fall, the Farmer's Market provides you with local choices raised by small-scale growers.

It takes more than voting with your wallet to keep the movement alive, however. Organizations like the Food Recovery Network are helping support food banks and community centers by redistributing rejected produce. Washington State University hosts a chapter which partners with the Whitman County Community Action Center to help collect unwanted fruits and veggies from local stores and campus dining services. Because of the Food Recovery Network, you can go right now to imperfectproduce.com to sign up for a low-cost monthly delivery box of fresh, organic, ugly produce to turn into beautiful, fulfilling meals for your family.

Because of the Ugly Food Movement, laws have been rolled back which

prescribed specific standards of appearance for fruits and vegetables in countries across the world. A petition featured recently on change.org calling on large retailers to start carrying ugly produce collected over 130,000 signatures, and you can find additional calls to action today.

Talk with your neighbors about ugly produce - and if you grow your own, show off your non-traditional produce to friends and family so they can see how beautiful "ugly" food can be. Don't be afraid to encourage them to be more thoughtful about what they keep and what they toss. For more research, check out *Ugly Food: Overlooked & Undercooked* by Tim Wharton and Richard Horsey. As they point out, changing our food systems will mean changing how we think and talk about food.

We've also included a few "ugly" recipes for you with ingredients you might find at the Moscow Food Co-op on pages 19-20.

One thing we have in common with the food we eat is that you can't always judge a book by its cover. When it comes to food and people, it's what's inside that really counts.

-Max Newland



Getting to Know Willow

LEARN A LITTLE ABOUT WILLOW VENZKE, THE MOSCOW FOOD CO-OP'S VOLUNTEER COORDINATOR AND BOARD ADMIN ASSISTANT

TELL US A LITTLE BIT ABOUT HOW YOU GOT INVOLVED WITH THE MOSCOW FOOD CO-OP.

Long before I started working at the Co-op, it was a big part of my life. My family moved to Moscow when I was 6 years old, and the Co-op — in its various previous locations — was where we went to buy great food, with the added benefit of inevitably running into friends. My dad started the Co-op's Community Newsletter, which he edited for 27 years, and he was involved in the Co-op in many other ways also.

There was always talk about the Co-op in our house, as well as various Co-op meetings around our dining room table. When we lived in Florida for 10 years, I really missed the

Co-op! There were natural foods stores, but it just wasn't the same.

WHAT IS YOUR FAVORITE THING ABOUT WORKING AT THE CO-OP?

Can I say three? First, I really appreciate the upbeat, positive atmosphere, both on the sales floor and in the offices upstairs. Second, the people! Our awesome staff, friends I get to chat with while I shop, and customers with friendly smiles. Finally, It's so important to me to have delicious, healthy food, and here I can just walk downstairs and have the best in town!

WHAT ARE SOME OF YOUR PASSIONS OUTSIDE OF WORK?

I love everything about summer, cooking and baking with my kids, being in nature — like taking walks, hiking, swimming, and camping — and doing puzzles, playing games, listening to music, and reading.

WHO INSPIRES YOU? WHAT ARE SOME WAYS YOU HOPE TO INSPIRE OTHERS?

My three children inspire me every day. They inspire me to be the best person and mom I can be, to laugh, play, and have fun, and to find amazing things in the everyday world. I hope to inspire others by being kind. It sounds so simple, but if more people were genuinely kind, loving, and welcoming, our world would be a very different place.

TELL US SOMETHING THAT MIGHT SURPRISE US ABOUT YOU.

I love to travel. I've visited 15 states (not counting flying or driving through others), and 10 countries abroad, some for extended periods of time, and several more than once. My traveling has slowed down a lot since having kids, but I'm very thankful for all the places I've been and people I've met during my journeys.

WHAT DO YOU WISH MORE PEOPLE KNEW ABOUT THE MOSCOW FOOD CO-OP?

I wish more people knew that the Co-op is so very different than just any other grocery store. It's a community!



