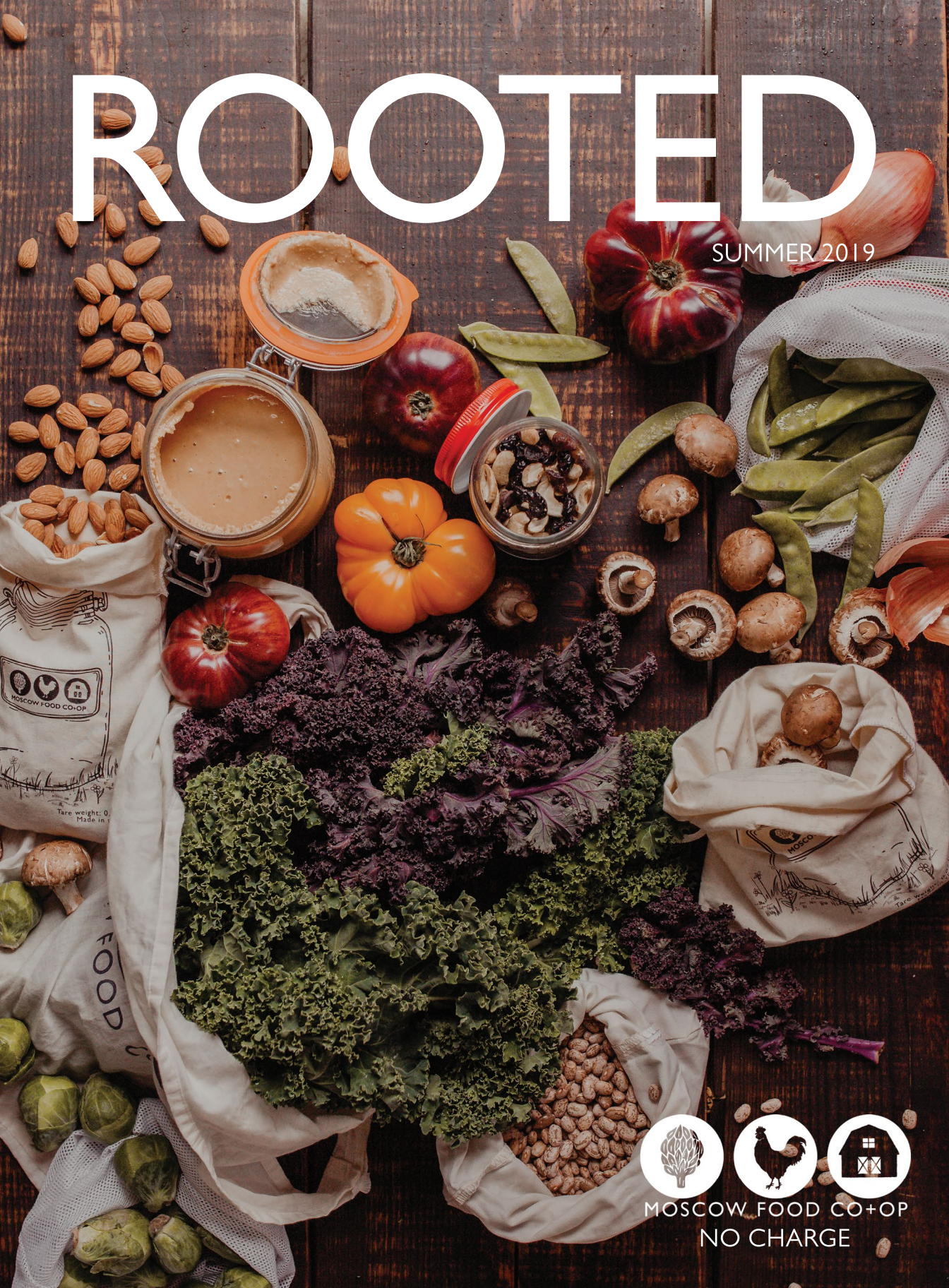


ROOTED

SUMMER 2019



MOSCOW FOOD CO+OP

NO CHARGE



121 East 5th Street and
on campus at 822 Elm Street
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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 for all of the Co-op's publications.

A LETTER FROM THE EDITOR

First, thank you all for your patience with this issue of Rooted. As you may have noticed, we are a little bit late — but we have a good reason! We wanted to give you as much information as possible regarding our upcoming bakery ambitions. To do that, we had to wait until we had several more confirmations behind us, including a legal business name, a floor plan, and a construction plan to move forward. This is an exciting next step for our Co-op!



