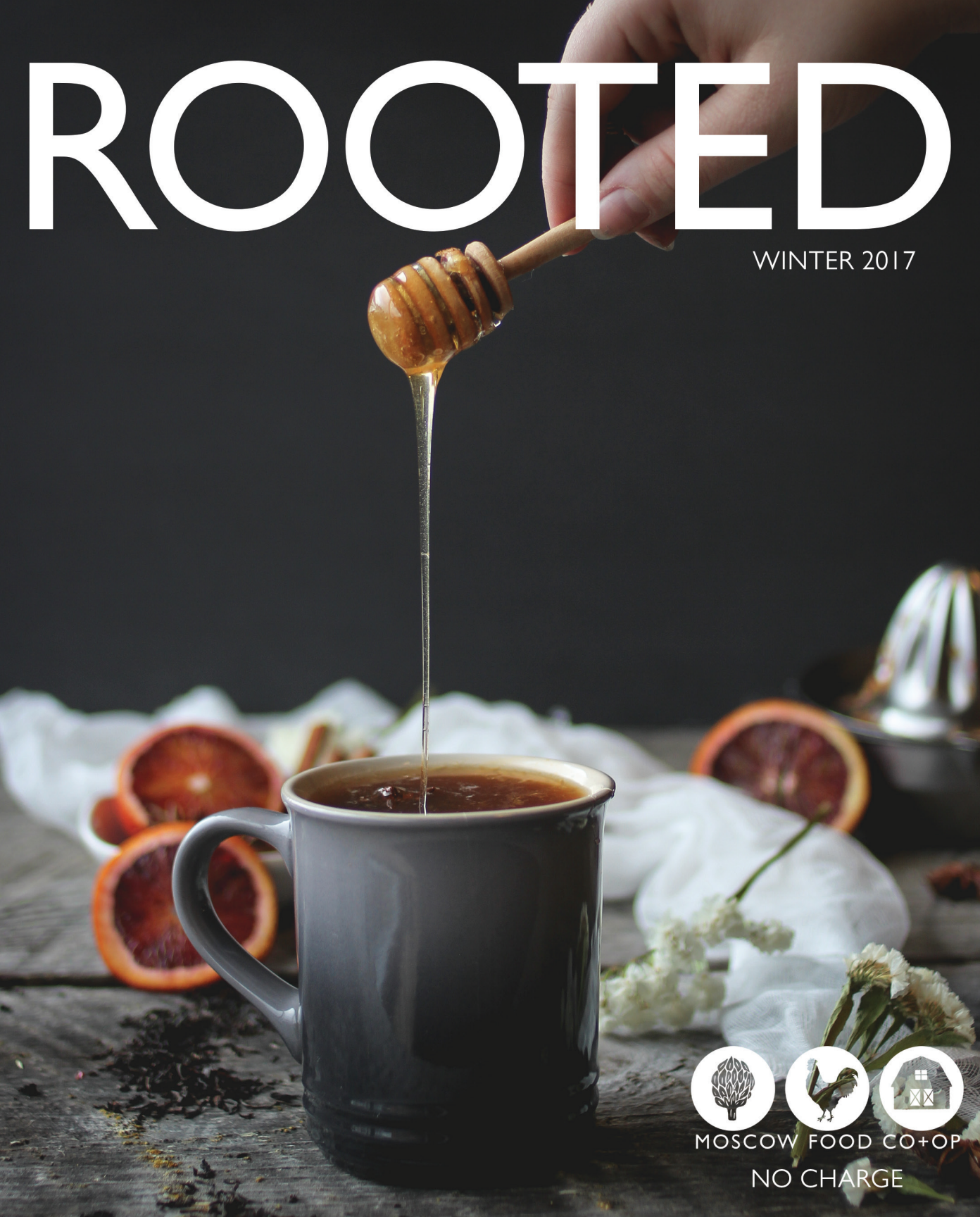


ROOTED

WINTER 2017



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.

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We would like to thank Bill London for his legacy of communication and cooperation. His hard work and passion remain an inspiration to all of the Co-op's publications.



LOOKING

FORWARD

Dime in Time

You receive 10 cents every time you use a reusable grocery bag when you shop at the Moscow Food Co-op, and this money can be applied to your purchase or donated to the charity selected for the month!

December:

KRFP Radio Free Moscow

KRFP Radio Free Moscow is the voice of our Palouse Community. KRFP is community supported and volunteer powered. KRFP offers a mix of local, regional, and national news, updates on local arts and cultural events, a selection of multicultural programming, diverse commentary, opinion, and music seldom heard on main-stream radio. The programs you hear on KRFP inform listeners about

important political, environmental, and social justice issues that affect us locally, regionally and globally. Not only that, KRFP provides a venue for members of our community to have their voices heard as well as opportunities for citizens to learn broadcasting, production, and journalism skills. KRFP is a proud of other nonprofit organizations in the area, and airs Public Service Announcements in support. In August 2017, KRFP completed a "Full Power Campaign," now broadcasting at 1100 watts. This improved signal can be heard at 90.3 FM throughout Latah and Whitman counties, bringing progressive media to more citizens in our region.

January:

Seed Sowers Cooperative Community Fund
The Seed Sowers Cooperative Community Fund is an endowment

fund created by co-ops, for co-ops. As the Moscow Food Co-op and Palouse community grows, it is increasingly important we continue to support the work of local charitable organizations and are impactful as possible with our giving. The Seed Sowers Fund will help us increase our giving locally and will help fund the national cooperative movement. When you "round up" at the register, that money goes into the Seed Sowers Fund, from which the interest is returned to the Co-op for the purpose of dispensing grants to local organizations.

February:

Rendezvous in the Park

Rendezvous in The Park is a celebration of community through music and art. It is an all-inclusive festival where people come to enjoy catching up with each other, listening to music, eating, and dancing. Rendezvous has a 36-year history of organizational strength, surviving while other nonprofits in the arts are folding. Both Rendezvous in the Park and Rendezvous for Kids try to reduce their carbon footprint and total waste generated — many of the children's art projects use recyclable materials, like the Cardboard City, CD alien star ships, recycle robots, and many cloth projects using quilters' scraps. Rendezvous for Kids has also stopped providing plastic water bottles and brown paper bags to each of the 130+ children each year, encouraging them to bring their own reusable water bottle and cloth bags.

Co-op on Campus!

The Moscow Food Co-op is a source for good food and community for Moscow and the surrounding areas. That's why we're overjoyed to be opening a small location on the University of Idaho campus, sharing a building with The Center, where we'll be serving the UI

community fresh-brewed espresso, grab-and-go items, and select grocery items for folks on the go. The Co-op on Campus will be open in early 2018!