FLORAL SHORTBREAD COOKIES

For the cookies:

- 1 cup of softened unsalted butter
- 3/4 cup confectioners sugar
- 2 cups all purpose flour
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract
- Any and all edible flowers

For the glaze:

- 2 cups confectioners' sugar
- 3-4 tablespoons fresh lemon juice

Instructions

1. Use the paddle attachment with an electric mixer. Beat together the sugar and softened butter.
2. Add vanilla extract and continue to beat.
3. Slowly add the flour and salt into the mixture.
4. Once your mixture looks like dough, form it into a disk and wrap it in plastic.
5. Let chill for at least 3 hours.
6. Preheat the oven to 325°.
7. Divide the dough in half, and roll to 1/16 of an inch

with wax paper on top and underneath. Use your favorite cookie cutter to punch out the cookies.

8. Prick the cookies gently with a fork or toothpick.
9. Bake for 10-13 minutes, then cool on a baker's rack.
10. To make the glaze, place confectioners' sugar in a medium bowl or liquid measuring cup.
11. Stir in lemon juice (glaze should be thick, yet pourable). Add more sugar, lemon juice, or water as necessary to achieve desired consistency and flavor.
12. Drizzle the glaze over the cookies, or gently spoon it on top.
13. Decorate the cookies with your favorite edible flowers by placing them gently on wet glaze.

SPRING GARDEN SALAD

For the salad:

- 5-6 small fingerling or new potatoes
- 1 bunch of red lettuce
- 1 egg per salad
- 1 tablespoon grainy Dijon mustard
- Any and all edible flowers (we used a blend that included nasturtium and mustard flowers.)

For the pancetta vinaigrette:

- 1/4 cup olive oil
- 3 ounces pancetta, finely chopped
- 1/2 bunch of dill, chopped
- 2 garlic cloves, minced
- 1/4 cup red wine vinegar
- Salt and pepper to taste

Soft boiled eggs:

You can cook the eggs to whatever texture you'd like, but we recommend soft boiled: the yolk adds another layer of richness to the salad.

1. Add eggs to a pot of boiling water. Cook for 6 minutes.
2. Drain the water, and drop the eggs into ice water to stop the cooking process. Peel once cool.

Instructions:

1. Add a small amount of olive oil to a pan, and cook the pancetta over medium-low heat, stirring often. Once the pancetta is nice and crisp, turn off the heat.
2. When the sizzle of the cooking pancetta stops, add the dill and garlic. Stir and allow the garlic to cook.
3. Whisk the vinegar and olive oil into the pan. Season with salt and pepper. Set aside.
4. In another pan, warm up 1/3 cup of the vinaigrette, and add the cooked potatoes along with the grainy Dijon mustard.
5. Put your lettuce in a bowl and lightly dress with about 2 tablespoons of your set aside pancetta vinaigrette.
6. Once the potatoes are nicely coated in their dressing and mustard, add them to the salad.
7. Place the egg atop the salad, and just before serving, crack it so the yolk can spill.
8. Top this salad with any and all edible flowers.

SPRING ROLL BOWL

For the sweet garlic lime sauce:

- 3 cloves garlic
- 2 tablespoons rice vinegar
- 1/4 cup agave or brown sugar
- 1/4 cup fish sauce
- 1/3 cup lime juice
- 1/3 cup vegetable oil

For the bowls:

- Rice or soba noodles
- Basil, mint, and cilantro
- Serrano peppers
- Chopped peanuts
- Veggies: we used "ugly" carrots, avocado, bell peppers, and cucumbers
- Optional protein like tofu or chicken

Instructions:

1. Blend the sauce ingredients in a food processor or blender until they are emulsified. Set aside.
2. Cook the soba noodles in rapidly boiling water for about 4 minutes, then strain and set aside to cool. If you

are using rice noodles, soak them in cold water for about 15 minutes to help prevent stickiness.

3. Slice the serranos, and cut the vegetables of your choice however you like them. We used a variety of cuts to add texture to the dish! Mince the herbs.
4. Toss the noodles with the sweet garlic lime sauce and all the other ingredients. Top with chopped peanuts, minced herbs and a little slice of lime.

HEIRLOOM TOMATO TART WITH TOFU RICOTTA

For the tofu ricotta:

- 1 block firm tofu, drained and patted dry
- 1 tablespoon lemon juice
- 2 tablespoons nutritional yeast
- 1 teaspoon salt
- 2 cloves of garlic, minced

For the tart crust:

- 2 cups all-purpose or gluten-free flour
- 1 cup grated cheese (we used Parmesan)
- 1 teaspoon kosher salt
- 1 stick cold unsalted butter, cubed
- 1/2 cup ice water

Toppings:

- 3 heirloom tomatoes — the uglier the better!
- Olive oil, to taste (1-3 tablespoons)
- Basil leaves

Instructions:

1. Chop tofu into cubes and place with remaining ricotta ingredients in a food processor or blender. Pulse until smooth. Adjust to taste with additional lemon juice,

garlic, or seasonings.