Now that we've successfully held our Annual Meeting in the new Bakehouse space, unveiled our new branding, and answered a lot of your thoughtful questions, we're here with this issue of Rooted! You can read all about our Bakery Manager, Jessi Blommer O'Malley, on page 9. She's an important part of our operation moving forward, a valuable member of our team, and an incredibly talented baker.

We also wanted to take some time to write about issues we know are near and dear to our community's heart, like sustainability and ways to be more mindful of waste. You'll find two articles along those lines in these pages, including one about grocery shopping in a less environmentally impactful way. We also highlighted some of our own efforts as a store, because we believe our Co-op should be a leading example of everything a local business can do if we commit to making a change as important to our collective future as reducing plastic waste.

As I said in the last issue of Rooted, 2019 is shaping up to be another incredibly exciting year for the Moscow Food Co-op. We're so excited for you to all be along for the ride!

I've said it before and I know I'll say it again: thank you for all of your continued support. You make the incredibly important work we do possible! See you at the Moscow Farmers Market!

Melinda Schab, General Manager and Editor in Chief

BOARD PRESIDENT'S VOICE

Our Annual Meeting is fresh on our minds as we head into the summer months. Wow, what a year 2018 was for the Co-op! We successfully completed an amazing center store remodel, which has increased sales and ease of shopping, and we opened the flourishing Co-op on Campus, which celebrated its one-year anniversary in January. Now that we're solidly into 2019, we're excited to announce the Moscow Cooperative Bakehouse.

We are celebrating Nels Petersen and his amazing artisan bread, both of which have been missed on the Palouse since his passing. The opening of Moscow Cooperative Bakehouse on North Almon Street, where Panhandle Artisan Bread Company operated, will allow the Co-op to offer artisan bread to the entire Palouse community and increase capacity to produce all the current bakery items we already love like cupcakes, cookies, pastries, and bread rolls.

Creating quality artisan bread requires highly controlled baking conditions. While the Co-op produces great loaves, we haven't had the facilities required to produce artisan breads like we will at the Bakehouse. The bakery expansion will increase space in the crowded main store kitchen, facilitate additional offerings from the Deli, and give our cooks, dishwashers, and staff more room to create the Co-op food we all know and love. While we don't have an official timeline for the project yet, we're looking forward to keeping all our Co-op owners in the loop as we move forward. The Moscow Cooperative Bakehouse is an exciting step on our cooperative journey. Thank you for helping us make this possible!

In cooperation,
Dave Sutherland, Board President



NATIONAL LENTIL FESTIVAL

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THREE
STAGES!

LEGENDARY LENTIL COOK OFF!

BEER + WINE GARDEN

LOOKING FORWARD

By Max Newland, Education and Events Coordinator

Warm weather and sunny skies are here, and with them comes a bounty of new, fresh, and local produce, and of course, lots to see and do at the Moscow Food Co-op. Whether you're craving a smoothie while shopping Moscow's famous Farmers Market, stocking up on tasty spring greens, or looking to learn new things, we're here for you all summer.



CO-OP CLASSES

We want to help you learn more every day. Co-op Classes are offered at reduced prices for owners! Want to teach? We're always looking for enthusiastic owners ready to share their knowledge and expertise. Send an email to outreach@moscowfood.coop.

Food and Mood: This series is new this year at the Co-op! We're exploring the connection between your brain and your stomach with this class series, taught by Co-op owner Dr. Isabel Barbuto, PsyD. The following two classes are coming up:

Bliss Points: Learn to conquer cravings by identifying ingredients in your food that keep you hooked even when they don't nourish your body or mind. This all-new Co-op class focuses on addictive foods and flavors, and how to avoid making them a primary part of your diet. **Saturday, May 4, 4:30 p.m.**

Rest & Digest: Take a more mindful approach to eating and digestion with this new Co-op class. This session will include an overview of mindfulness practices you can use at home and a 30-minute guided meditation. Sign up early because

seats are limited! **Saturday, June 15, 4:30 p.m.**

Wine Tasting & Pairing: White Wine 101. Just in time for the warmer months! This class will focus exclusively on tasting and pairing white wines. This session will help you differentiate between the varied styles of white wine by taste, color, aroma, and area of origin. This class is best experienced on a full stomach, but light snacks will be provided to help accentuate the flavors of the sampled wines. **Friday, May 17, 6:30 p.m. Must be 21 or over.**