Co-op Classes

The Co-op has been working hard to collaborate with professionals and passionate community partners to offer a variety of educational classes and lectures. Our Healthy Eating on a Budget series is open to owners and non-owners alike, and features fun and fresh recipes by Alice Ma, a registered dietitian working at WSU. In addition, the Co-op also supports UI's Vandalizing the Kitchen class series for students learning how to prepare meals on a budget. Join us for our upcoming spring classes on gardening and composting (including vermicomposting — compsting with worms) for community members who want to reduce their carbon footprint and commit to growing their own food. Class schedules can be found online at moscowfood.coop/education.

Food For Thought Film Series

Films are shown in partnership with the University of Idaho Sustainability Center (UISC) at the Kenworthy Performing Arts Center at 508 South Main Street in Moscow.

The Condor's Shadow

Wednesday, February 21, 7 p.m.

With special guest Dr. David Moen of the Idaho Nez Perce Tribe. This film tells the harrowing story of the California Condor, brought back from the brink of extinction by a dedicated group of wildlife scientists and conservationists.

Healthy Hearts for Valentine's Day

We're taking hearts into consideration in February, in a very literal way. Look for samples of ingredients and recipes

selected for their heart-healthy properties. And don't take "heart-healthy" to mean "bland" - we're talking about ingredients like salmon, dark chocolate, red wine and more. And speaking of wine and chocolate...

Wine and Chocolate Tasting

Similar to our winter event series Tasteful Thursdays, The Co-op will host a sampling of wines, chocolates, and other decadent local flavors, accompanied by live music. Join us the day before Valentine's - Tuesday, February 13, from 5-7 p.m. in the deli. A detailed list of participating vendors and musicians will be available the week before the event, and any questions can be directed to Max Newland at outreach@moscowfood.coop

Board Elections

Starting March 18, voting will begin for the three open seats on your Co-op's Board of Directors. All owners are invited to vote online - links will be provided as we draw nearer to the election date. One vote per ownership account -- please discuss voting and candidates with shared accounts ahead of time. Voting can take place any time between the opening date, March 18, and the closing date, March 31. Any questions about the election and the candidates can be directed to Willow at boardadmin@moscowfood.coop

-MN



ON OUR SHELVES

Beyond Meat Beef-Free Burgers and Crumbles



Beyond Meat's mission is "to create mass-market solutions that perfectly replace animal protein with plant protein." They are dedicated to improving human health by using safe, high-quality ingredients and eliminating the use of harmful additives. They are also dedicated to positively impacting climate change, conserving natural resources, and respecting animal welfare. Beyond Meat's beef-free burgers and crumbles are made from simple plant-based ingredients. Peas and non-GMO soy provide the protein; the beefy red color comes from small amounts of beets. Coconut oil and potato starch create mouth-watering juiciness. Two flavors of crumbles and the Beast burger are located in the freezer aisle of the Moscow Food Co-op. Find Beyond Burger in the open-face cooler.

Ethical Bean Coffee Pods

Since 2003 Ethical Bean, a certified B Corp, has been driven by the belief that "fair trade doesn't have to live on the fringe." They strive to compete with the world's biggest growers and roasters in both quality and flavor, but only with fair trade-certified, organically-grown beans. They want to use energy, water, and materials more responsibly than other, traditional companies and, most of all, provide a fair wage to the farmers who grow their beans. Their coffee pods are 100% certified compostable and come in three roasts: classic, lush French roast, and rich dark roast.



Pascha Chocolate Chips



The founder of Pascha chocolate creates simple and pure chocolate, without any of the additives or ingredients that might trigger allergic reactions for those with food allergies or intolerances. Rarely is chocolate thought of as a major source of food allergens, yet many brands contain trace amounts of the top eight allergens – peanuts, milk, tree nuts, soy, wheat, gluten and even eggs. Pascha Chocolate Chips are free of all of these, as well as GMOs, sulfites, and artificial sweeteners. They are organic, vegan, paleo-friendly, kosher, and fair trade-certified and come in three flavors: unsweetened, semi-sweet, and cocoa. Find these at the Moscow Food Co-op with our other baking ingredients.



Table 5 Pizza

After fifteen years making Vicolo® cornmeal crust pizzas in the San Francisco Bay Area, the founders of the company decided to market their crafted pizzas outside of Golden State. With Table 5 Pizza, they've stayed true to their original vision and values. Their savory pizzas are made the same way they made them fifteen years ago – by hand in small batches, using only premium and all-natural ingredients. A crispy cornmeal crust is the foundation of every pizza they make. Table 5 is the perfect pizza "for kindred spirits everywhere who love sharing great food with friends." Look for four mouth-watering flavors: Pepperoni, Four Cheese, Mushroom, and Italian Sausage at the Moscow Food Co-op.

NadaMoo! Non-Dairy Frozen Dessert

NadaMoo!, a made-up word meaning "no dairy", is a coconut milk-based frozen dessert produced by a family-owned business in the heart of Texas. Their products are USDA organic, non-GMO Project verified, vegan, gluten-free, and fair-trade certified. Community is highly valued at NadaMoo!. Family members often volunteer at local nonprofits or donate pints of their dessert to favorite causes. Find six enticing flavors in the Moscow Food Co-op's freezer aisle: Birthday Cake, Vanilla, The Rockiest Road, Chocolate, Lotta Mint Chip and Maple Pecan.



Bellwether Farms Sheep Milk Yogurt



Family-owned and operated, Bellwether Farms is located in Sonoma County, California. Their sheep are a Northern European breed called East Friesian, which are among the best milk producing sheep in the world. The sheep are free to roam the pasture year round, but they're also fed grain and alfalfa to keep them in top condition for milk production. No herbicides or artificial fertilizers are ever used on the pastures. Their yogurt is made with milk that is free of antibiotics and growth hormones. It contains 12 active cultures and has a thick, creamy texture, and clean, refreshing taste. The fruit in the yogurt is sourced from Oregon's Columbia River area. Sheep milk has 60% more protein than cow or goat milk, and is a complete protein because it contains all 10 essential amino acids the body needs. It has more mono- and poly-unsaturated fats, including omega 3 and omega 6. It is higher in vitamins and minerals and easier to digest because the fat globules are smaller. All five flavors – plain, vanilla, blueberry, strawberry, and blackberry – are perfect with fruit, nuts or your favorite granola for breakfast or a healthy snack.



BOARD ELECTIONS
2018
—TIMELINE—

11/16/2017

Candidacy packets available at the Co-op and our website

01/24/2018

Deadline for candidate applications and candidate statements to be submitted

01/30/2018

Board recognizes eligible candidates

2/07/2018, 6-8 p.m.

Candidate orientations

2/9/2018

Deadline to drop out of the election process and be removed from ballot

2/16/2018

Candidate statements published

March 18, 8 a.m. – March 31, 5 p.m., 2018

Voting

3/19/2018, 7 p.m.

Candidate Forum in the Co-op deli

4/2/2018

Election results announced

4/7-4/8/2018

New Board member orientation and spring retreat

5/8/2018

New Board members seated at Board meeting

THINKING ABOUT RUNNING FOR THE BOARD?