2. To make the tart crust, stir together flour, cheese, and salt. Add the butter, tossing with your fingers to smash each piece into the flour. Stir in the water and knead until a dough forms.
3. Transfer to a floured work surface and roll into a thin round sheet. Brush off the excess flour and drape the round over your tart pan, making sure the dough is flush with the sides. Trim any excess. Chill for at least one hour, then bake at 425° until lightly browned.
4. Remove the tart crust from the oven and fill with the tofu ricotta. Top the tart with sliced heirloom tomatoes, basil, and drizzle with olive oil. Bake again until the tomatoes and basil start to wrinkle.
5. Lightly salt the tart when it comes out of the oven, and drizzle lightly with olive oil. The tofu ricotta will have a texture similar to quiche!

WHAT IS A CO-OP?

BY IDGI POTTER, MOSCOW FOOD
CO-OP BOARD MEMBER

IN THE SIMPLEST TERMS...

A cooperative is an organization that exists for the benefit of its members. Co-ops can be formed to provide housing, education, equipment, food, jobs, utilities... You name it, someone has probably formed a cooperative to provide it. Cooperatives are distinct in that ownership in a cooperative is shared democratically (one member, one vote) rather than by the amount of capital each person invests. Nobody can be a majority shareholder of a co-op, no matter how long they belong or how much money they spend.

While the names for different types of co-ops vary, there are four basic forms: co-ops owned by people who want to *buy* something, *sell* something, *make* something, or *own* something. In addition, some co-ops combine these ownership types to form hybrids.

TYPES OF CO-OPS

Buyers' cooperatives leverage their combined purchasing power to get better prices for members. They include consumer co-ops — like our own Moscow Food Co-op — that sell directly to the public; purchasing co-ops whose members

are themselves retail businesses — like True Value hardware, Best Western hotels, and National Cooperative Grocers — credit unions, utility co-ops, and agricultural supply co-ops.

Sellers' cooperatives are most commonly agricultural co-ops, collecting and selling the output of many individually-owned farms under one brand. Examples include Pacific Northwest Growers, OceanSpray, Organic Valley, Darigold, and Shepherd's Grain. Like all brands, some marketing co-ops require their producers to use sustainable or organic practices, while others sell conventionally produced products.

Workers' cooperatives are businesses that are owned and controlled by their workers. For example, Mondragon is a well-known Spanish workers' co-op that operates in a variety of industries. Like other types of co-ops, workers' co-ops take many different forms, but they are united by the idea of "one worker, one vote."

In the United States, the most common type of ownership cooperative is a housing co-op. Housing co-ops are a form of shared property ownership in which members jointly own their homes. These may be communal living spaces, a complex of individually occupied apartments, or anything in between.

Farm collectives involve a group of people who share ownership of land and tools. They may produce food for selling or for their own use. A non-business co-op may form to share ownership of almost anything, such as tools, vehicles, or work space, which are shared among members like a library.

THE COOPERATIVE ADVANTAGE

The advantages of cooperatives over other business models are many and diverse. Cooperatives are resilient — far more likely to survive their first five years in business (90%) than other ownership models (3-5%.) With control and risk spread over a group of owners, they are more likely to survive economic downturn and avoid the succession issues inherent in single-owner businesses. Because a cooperative either reinvests its profits or returns profits to members, money goes directly back to the owners instead of to distant shareholders. Finally, since cooperative members are directly invested, they are more likely to remain loyal and ethically invested than customers or workers in traditional businesses.

In addition to these practical economic benefits, co-ops are often committed to goals outside of simple business success. Self-sufficiency, sustainability, and education opportunities are the hallmarks of a cooperative that is rooted in its membership and its community.