Wine Tasting & Pairing: Rosé 101. This summer edition of our Wine 101 series will focus exclusively on bright and delicious rosé wine. Just like our last two wine classes, attending this session will help you differentiate between the varied styles of rosé by taste, color, aroma, and area of origin. This class is best experienced on a full stomach, but light snacks will be provided to help accentuate the flavors of the sampled wines. **Friday, July 19, 6:30 p.m. Must be 21 or over to attend.**

Cooking on the Trail: You asked for it, and we were lucky enough to find someone with knowledge and expertise to share! When we asked you what

you were interested in learning about, what to eat on a backpacking trip (and, of course, how to pack it) was the most popular request. Join us for this brand new Co-op class taught by Jodi McClory of Swallowtail Flowers! **Saturday, August 24, 4:30 p.m.**

Healthy Eating on a Budget: This series, taught by registered dietitian and Co-op Board member Alice Ma, is one of the Co-op's longest-running and most popular classes! Each meeting includes samples, recipes, and an overview of tips and techniques to make sticking to a grocery budget easy.

Meal Planning and Store Tour: This class meeting will help you get a handle on your shopping by providing a handy meal-planning guide, and will conclude with a tour of the Co-op! **Saturday, May 11 at 4:30 p.m.**

Whole Grains: If you've never attended Healthy Eating on a Budget, we recommend this session as a starting point. Here you'll learn fun and interesting new ways to incorporate more affordable whole grains and fiber into your diet for a healthier you! **Saturday, August 31 at 4:30 p.m.**

Find out what's currently being offered and sign up for classes at www.moscowfood.coop/classes.

FARM TOURS

We live in an area that has a wide variety of local farms, from large-scale operations like Pokey Creek and Steury Orchards, to backyard farms on less than an acre. Join us for two tours this summer, where you'll learn more about how our neighbors grow their produce.

WSU Organic Farm Tuesday, May 16 at 3 p.m.

WSU Organic Farm is a 30-acre farm operated by the Washington State University Department of Crop and Soil Sciences. The Moscow Food Co-op is one of their biggest buyers. The tour begins at 3 p.m. at the farm, on the corner of Animal Sciences road and Terre View drive in Pullman, just off Highway 270. Meet at the Co-op at 2:30 p.m. if you'd like to drive there together.

Swallowtail Flowers Saturday, July 13 at 3:30 p.m.

This one-of-a-kind garden grows beautiful flowers available at the Co-op and the Moscow Farmers Market. Come tour Swallowtail during the height of the season for beautiful sights

and aromas! Meet at the Co-op at 3:30 p.m. to drive there together.

Living Soil Microfarm Monday, July 15 at 3 p.m.

The Bunzel family owns and operates this permaculture farm located right in their backyard. They are opening their microfarm to Co-op shoppers for a tour! Meet at the Co-op at 2:45 p.m. to drive there together.

For all farm tours, please RSVP on our website, by giving us a call, or by getting in touch via email: outreach@moscowfood.coop.

DIME IN TIME

Turn your reusable bags and cups into money for a good cause! At the Co-op, you get a wooden dime for every reusable shopping bag or coffee mug you use, and then you decide which organization receives that dime. Charities are rotated on a quarterly basis. May's organizations are PFLAG Moscow and the Latah Recovery Center. Watch for new Dime in Time recipients starting in June!

Having trouble deciding? You can always choose to support the Co-op Community Fund, which provides loan capital to co-ops across the US.

Interest on money donated to the CCF is returned to the Moscow Food Co-op, which we use to support even more organizations on the Palouse.

BACK-TO-SCHOOL CELEBRATION AT THE CO-OP ON CAMPUS

Summer will be gone before you know it, but the Co-op on Campus isn't going anywhere. We'll be right here to welcome you back to your home-away-from-home! Stop by the store for great deals on coffee and other must-haves, enter a raffle for one-of-a-kind prizes, and sample favorites from our kitchen and bakery! **Friday, August 23, time to be announced.**

NEW OWNER TOURS

Whether you're a lifetime owner or just made your first equity payment, we want to help you get acquainted with your Co-op! Every month, we host a brief tour for Co-op owners like you. Join us for a trip through our store's aisles and an overview of all the opportunities to save big while shopping at the Co-op. All attendants get a free cup of coffee, and a Co-op coupon! Meet at the Customer Service Desk at 2 p.m. on the first Saturday of every month.