Here's why some of our current Board members love serving their Co-op community:



Colette DePhelps

My primary motivation for serving on the Moscow Food Co-op Board of Directors was to give back to a business and community that has supported and nurtured me and my family physically and socially since I came to the Palouse in 1991.

Serving on the Board allows me to apply my professional skills and knowledge toward growing a cooperative economy on the Palouse. Working as part of the Co-op's committed and dynamic leadership team has provided opportunities for me to both learn and serve, which is personally rewarding.

Ashley Hamlin



I wanted to serve on the Board as a way to give back to the Co-op, which I felt had served (and is serving) my family in good and helpful ways. Since being elected, I am continually interested in all the many facets of how a cooperative works and feel like my personal and professional growth increases steadily. I also feel that as a director of a cherished and influential institution in our community, my work reaches beyond the Co-op to bring good to the larger community.

Carol MacFarland



I serve on the Moscow Food Co-op Board because I want to contribute to nourishing our local food system. It is also a great opportunity to use my knowledge base and gain new skills and experience. I like serving on the Board of Directors because I like participating in our community. I like meeting new people and it has been an honor to serve with the other Board members. I like learning so much about our co-op and the industry in general. I also like that the volunteer discount really helps our family's food budget go farther.

Tim Kohler



I chose to run for a position on the Board for two main reasons. First, when I stood for election, there was no one from Pullman on the Board (that is no longer the case). Second, and ultimately more important anyway, I believe in the Co-op's mission of keeping as much of our money local as possible; I don't like to feed the corporate kings any more than I have to. As an archaeologist, part of my research is the prehistory of wealth inequality, and this deep-time perspective gives me plenty of reasons to be offended at the levels of wealth inequality in the US today. Helping the Co-op succeed is just a very small rebellion from the grand corporate stranglehold, but one I feel good about.

David Nelson



I wanted to serve on the Co-op Board during a time of expansion to ensure the financial viability of one of the treasures of our community.

Serving on the Board gives me a better picture of how the Co-op works and how all our wonderful employees contribute to its success.

Laurene Sorensen, Board President

I chose to serve on the Board for many reasons. The Co-op is at the heart of our community, and I wanted to deepen my connection to Moscow once I decided to sink my roots here. It has improved my life in many ways, and I wanted to give back. I am fascinated with the inner workings of places, whether they are post offices, libraries, or grocery stores. I'm also a foodie and increasingly curious about where my food comes from. Serving on the Co-op board is fulfilling because I get to exercise my common sense and professional knowledge every time we meet. I want everyone to feel comfortable asking me and other Board members questions and expressing concerns. I may not always have the answer, or the answer an owner wants to hear, but I always endeavor to be a good listener and a resource for owners.



A LETTER FROM OUR EDITOR

As we approach the end of another successful year for our cooperative, I'm reminded of just how much we have to be thankful for.

There are so many opportunities to notice and complain about the less than perfect things around us that it's easy to forget to notice how many things that we should be thankful for.

There just isn't nearly enough gratitude in this world.

I'm thankful to live in a community that has supported the success of our food co-op for the last 44 years. I'm thankful everyday that I work for a progressive, community owned organization, an organization that strives to make the world a better place for everyone, an organization that actively contributes to the health and wellbeing of our community.

Our long-term success as a community business is due to several factors. Thank you to our amazing and dedicated employees who are committed to making sure the diverse needs of our customers and owners are met. Thank you to our often over-worked Board of Directors for their vigilant leadership and vision of our promising future. Thank you to all of you for your commitment to living and shopping your values. When you choose to shop the co-op, you're choosing community above everything else.

Thank you.

Melinda C. Schab
Editor in Chief





HOME SWEET HOME

PARDON OUR DUST!

by Joe Gilmore

In the next few months, the Moscow Food Co-op may resemble a construction zone. We are excited to share some updates about what we are working on!

Construction is moving forward on our campus location and we're happy to say we will be opening at 822 Elm Street and providing natural foods and coffee for students and faculty of the University of Idaho in early 2018. An espresso bar, grab-and-go sandwiches, and grocery items are just a few of the things guests and customers can look forward to when our on-campus location opens its doors.

We are also excited to share some details about our upcoming main store remodel. Outfitting our store with eco-friendly and updated equipment is a priority to us. To better serve you,

our owners, we will be making changes around the store that will result in an easier and more pleasant shopping experience, as well as make the store more environmentally efficient. You will see changes across the store that create an easier and more streamlined experience.

One of the biggest changes to note is the relocation of the frozen food section. Our current frozen foods aisle is located slightly off the beaten path in the southwest corner of our store, and requires a detour to get to. We've even heard, "You have a frozen food section?" before! The frozen aisle will move to the center of the store, where our bulk section is currently. We will be reconfiguring all the aisles, making them wider, longer and easier to navigate. The bulk section will be relocated to the west wall, directly beyond produce.

This move means all bulk products will be on one aisle rather than several, and tea, spices, and dried goods will be easily visible.

We will be moving beer and cider closer to wine, moving grab-and-go and drinks to the front of the store, installing new checkout lanes with conveyor belts, reconfiguring the hot bar area to provide more space, installing a new cheese island with a wider cheese selection, and a whole lot more.

As we mentioned before, we are tackling some ongoing issues with efficiency and outdated equipment. We are replacing our refrigeration coolers, some of which are more than 20 years old. New coolers mean more efficient lighting and refrigeration, and fewer maintenance calls. New bulk fixtures will be installed, which should decrease

general messiness, and new, 100% LED lighting will be installed and raised, making our interior atmosphere more open and inviting. Conveyor belts at the registers will allow guests to set their food and goods down, and allow cashiers to streamline their check out process. We will also be converting our current frozen aisle to back-stock space, letting us move more storage down from the second floor eliminating a LOT of trips for staff. This will also let us set aside a

“WE HAVE UPDATED OUR SEATING AREA, INSTALLING A BEAUTIFUL NEW HICKORY PLANT WALL, WHICH WILL CONTINUE TO SHOWCASE LOCAL ART.”