-Idgi Potter

HERE'S HOW IT WORKS

YOU!

one of our 1,800 (and counting) Co-op owners

Creates the in-store experience and community programs

**THE CO-OP'S
MANAGEMENT**



Guides the planning for the management team & staff

**THE CO-OP'S
STRATEGIC PLAN**

THE SEVEN COOPERATIVE PRINCIPLES

1. VOLUNTARY AND OPEN MEMBERSHIP

COOPERATIVES ARE VOLUNTARY ORGANIZATIONS, OPEN TO ALL PERSONS ABLE TO USE THEIR SERVICES AND WILLING TO ACCEPT THE RESPONSIBILITIES OF MEMBERSHIP, WITHOUT GENDER, SOCIAL, RACIAL, POLITICAL, OR RELIGIOUS DISCRIMINATION.

2. DEMOCRATIC MEMBER CONTROL

COOPERATIVES ARE DEMOCRATIC ORGANIZATIONS CONTROLLED BY THEIR MEMBERS, WHO ACTIVELY PARTICIPATE IN SETTING THEIR POLICIES AND MAKING DECISIONS. PEOPLE SERVING AS ELECTED REPRESENTATIVES ARE ACCOUNTABLE TO THE MEMBERSHIP. IN PRIMARY COOPERATIVES, MEMBERS HAVE EQUAL VOTING RIGHTS (ONE MEMBER, ONE VOTE.)

3. MEMBER ECONOMIC PARTICIPATION

MEMBERS CONTRIBUTE EQUITABLY TO, AND DEMOCRATICALLY CONTROL, THE CAPITAL OF THEIR COOPERATIVE. AT LEAST PART OF THAT CAPITAL IS USUALLY THE COMMON PROPERTY OF THE COOPERATIVE. MEMBERS USUALLY RECEIVE LIMITED COMPENSATION, IF ANY, ON CAPITAL SUBSCRIBED AS A CONDITION OF MEMBERSHIP. MEMBERS ALLOCATE SURPLUSES FOR ANY OR ALL OF THE FOLLOWING PURPOSES: DEVELOPING THEIR COOPERATIVE, POSSIBLY BY SETTING UP RESERVES, PART OF WHICH AT LEAST WOULD BE INDIVISIBLE; BENEFITING MEMBERS IN PROPORTION TO THEIR TRANSACTIONS WITH THE COOPERATIVE; AND SUPPORTING OTHER ACTIVITIES APPROVED BY THE MEMBERSHIP.

4. AUTONOMY AND INDEPENDENCE

COOPERATIVES ARE AUTONOMOUS, SELF-HELP ORGANIZATIONS CONTROLLED BY THEIR MEMBERS. IF THEY ENTER INTO AGREEMENTS WITH OTHER ORGANIZATIONS, INCLUDING GOVERNMENTS, OR RAISE CAPITAL FROM EXTERNAL SOURCES, THEY DO SO ON TERMS THAT ENSURE DEMOCRATIC CONTROL BY THEIR MEMBERS AND MAINTAIN THEIR COOPERATIVE AUTONOMY.

5. EDUCATION, TRAINING, AND INFORMATION

COOPERATIVES PROVIDE EDUCATION AND TRAINING FOR THEIR MEMBERS, ELECTED REPRESENTATIVES, MANAGERS, AND EMPLOYEES SO THEY CAN CONTRIBUTE EFFECTIVELY TO THE DEVELOPMENT OF THEIR COOPERATIVES. THEY INFORM THE GENERAL PUBLIC - PARTICULARLY YOUNG PEOPLE AND OPINION LEADERS - ABOUT THE NATURE AND BENEFITS OF COOPERATION.

6. COOPERATION AMONG COOPERATIVES

COOPERATIVES SERVE THEIR MEMBERS MOST EFFECTIVELY AND STRENGTHEN THE COOPERATIVE MOVEMENT BY WORKING TOGETHER THROUGH LOCAL, NATIONAL, REGIONAL, AND INTERNATIONAL STRUCTURES.

7. CONCERN FOR COMMUNITY

COOPERATIVES WORK FOR THE SUSTAINABLE DEVELOPMENT OF THEIR COMMUNITIES THROUGH POLICIES APPROVED BY THEIR MEMBERS.

Participate in annual elections



**BOARD OF
DIRECTORS**
made up of 9 Co-op
owners

Determines the long-range
vision for the Co-op

DO IT YOURSELF: BULK

We have a plethora of delicious pre-made trail mixes at the Moscow Food Co-op, but if you'd like to make your own, here are our favorite ingredients and ratios in a handy guide. Lightweight, portable, and full of protein, trail mix is perfect for on-the-go nourishment. 'Tis the season to pack your bags, grab your snacks, and head outside for some delightful spring hiking!