-Max Newland



IN 2019, THE MOSCOW
FOOD CO-OP WILL
MOVE ITS BAKERY
TO AN OFF-SITE
LOCATION AND BEGIN
PRODUCING CRUSTY,
ARTISAN BREAD.



MOSCOW COOPERATIVE
BAKEHOUSE

In the fall of 2018, an unanticipated opportunity fell into our laps.

A fellow Co-op owner, Nils Peterson, reached out to us after the passing of Nels Peterson with information about the Panhandle Artisan Bread Company's bakery space. Nels, the owner of Panhandle, was a close community friend and advocate for local business. His baked goods — crusty loaves, flaky croissants, and so much more — were beloved by the people of the Palouse for more than nine years.

Nils and Nels became friends after so frequently being confused for each other in our community. When we met with Nils, we mutually expressed our sadness at the community's great loss, and our love for the delicious, locally-baked bread that Panhandle was known for.

The Co-op investigated the possibility of expanding our bakery facilities and offerings to include artisan bread in the former Panhandle space. We saw that we had the rare opportunity and privilege to meet a community demand while continuing a legacy, and in December we negotiated a lease for the bakery space and purchased the remaining equipment.

We've been busy working on a floor plan for the space and putting together a construction budget to make this dream a reality. We're anticipating moving into the new space and beginning production of crusty, artisan bread and other goodies this summer. You can read about our Bakery Manager, Jessi, in her interview on the next page. We're delighted that the Co-op is able to carry the torch for artisan bread in our community, and we hope you are too.



Jessi Blommer O'Malley

Moscow Food Co-op Bakery and
Cooperative Bakehouse Manager

Tell us a little bit about your career, and how you came to be in Moscow.

In high school I worked as a server at a darling French bakery in my hometown. After graduation I spent time in Greece volunteering at a sea turtle rescue center, followed shortly by my culinary education at the New England Culinary Institute. My food industry career since has been nomadic and eclectic, including cooking at a small Vermont bistro, quality control for a wholesale chocolate manufacturer in California, a pastry internship at Chez Panisse, and catering in the Texas oil fields.

I moved to Idaho to be close to my older brother who lived in Lewiston at the time. My first visit to Moscow brought me to the Co-op. I loved the store and was so impressed by the customer service that I applied for a job as a cashier and the rest is history!

What do you love about baking?

I love baking for a thousand little delights that come with the process: the flow of work, the creativity, the satisfaction of working with my hands, watching simple ingredients transform through time-honored techniques. But ultimately, baking is a way for me to connect with people. Baked goods are featured at celebrations and important milestones; I find so much joy in being a part of people's happiest and most important moments. I grew up baking, and my hobby became almost problematic when I was 19. I was working as a server in a French bakery and baking at home every chance I could get. My dad graciously sampled and praised every concoction I produced but soon my production outgrew my family's capacity for consuming sweets. My dad had an intervention, suggesting that since every moment of my spare time I spent in the kitchen, perhaps I should consider making a career of my passion. The following week I was accepted to study

Baking & Pastry at the New England Culinary Institute in Vermont, and there has been no looking back!

What do you wish more people knew about the Co-op's bakery?

We bake over a thousand loaves of bread, several thousand cookies, and a couple hundred cupcakes each week. We do so without any fancy machinery (other than our hard working oven and mixers.) Each product is shaped, baked, and decorated by the hands of our 14 talented bakers. Our bakers are lively, hilarious, hardworking, and the heart and soul of our operation.

What excites you the most about having the Cooperative Bakehouse?

As the Bakehouse project has been percolating and becoming more of a reality, anticipation has been steadily building. Aside from the excitement of simply having (much needed) additional space, I am personally looking forward to the planning and logistics behind moving and expanding our operations. I am eager to see the team stretch out into the new space, develop new products, and increase production.

What can we look forward to seeing come from the Cooperative Bakehouse?

Artisan breads are the first exciting new product we will be offering. Crusty, flavorful sourdough is my first priority (both professionally and personally.) There are many other possibilities that we're currently exploring. This is to say that, realistically, the implementation of any new products will be what one might call slow but steady.