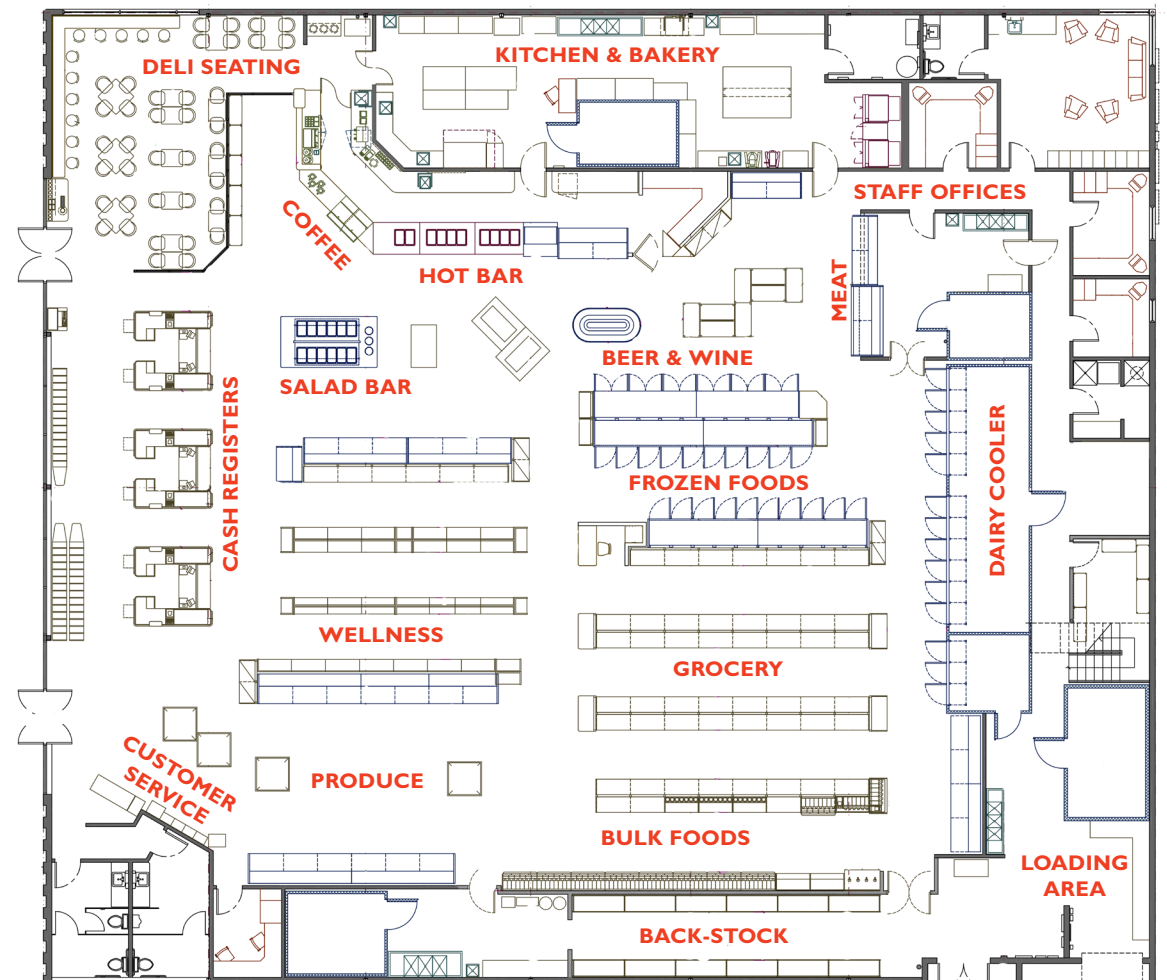
little bit of room for a new office and meeting room downstairs, creating a new private space and reducing staff congestion.

You will also see interior design updates everywhere in the store. We have updated our seating area, installing a beautiful new hickory plank wall, which will continue to showcase local art. We are installing new bar seating, as well as a new half-wall, enclosing the seating area. You will see updated signage across the store, featuring more information about our

products and local producers. We will be touching up paint everywhere, and adding our beloved new aisle signs.

A lot of the work lies in updating older equipment, and we are using this opportunity to make our store flow better and become more beautiful. Expect to see construction start in early January, and know that we anticipate this work will be complete by the end of March. Look to our website for regular updates. These changes and updates will allow the Moscow Food Co-op to remain a community food staple, and allow us to better serve our owners across the Palouse. In the meantime, please pardon our dust!

-JG



Steury Orchards

Palouse Apples: History, Heritage, and Heirloom

By Peg Kingery



RubINETTE. Ribston Pippin. Fameuse. Taliaferro. Belle de Boskoop — these romantic-sounding names, and others that come from Tim Steury's and Diane Noel's mouths as they shared samples of an appetizing array of some of the many old American, English, and French apple and pear varieties that the two Palouse farmers grow on their property near Potlatch, Idaho.

Twenty-seven years ago, Tim and Diane looked at their farm and decided that growing heritage apple varieties and pears was something they'd like to pursue. They talked with a friend at Washington State University who suggested they grow apples that were best suited for cider. Upon further research, the two discovered the history of apple-growing on the Palouse and added dessert varieties to their orchard. "There is a huge demand for cider and dessert fruit," Tim shared. Apples for cider is

"kind of like concord grapes for wine." Presently they grow over 140 different varieties (500 trees) on ten acres. These heirloom trees were purchased mostly from nurseries in Canada and New York. Tim also grafted cuttings from local apple trees onto rootstock — true Palouse varieties.

Tim explained that in the late 1800's and early 1900's apple orchards were prevalent on the Palouse. Besides being sold locally, trainloads of many different varieties were

shipped back East and sold there. The industry slowly fell out of favor due to several factors. Apple growers in central Washington began following the advice of business consultants to focus their energy on growing and marketing a limited number of apple varieties, whereas Palouse farmers continued growing many. Unfavorable weather (frost), transportation costs, and lack of marketing led to the end of the industry. But remnants of these old orchards can still

be found on the Palouse. Tim and Diane sell most of their cider apples to Liberty Cider Works in Spokane, Washington. They sell their dessert apples at Moscow's Farmer's Market when it is open and their apples can still be purchased at the Moscow Food Co-op. Apples grown for cider tend to be smaller than those grown for dessert. Tim explained that cider apples need to have a greater skin:pulp ratio. He and Diane thought about making their

APPLE *guide*

GRIMES GOLDEN
crisp, sweet
good for: eating, drying, juicing

ST. EDMUND'S RUSSET
sweet
good for: making cider, eating, juicing

WAGENER
sweet, aromatic
good for: eating, drying, cooking

HARALSON
crisp, mildly tart
good for: eating, baking, cider making

BALDWIN
sweet, crisp
good for: eating, drying, cooking

SPENCER
honeyed, mildly tart
good for: eating, baking, juicing

KIDD'S ORANGE PIPPIN
sweet, honeyed
good for: eating, drying, juicing

own cider, but chose to stay as growers only. In order to sell cider they would have to pasteurize it, and the cost of a pasteurization unit is prohibitive for a single grower. One of Diane's greatest joys about their orchard is "giving and selling and seeing someone taste an heirloom

apple for the first time." Heirloom apple varieties have many layers of complex flavor. She shared the story of a customer buying some Holstein apples at the Farmer's Market – not to eat, but to paint, because they were so beautiful to look at. Orange Pippin, an old English variety, is a favorite among customers from the British Isles. "It's fun to have apples no one else has," Diane shared. "Moms [tell us they] want smaller apples for their kids' lunchboxes."