MIXED NUTS: 40%

Packed with protein, nuts contain essential "good" fats like omega-3 fatty acids, similar to those found in many kinds of fish. Nuts also contain fiber which helps you feel full longer. In this recipe, we used cashews, almonds, and pecans for a nice blend of flavor and texture.

DRIED FRUIT: 30%

Whether you dry it yourself or buy it in bulk, dried fruit is a great way to get the sweetness you crave without adding processed sugar. We used organic apple rings and dried wild blueberries to make this mix higher in vitamins too.

SEEDS: 10%

Seeds provide many of the same health benefits as nuts, so they are a great option for those with nut allergies. We went for a mix of pumpkin and sunflower seeds. Pumpkin seeds have more than 8 grams of protein per ounce, and sunflower seeds are rich in vitamin E.

GRAINS: 10%

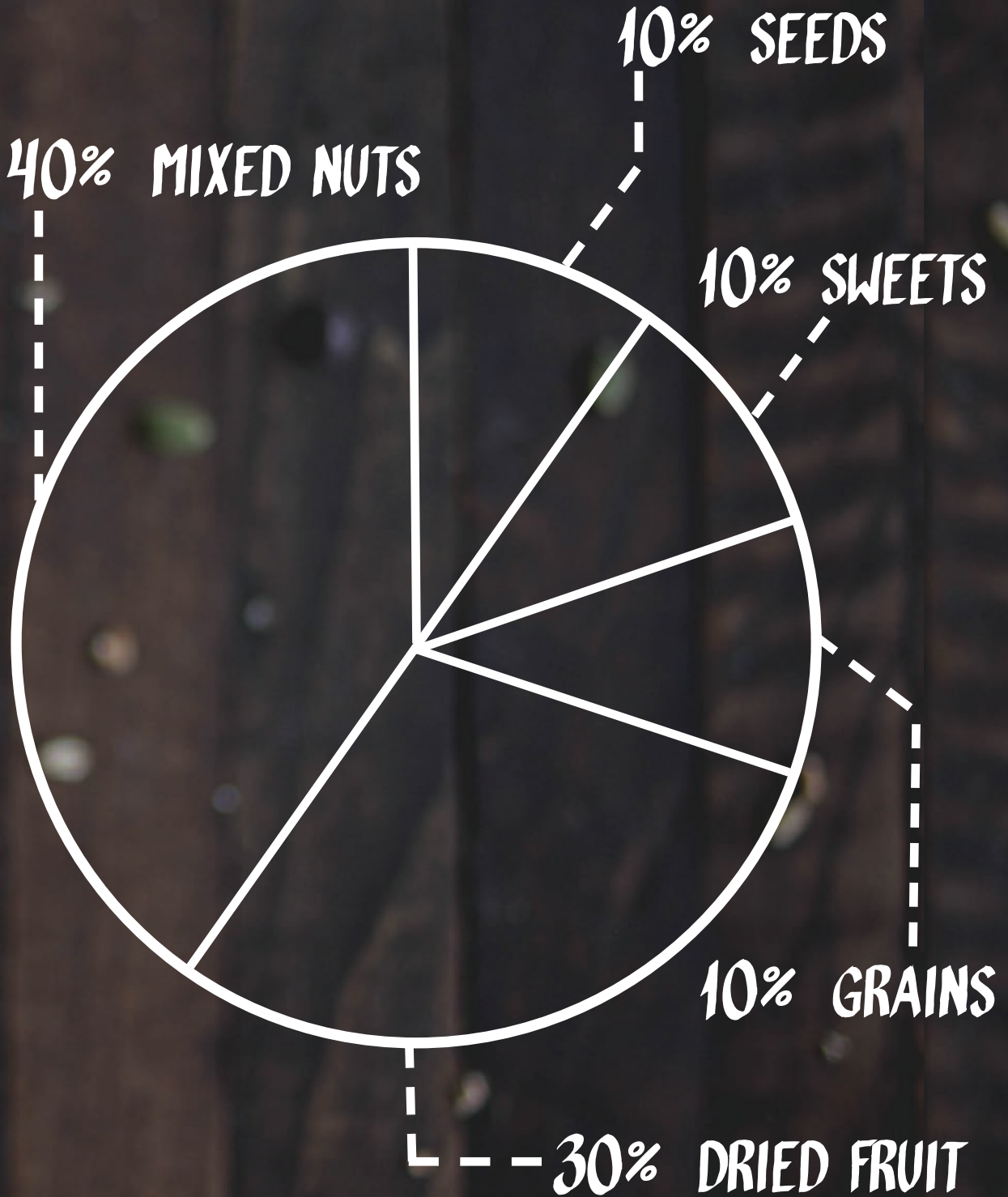
Complex carbs can boost overall energy and keep you full. We have many varieties of sweet and not-so-sweet granola at the Co-op for an extra crunch to fit your taste. Other grain options include pretzels, cereal, toasted oats, or popcorn.