My turn for a question! Dear Co-op owners, what do you want to see us produce in our new space? Write me at jomalley@moscowfood.coop with your dreams and suggestions!

NEW ON OUR SHELVES

NO. 1



ALL GOOD SUNSCREEN

There's so much to love about All Good! First, they're dedicated to using restorative and responsible business practices: their production facility runs on solar power, and their products are 100% Reef Friendly, with no chemicals or any of the eight active ingredients that are toxic to coral reefs and marine ecosystems. They use third-party testing to support their claims as green and eco-friendly, and have the laboratory verification to show it. Their products are cruelty-free, tested on consenting humans only, and are

made with certified organic, sustainably-sourced ingredients. As a triple bottom line business, All Good's commitment to social and environmental responsibility is audited through their partnership with B Corporation. One more thing: All Good gives one percent of all sales before any expenses to important global causes through 1% for the Planet. Their current partners receiving donations are Save Our Snow and United Plant Savers. We're carrying six varieties of their sunscreen, so come check out what we have!

NO. 2



SHAKA ICED TEAS

Shaka Tea is the first line of Hawaii-grown, herbal iced teas brewed from māmakī, which is only found and grown in the Hawaiian archipelago. The māmakī tea leaves are hand-harvested from the ancient forests and mineral-rich soil of Mauna Loa and Kīlauea on Hawaii Island. Māmakī has been revered in native Hawaiian culture and traditional medicine for centuries for its health benefits. Shaka teas are

naturally caffeine-free with zero calories. They are brewed with natural and organic ingredients and are sweetened with monk fruit. The company is committed to the health of their consumers and health of their land; they support sustainable farming and regenerative agriculture. Find four tropical flavors in the drink cooler: mango hibiscus, pineapple mint, guava gingerblossom, and lemon lokelani rose.

NO. 3



LINDSAY CREEK VINYARDS IRRESPONSIBILITY RED BLEND

Irresponsibility is a full-bodied blend of cabernet sauvignon and merlot. The nose of raspberry, smoke, and eucalyptus prepares the palate for flavors of currant, vanilla, molasses, and a hint of rose. The wine's well-structured taste and chewy tannins pair nicely with grilled steak, pork, lamb, and chicken. Lindsay Creek Vineyards, located in Lewiston, Idaho, began growing grapes in 2007. Art and Doug McIntosh are fourth generation wheat farmers who began growing and making wine to pursue a dream. They

graduated from Washington State University's viticulture (Doug) and enology (Art) programs. Through hands-on experience, consulting with regional experts, and a passion for premium wines, Lindsay Creek Vineyards was created. Their motto "Taste our Commitment" attests to the many hours they put into each bottle to make certain they have achieved the highest quality wines, all while being sensitive to their environmental footprint.

NO. 4



HU CHOCOLATE BARS

The founders of Hu Chocolate are "inspired by quality food's ability to heal verses poor quality food's guarantee to hinder." Their philosophy is "to live actively, age gracefully, and flourish." These beliefs led them to open Hu Kitchen in New York City, which is committed to cooking from scratch with the freshest organic ingredients available. The restaurant's popularity led them to develop products that

could be sold in retail locations. Their chocolate bars are made from organic, fair-trade, stone-ground cacao with no added refined sugars, emulsifiers, soy lecithin, or dairy. They are paleo- and vegan-friendly, and kosher. Try all six dark chocolate flavors: salty, almond butter, cashew butter, simple, organic cashew butter, and hazelnut butter.



RULES TO LIVE BY

WE'RE HERE TO MAKE LOW- WASTE GROCERY SHOPPING FEEL EVEN MORE NATURAL

We're sure you've heard the statistics: in March of 2019, Bon Appétit reported that eighteen billion pounds of plastic were tossed in the ocean each year, and that only 9 percent of all plastic has ever been recycled. What's worse: none of it has ever biodegraded.

Moscow Food Co-op shoppers have been adamant about wanting to pursue a low-waste lifestyle. So what's our role in all this? We're here to make green grocery shopping as simple and streamlined as possible. Here are few tips:

BREAK YOUR PLASTIC HABIT.

Catch small produce like Brussels sprouts, mushrooms, and snap peas in reusable or paper bags. You can find paper bags in our Produce department, and multiple sizes of cloth reusable bags all over the store.