Caring for their orchard is a full-time job beginning in February. The trees must be protected from frost damage once they begin to bloom. Tim and Diane installed a wind machine in the orchard that they turn on if the outdoor temperature dips below 28°, the lowest temperature apples blossoms can tolerate. They bring in bees from local apiaries to help with pollination. Since apples need a co-pollinator, they also use the crab apple

trees in the orchard. Pest control, especially from codling moths, is achieved using an organic-acceptable horticultural oil that disrupts the moths' mating behavior. Fire blight, a bacterial infection, and scab, a fungal infection, cause some concern, as well as damage from gophers and birds. An

farm and bring smiles to those who visit. Diane often brings farm-fresh eggs from the free-ranging hens who roam about the farm to the Moscow Food Co-op. Tim and Diane agreed that harvest is the best time in the orchard. Tim explained, "As a rule of thumb, when one third of the apples

Food safety is forefront in the Steury Orchard's operation. They only sell dessert apples that have been picked directly off the trees. They power-wash all the boxes they store their apples in and dip them in a bleach solution. The boxes and bags are always kept off the ground.

Steury Orchards brought fruit for an apple-tasting event at Moscow Food Co-op in the fall of 2017. Tim "loves working with Co-op" and shared that the tasting was a "mob-scene for a while." He hopes to do more to educate the local community about the history of apple growing in the area, perhaps working with the Latah County Historical Society.

The different flavors, textures, and colors of the apples grown on Tim and Diane's farm would take another article to write about. From sweet and juicy, to tart and crisp, there is a variety that would appeal to any palate. Whether for tucking in a lunchbox, stewing for applesauce or pie, snacking on a brisk day, or baking that classic French Tart Tatin, Steury Orchards most definitely has the apple for the occasion. And not to be forgotten . . . their Seckel pears are nirvana.

-PK



organic-acceptable herbicide called Suppress is used to control weeds in the tree's understory. The orchard also relies on the "protection" from Wilbur, their "wise elder" donkey, and Fred, their stately goat. The two oversee the whole

drop from the trees, they're ready to pick." When slicing an apple in half, the seeds should be dark brown in color with the core ring close to the skin. They also use a starch test to measure the amount of sugar in the fruit as a determinant of ripeness.

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The Cleanest Whey Around



Our whey is Certified Organic and Non-GMO Project Verified, produced from pasture-raised, grass fed cows never pumped with hormones (rBGH and rBST free) or routine antibiotics.

- ✓ Higher levels of beneficial properties including immunoglobulins, CLAs, lactoferrin, and cysteine
- ✓ Cold-processed and un-denatured proteins—maintaining the integrity of the amino acids
- ✓ Higher micronutrient activity—including antioxidants
- ✓ No antibiotics, hormones or pesticides—not even trace amounts
- ✓ No artificial sweeteners or flavors
- ✓ Sourced from farms that have much smaller carbon footprints than conventional farms
- ✓ Collected from cows that are living and eating as nature intended
- ✓ Jersey Cows, Grass fed at least 300 days a year

TALES FROM THE DARK SIDE OF BEER

WRITTEN BY JOE NORRIS

Stouts. Porters. As sure as winter will bring snow, it will also bring dark, malty beer. Even the most IPA-crazed hopheads out there will enjoy some variation of these beers in the coming months. From full-bodied, creamy milk stouts to light-bodied, low alcohol Irish dry stouts. From nutty and toffee flavored English porters to bold, chocolatey robust porters. The world of beer would not be what is today without them.

At one point, porter was so popular that it became one of, if not the first mass produced beers in history. Porters inspired innovation in malting techniques and machinery. They were the preferred brew of some of America's most notable revolutionaries.

Stouts eventually gave us the term "imperial" to note that a beer had been brewed fit for an emperor, literally. All of this, and we almost lost it. Light lagers came onto the scene and almost washed everything away. Even the origin story that you're about to read comes from just a handful of private journal entries, random articles, brewers' scribbles, and dot-connecting. It was then agreed upon by historians and brewing professionals as a probable scenario.

What we do know is it started somewhere in the early 18th century. There exists multiple recipes from this time for "brown beer" which would be served in the pub as Mild (fresh brown beer) or Stale (matured brown beer). Inconsistency in grain, storage, and quality of cask beer at the pub would cause big differences in the flavor of the beer, so a publican would pour threads (the stream of beer coming from a cask) of different beers right into the glass, creating a unique blend, until the preferred flavor was achieved. This

in-house concoction became known as three-threads, named for the typical three beers that were blended together, pale, mild, and stale.

Well, the story from here goes that a brewery owner by the name of Ralph Harwood got the idea to brew a "three-threads" that could be poured from a single cask, so he made a recipe that resembled the flavor and appearance of the popular beer and called it Entire. Entire was served to the strong laborers who frequented the pub at the time, known as porters. Eventually, the name stuck and the rest is... quasi-history. Unfortunately, the first published article attributing the invention of the porter style to Harwood came about fifty years after his death, and seventy-five years after Entire beer became popular.

While still somewhat of a mystery, historians are in agreement that porter beer is more than likely derived from aged, or matured, brown beer. Author and brewer George Watkins wrote in his 1773 book, *The Complete English Brewer*, observations of large porter breweries concocting multiple batches of beer and blending them together, a practice that is also well documented in other brewing cultures -- but the history is still a mish-mash of stories.

Regardless of porter's origin, there is no doubt about its rise in popularity, contribution to the success of several large breweries, and status as a cornerstone in the English brewing culture. Porter was being exported to America up until the late 1760's when, eventually, American brewhouses took over the production for some obvious reasons. George Washington was known to be a lover of porter and there are letters from him to a



brewer in Philadelphia singing his praises.

The Industrial Revolution brought about new technologies that were quickly adapted to the production of beer. In 1817, Daniel Wheeler unveiled his device, based on the design of coffee roasters, for kilning and roasting malt, which not only allowed for better consistency for the grain, but also led to the invention of black patent malt. This new malt revolutionized the porter style (and modern beer all together) by allowing a brewer's recipe to consist of mostly pale malt with a small amount of black malt thrown in for color, giving porter an appearance that would be closer to what we know today.

Construction of enormous vats for holding and aging porter until maturity were being built, some with the capacity to hold 27,750 US barrels (that's roughly 860,000 gallons of beer) and, when empty, would occasionally hold promotional dinner parties. In fact, these tanks were so large that in October of 1814, one tank at the Meux Brewery burst open and flooded the streets of London, crushing homes and leaving eight people dead from drowning or alcohol poisoning. Today, there is a venue in London called "The Brewery" where the Whitbread Brewery had porter tuns, and is one of the largest unobstructed indoor spaces in the city.