SWEETS: 10%

Alongside dried fruit, sweets can add a little extra flavor to round out your trail mix. We used milk chocolate chips, but yogurt-covered raisins, marshmallows, or candied nuts are additional options you can find in the Co-ops Bulk department.



DEPARTMENT TRAIL MIX



THE FIVE SPOT

WRITTEN BY NAOMI BROWSON

SPRING IS IN THE AIR, and sort of has been all winter....

Soon the length of the days and buds appearing on trees will join the moderate temperatures to signal that we have come around again to this time of renewal and growth. It's a good time of year to lighten up our diet and to get our Qi flowing again after the quietude of winter.

How lucky we are here in Moscow, to have two new places where we can get our health on: Palouse Juice, our new downtown healthy food emporium brought to us by Toni Salerno-Baird and husband Zach Baird; and the Co-op's new satellite location on campus.

Though we Chinese nutrition wonks generally espouse taking all foods cooked rather than raw, at this time of year we can lighten up our cooking, and can include small amounts of raw foods in our diet. Ask Toni about warming up

one of her juices by adding spices such as cayenne pepper or garlic. If you're feeling a bit sluggish, and a little thirsty or hungry, head down to the Co-op on campus, or our local juice bar for a tea, juice, a goodness bowl, or a smoothie loaded with spring deliciousness!

Here are five plants these places carry that support our health all year round, and especially in spring.

-Naomi Brownson

01

Herbs:

Parsley/mint/ginger/turmeric/garlic/dandelion/chamomile. Whether as a tea, or in a juice such as Palouse Juice's "Detoxifier," these are herbs that, according to Chinese nutrition theory, help the liver to move Qi. Smoothly flowing Qi is one of the key conditions for overall good health.

02

Goji berries

Nourish tendons and ligaments for healthy joints, and help nourish and moisten the eyes for greater comfort and better vision. You can find them in the dried fruit aisle of the Co-op, and a handful a day, especially in spring, can make a difference.

03

Green onions, dandelion, or spring greens:

Spring greens are among the first signs of renewed life at this time of year, and they help the liver clean the blood. Green onions, added to a soup, can help ward off colds that can come as the temperatures change. For a potent sip of early spring immune boosting Qi, try Palouse Juice's version of the "Flu Shot," or their "Wheat Grass Shot" to help cleanse and detoxify.

04

Lemon, slightly sour flavors, or apple cider vinegar:

In spring, a little sour flavor in your diet can help keep the Qi flowing. Apple cider vinegar provides the added benefit of alkalizing our blood, to help maintain a healthy pH level, important for proper physiological function.

05

Beets:

Make a good example of the Doctrine of Signatures, the ancient medical theory that says we can treat certain body parts with plants and herbs that resemble those parts. For millennia, Chinese nutrition has used beets to nourish the blood.



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

CO-OP E-NEWSLETTER

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

BOARD NEWS

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

VOLUNTEER OPPORTUNITIES

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

COMMUNITY NEWS and EVENTS CALENDAR

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

BEET BOX

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

SOCIAL MEDIA

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

All rights reserved. No part of this publication may be used or reproduced in any form or by any means without prior permission of the editor. The opinions expressed herein are those of the authors and not necessarily those of the board, management, staff, or owners of the Moscow Food Co-op. Nutrition and health information given is for educational purposes only and is not meant as a substitute for a consultation with a licensed health or dietary practitioner.