As technologies continued to advance, brewers had more and more choices. Brewing science was becoming more exact which allowed for stronger porters to be brewed for export. Most of these strong porters were called "stout porters" and served as the basis for stout becoming its

own style. Trading in the Baltic Sea brought about the creation of the Baltic Porter, a strong variation of porter that was often cold-fermented with lager yeast. Foreign Stouts, another stout porter with a supposed acidic tang, were being exported to India and the Caribbean. The upper class of Victorian England got their own "robust porter", characterized by a residual sweetness and considered a beer made for connoisseurs. Porter changed and evolved over the next several decades until about the 1870s when the popularity of pale beers became the new fashion, and people began to gravitate to the stronger, bolder flavor of stouts. About as quickly as porter rose to power, they had become faint resemblances of themselves. Most of the 1900's saw little to no brewing of porters, rendering the style nearly extinct.

It wasn't until the start of the American Craft Beer Movement in the 1980's that we began to see the style being brought back to life. Nowadays, porters are viewed as one of the many styles of beer that has shaped American beer culture, and is an important piece in a brewer's repertoire.

There is not a lot to add to the history of stouts, but there are some important points



In 1814, a vat collapsed at the Horseshew Brewery, and 323,000 gallons of beer flooded the area. This disaster resulted in nine deaths and later became known as the London Beer Flood. This photo was taken around 1906.

Deschutes Brewing Co. – Black Butte Porter, American Porter

Laughing Dog Brewery – Pecan Porter, Imperial Porter w/ Pecans

Firestone Walker – Mocha Merlin, Coffee Infused Oatmeal Stout

Sierra Nevada Brewing Co. – Narwhal 2017, Imperial Stout

-J/N

Zest Fest

Did you know oranges are not named for their color? “Orange” actually comes from the Sanskrit “naranga,” or “fragrant.”

Orange trees can be found as far north as Iceland, but the sweetest fruit is grown closest to the equator. Brazil is the world leader in orange (and total citrus) production, followed by the United States, Mexico, India, China, Spain, Italy, Iran, Egypt, and Pakistan. Florida is second only to Brazil in orange production, growing three times more oranges than California. Texas and Arizona are other U.S. orange-producing states.

The orange is a type of berry (hesperidia), an ancient hybrid, possibly between the pomelo and the tangerine. It grows on an evergreen with fragrant white flowers. While one evergreen can produce as many as 60,000 flowers, only one percent of them will turn into fruit.

Oranges originated in ancient Asia, and from there they spread to India. The Moors, Italian traders and explorers, and the Portuguese introduced sweet oranges into Europe around the 15th century, while orange trees were grown in the Caribbean after Columbus brought seeds there. Spanish explorers brought oranges to Florida in the 16th century, and Spanish missionaries delivered them to California in the 18th century.

Oranges are renowned for their vitamin C content. In fact, just one orange supplies more than 100 percent of your daily vitamin C requirement. Oranges are also a very good source of vitamin A, folate,

potassium and manganese and a good source of dietary fiber, thiamin, niacin, vitamin B6, iron, phosphorus, and copper. They also contain phytonutrients and flavanones.

There are more than 600 varieties of oranges, falling into two main types: one sweet, the other bitter. Predictably, the sweet is more popular. Sweet and bitter oranges come from two different species.

Sweet varieties include the Valencia, navel, and blood orange. Thin-skinned and seedless, Valencia oranges are the world’s most important commercial variety. Navel oranges are seedless and oval, with thick, easy-to-remove peels and segments that separate easily. The name comes from the second fruit at the end of the orange; it looks like a belly button. Washingtons are the most prominent navel variety.

Cara cara oranges are a honey sweet navel with rosy colored flesh. The mandarin — a small orange with loose skin — is also considered a sweet orange. Clementines are a seedless mandarin.

Bitter orange varieties include the Seville, often used for marmalade, and the bergamot orange. Grown mostly for its essential oil, bergamot is used in cosmetics, toiletries, and as a tea flavoring.

There are also some oriental citrus, such as Naruto, Kitchli, and Nanshodaidai,

that are considered bitter oranges.

In addition to including orange segments and orange juice in recipes, the zest is used in liqueurs such as Grand Marnier and Cointreau. To sweeten your next glass of grapefruit juice, try squeezing a little clementine juice into it.

The peak seasons for oranges in the U.S. depend on the variety, but you’ll generally find a good selection from November through April or May.

Choose oranges that are firm and heavy for their size. These will have higher juice content than lighter, spongy oranges. Avoid soft spots and traces of mold. Keep in mind that oranges don’t have to be bright orange to be good. Smaller oranges are usually juicier than larger ones, and those with thinner skins are usually juicier than thick-skinned.

Select navel oranges with small-sized navels; larger navels indicate the orange was overripe when harvested. When choosing Valencia oranges, keep in mind that the green tinge near the stem doesn’t mean the fruit is immature. Valencias turn a yellow-orange and then regain a touch of green from the chlorophyll returning to the peel.

If you’re going to eat your oranges in a day or two, you can store them at room temperature. Otherwise, they’ll keep in the refrigerator for a week or two. Don’t store them in plastic bags, which may encourage moisture and mold; just let them gently roll around the crisper drawer.

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Cinnamon Blood Orange Hot Toddy

Makes 4-6 servings

Juice from 1 blood orange
3 tablespoons maple syrup
2 teaspoons cinnamon
2 ounces bourbon
Hot water to fill
Sliced blood oranges to garnish

In a measuring cup with a spout, combine all ingredients except sliced oranges. Whisk to combine. Pour evenly into individual mugs and fill the rest with hot water. Place a slice of blood orange on the top of each mug.

Roasted Orange Maple Carrots

3 pounds of medium carrots, tops trimmed a bit
2 tablespoons olive oil
1 teaspoon of sea salt
¼ cup orange juice
1 tablespoon orange zest
¼ cup maple syrup
1 tablespoon chopped rosemary

Preheat oven to 425°. On a large baking sheet with rimmed edges, toss the carrots in the olive oil and sea salt. Roast for 15 minutes, or until slightly softened. Remove the pan from the oven and pour the juice, zest, and maple syrup over the carrots. Carefully toss to coat. Return the pan to the oven and continue roasting for 10 minutes.

Check the softness of the carrots with a fork and keep roasting in 5 minute intervals until the carrots are soft and the coating thickens. Remove from the oven and toss with fresh rosemary.

Winter Lemony Kale Salad

1 bunch fresh kale, destemmed
1 small shallot, thinly sliced
½ cup walnuts, chopped
½ cup pomegranate seeds
4 tablespoons olive oil
Juice of 1 lemon
¼ teaspoon dried thyme
¼ teaspoon kosher salt
¼ teaspoon ground black pepper
1 ounce parmesan cheese, shaved

Chop kale into bite-size pieces.

In a large bowl, massage kale with hands until tender. Add shallot, walnuts, and pomegranate seeds.

In a small bowl, whisk together olive oil, lemon juice, thyme, salt, and pepper. Drizzle over salad and toss to combine.

Finish with shaved parmesan.

Orange Chocolate Chip Bundt Cake

1 cup unsalted butter
1 ¼ cups sugar
3 eggs, lightly beaten
1 teaspoon vanilla extract
zest from 1 orange
2/3 cup all-purpose flour
1 teaspoon baking powder
¼ cup orange juice
¼ cup milk
½ cup chocolate chips
½ cup hazelnuts, chopped (optional)

Preheat oven to 350°. Oil a bundt cake pan, making sure to get in each groove. In the bowl of a stand mixer fitted with the paddle attachment, cream butter and sugar until pale yellow and fluffy. Beat in eggs, vanilla, and orange zest.

In a separate bowl, combine flour and baking powder.

Add dry ingredients to wet ingredients in three parts, alternating with the milk and orange juice.

Using a rubber spatula, fold in chocolate chips and nuts, if using.

Pour batter into prepared bundt pan and bake for 70-80 minutes. Remove from oven and let cool for 15 minutes before flipping the pan over and gently removing the cake.

GOOD GOLLY, MISS HOLLY!



GET TO KNOW HOLLY OAKLEY,
THE CO-OP'S ASSISTANT FRONT END MANAGER

What is your favorite thing about working at the Co-op?

What I love most about working for the Co-op is being proud of the work I do and doing work that makes me proud! I get to work hard with some of the funniest, kindest, and most talented folks helping the Co-op nurture and nourish our community. All the work I do adds value to my community as well as the world. It's so empowering to know my work is changing our food culture, promoting environmental responsibility and sustainability, and showing how a democratic cooperative business model can empower consumers! I love working hard and I love knowing that all the work I do makes a greater impact.

You've recently started eating a vegan diet. What's your favorite vegan product from the Co-op?

The Co-op is such a great resource for vegan food in our community! I love all the Kite Hill vegan dairy alternatives we carry in our grocery department. My favorite is the chive cream cheese style spread! I love making a sandwich with it, some homemade vegan pesto, tempeh bacon, sliced tomatoes, and romaine lettuce. I also love our Kale Slaw in the deli.

What's your favorite thing about working in the Front End?

Our customers! I love getting to see and work with so many faces of our community on

a daily basis. You get a great sense of how unique, kind, and friendly Moscow really is. By seeing and talking with such a wide range of people in Moscow you really feel like you're part of the community.

Tell us a little bit the minimalist lifestyle you lead and how that fits into the values at the Co-op.

I was lucky to stumble onto the minimalist lifestyle movement. It's really changed my life. For me, a minimalist lifestyle means living simply with intent and purpose. I try to align my actions with my sense of purpose and my values.

By reducing the amount of stuff I owned I was able to more clearly see what I valued in life and what I wanted in life. I try to only own things

that bring value and joy to my life. Since I try to align my actions with my values, I see my actions as extensions of my words. I think that's something that the Co-op also works hard at. When we say that we value something, we walk our talk. For example, we actively seek out ways to improve so we can better align with our values (our Ends.) For example, we don't just say we sell local, we define and explain what local is and help foster relationships with local farmers, vendors, and producers.

I think that it's so powerful to mean what you say and I find so much value in working at a place that works so hard to align itself with its values.

CARROT + OAT DOG BISCUITS

This easy, four ingredient recipe is made with all-natural ingredients, most of which can be commonly found in your kitchen. The baked final product is like a chewy cookie in texture, and the applesauce adds subtle sweetness for your furry friends.

INGREDIENTS

- 3/4 cup steel-cut oats
- 1/2 cup unsweetened applesauce
- 1/2 cup carrot, finely grated
- 1/2 cup all-purpose flour

INSTRUCTIONS

1. Preheat the oven to 350° and line a baking tray with parchment paper or a silicone baking mat.
2. Use a spoon to mix all four ingredients in a medium-sized bowl.
3. Drop clumps of the mixture on your baking tray, and shape if you wish. We made hearts!
4. Sprinkle a few extra steel-cut oats on top of each treat for extra crunch.
5. Bake for 20 minutes, or until treats are slightly browned and set.

Store refrigerated in a jar for up to a week

LEMON + THYME SALT SCRUB

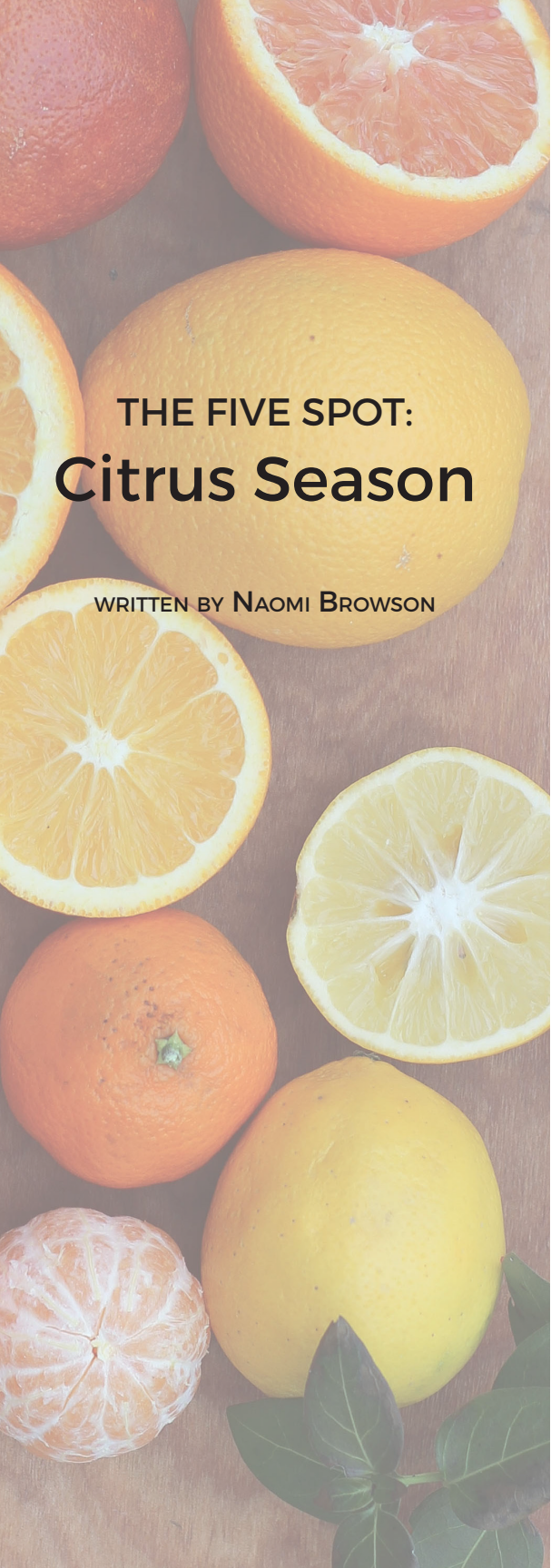
If you're looking for some really simple (like pour and stir, simple) ideas for holiday gifts this year, look no further! Lemon and thyme are natural complements to each other. Lemon is detoxifying, brightening and energizing and is perfect to combat the winter doldrums. Thyme is also detoxifying, and is a natural antidepressant, which is great for these short days with very little sun.

INGREDIENTS

- 1 cup fine grain sea salt
- 1/2 cup sweet almond oil
- 10 drops lemon essential oil
- 5-7 drops thyme essential oil

INSTRUCTIONS

In a sterile jar combine salt and oils and stir to combine. To use, dampen skin and exfoliate gently. Either wipe clean with a washcloth or rinse off in the shower.



THE FIVE SPOT: Citrus Season

WRITTEN BY NAOMI BROWSON

The longest and darkest nights of the year approach, and with them come the many ways we human beings celebrate our return to the light. Many of us associate this time of year with the clear, crisp, sweet fragrance of citrus. The fruit has ancient roots; its symbolism has been represented in diverse cultures over the millennia. All varieties of citrus fruit descended from four ancestral species: the citron, pomelo, mandarin, and papaya, which originated in what is now Southeast Asia. Fossilized leaves discovered in China's Yunnan Province in 2009 and 2011 suggest that citrus has existed since the late Miocene epoch, as many as seven million years ago. A fruit with such an ancient lineage deserves a place at our holiday tables. Here are five ways you can include citrus in your winter celebrations:

1. Citrus Wreath. All kinds of instructions for making a wreath bedecked with small tangerines, or slices of lemons and oranges, can be found online or in a good crafting book. BookPeople and the local public library carry a great section of crafts books to peruse. Or you might get lucky and find a ready-made wreath at the Prichard Gallery, or at the Essential Art Gallery and Fine Gifts.

2. Tangerine peel tea. Have you eaten a little too much Buche de Noel? One latke too many got your belly churning? Overdone the eggnog? Try some tangerine peel tea. Known in Chinese herbal medicine as Chen Pi, an infusion made with the dried peel of a tangerine can settle indigestion and relieve fullness and bloating. Simply peel a tangerine, place the peel on the windowsill in the sunlight for a few days, until it is dry, steep in boiled water for 10 minutes, then sip.

3. It's cold outside, so the 'tis the season for indoor activities with the kids! **Citrus crafts** nicely fit the bill. An adult should cut thin slices of orange and lemon, bake in 200 degree oven for 3-4 hours until dry and just brown around the edges. The kids can then sew a length of yarn or ribbon through each slice, and hang them on trees or in windows. Or make a pomander ball using oranges and cloves. You can find detailed instructions online at www.simplebites.net.

4. And what is a celebration without **cake**? Recipes for citrus cakes abound. Look on page 18 for a great Orange Chocolate Bundt Cake and head to the Moscow Food Co-op for ingredients.

5. Need a gift for friends or family? Try **lemon curd or orange marmalade**, given in a jar with a homemade label. While it would be hard to find locally grown lemons and oranges on the Palouse in December, call on your favorite farmer for local eggs and butter to use in your recipes. For creative labels to grace our gift jars, put the kids to work with paper and watercolors.

In feng shui, is believed that citrus fruits can ward off bad luck. As a tea or a good luck charm, a decoration or a cake – any way you slice it, the time honored citrus adds fragrance and tart sweetness to our celebrations. See you in the Co-op's produce aisle! And may the season bring you joy.

-NB

ON THE PATH TOWARD GROWTH



BY LAURENE SORENSEN,
MOSCOW FOOD CO-OP BOARD PRESIDENT

In the strategic planning process of 2013, many of our owners provided input and insight that resulted in a new strategic goal: "The Moscow Food Co-op grows and expands to better serve our mission." Here's how the Board and General Manager have been working towards this goal:

DEVELOPING CRITERIA FOR GROWTH AND GROWTH SCENARIOS

Since 2009, the Co-op has worked hard to save just over a million dollars. Despite the money in the bank, the Co-op's cash on hand is not enough to undertake a project as large as building a new full-size store in Pullman without external financing. Therefore, the Board is taking steps to ready the Co-op for a major capital campaign: we will allow owners to invest in the Co-op in a different way than membership fees, and are exploring the option of borrowing money from outside sources such as banks or loan programs. With the aid of Dorsey and Whitney, a national law firm that works with agricultural, industrial, and consumer co-ops, we learned that the Moscow Food Co-op, as an Idaho nonprofit, can raise \$1,000,000 through owner loans or preferred stock. If we incorporate a separate entity in Washington, it will be able to raise another \$1,000,000 from its owners. That will bring us halfway to the \$4,000,000 needed to build a second store of comparable size to Moscow's.

Do it legally: The Board engaged in an intensive study of federal and state securities laws (laws that regulate investment and protect investors) to understand how we could raise funds

legally, both inside and outside of Idaho. Dorsey and Whitney reviewed our bylaws and suggested a few changes to bring them into compliance with current law. They also suggested we start our growth process by creating a new Washington state business entity (separate from the Moscow Food Co-op), which can borrow money and have its own legal identity.

Demonstrate readiness: Wegner CPAs, a nationally recognized firm that specializes in co-ops, has just concluded an audit process that took nearly three years. The Board had a conference call with the auditor during which she explained the audit and how we compare to other food co-ops in financial soundness. The result: a letter certifying that the Co-op's financial position is stated in accordance with generally accepted accounting principles. Investors and lenders can now look at our official documents to guide their decision to provide capital for our growth.

Make responsible decisions: Through the Strategic Planning process, owners expressed a strong desire for a Pullman store with a walkable downtown location akin to what we have in Moscow. However, the Board has a duty to act responsibly, and we have put this project on hold until store revenues improve and we have the right space, financing, and expertise. In the meantime, we are looking toward opening a limited-service store at WSU, or elsewhere in Pullman.

ENGAGING IN GROWTH OPPORTUNITIES

In 2016, the Co-op management team worked with consultants from the Development Cooperative (who specialize in store design and layout) to identify efficiencies and opportunities in the current store's operations. Our consultants strongly urged us to rework the layout of our current location. Improving the customer experience at the current store is a growth opportunity we are very enthusiastic about. Please see Joe Gilmore's article on pages 8-9 for more information!

EDUCATING THE CO-OP COMMUNITY ABOUT GROWTH

The Board's main vehicle for owner education on growth is our business meetings, which all owners are welcome to attend. Time is reserved at the start of each meeting for direct owner conversations. The Board also publishes updates in Community News, and has held a series of owner forums regarding the proposed Pullman location, the revised bylaws, and Washington business formation. Please feel free to reach out directly with any questions about growth! The Board can be reached at board@moscowfood.coop.

-LS

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.

BEEF 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.

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