If you must use plastic zip-top bags to store food, it's a good idea to rinse and air dry them for reuse. It might feel a little strange at first, but most produce can be placed directly into carts and baskets rather than wrapped in plastic — a quick wash when you get home is a good practice anyway.

Ditch the plastic wrap too. Reusable airtight containers like glass jars, reusable zip-top bags, and glass food storage containers can be great alternatives. You can also use reusable beeswax wrap in place of plastic wrap. We've included a recipe and how-to on page 16. Use the warmth of your hands to form the wrap over the food or the top of a container, and it will hold its shape when it cools to keep your food sealed and fresh. When you're done, wash it gently with soap and cool water. The project itself is pretty forgiving: wraps that

feel like they're losing their stickiness can be rewaxed at any time.

Another tip? Make it yourself. By "it" we mean everything. If you love certain condiments like aioli, mustard, ketchup, and BBQ sauce, try making them at home. You'll learn a new skill and know you're reducing your plastic waste. The same goes for shampoo, sunblock, body lotion, and so much more! We have a few DIY recipes online at www.moscowfood.coop/beetbox.

EASY: KEEP REUSABLE CUTLERY AND DISHES WITH YOU.

Some small conveniences, like plastic silverware and plastic-lidded coffee cups, can be easily swapped out for ones you can use thousands of times. The options are nearly endless: bamboo forks, metal mugs, and if you stop by the Co-op, take advantage of our Sustainable Silverware Project. Take a reusable fork, spoon, or knife when you take food to go. Bring it back when you're finished and we'll sanitize and reuse it. Several places on the Palouse offer coffee discounts to those using reusable mugs too!

CREATE AND EAT "THIRD PLATES".

Dan Barber, forward-thinking chef of Blue Hill in New York City and Stone Barns Center for Food and Agriculture, was once prompted to illustrate the future

of food on a plate. His first concept and the theories he presented were familiar: a standard American diet of a large steak accompanied by carrots — the everyday meal of many people. Next, he illustrated the same meal but with grass-fed steak and organic, heirloom carrots: an advancement in mindfulness when it comes to food. Finally, on the “third plate”: carrots as the star of the meal, with under-utilized cuts of beef transformed into a sauce to enhance their flavor. The theories included in his book "The Third Plate" go a bit deeper too, focusing on soil health and crop rotation in an effort to enhance sustainable growing methods. (You can check the book out from the Moscow Public Library.) For home cooking, though, try centering veggies as the star of the meal, with meat used sparingly and only in ways that impart the most impactful flavor. Michael Pollan, reigning authority on eating and American author, journalist, activist, and food writer has three simple rules: “Eat food. Not too much. Mostly plants.” It’s rare to have such an impactful message conveyed with seven simple words but this, as he says, “...is the short answer to the supposedly incredibly complicated and confusing question of what we humans should eat in order to be maximally healthy.” This doesn’t mean you give up meat totally. Instead, eat less meat, eat better-raised meat, and use your meat to its maximum flavor potential.

EASY:

DRINK FROM THE CUP.

Most cold drinks come with plastic straws. Although we sell metal reusable straws, and this tip may seem obvious, a simple commitment to drink from the cup can go a long way. Need a good reason? According to the Sydney Morning Herald, an estimated 7.5 percent of plastic in the environment comes from straws and stirrers!

REUSE, REUSE, REUSE YOUR BAGS.

There’s an easy formula for grocery shopping bags: reduce the number of things you use, use them as many times as possible, and only purchase what is essential. Regardless of what kinds of bags you use, make sure you’re using them more than once, and try to ultimately recycle them or use them as trash bags toward the end of their life. The Co-op sells reusable bags in several varieties, including reusable zip-top bags from Stasher, reusable cotton bulk bags (in the Bulk aisle,) and reusable canvas totes for all your groceries. And don’t forget: more than the bags themselves, what you put inside matters — is it local? Is it “third plate”-focused?

EASY: SHOP IN BULK.

Buying groceries in bulk is a useful way to cut back on single-use plastic packaging and individually-wrapped food products. Bulk also saves money by allowing you to purchase only what you need. Products that you don’t use immediately can be frozen or stored for later use. Many household items like soap and personal wellness items like shampoo also come in bulk.

SHOP FOR SEASONAL PRODUCE, PICK A GROCERY STORE CLOSE TO HOME, AND SHOP WHERE THEIR VALUES ALIGN WITH YOURS.

There are plenty of community health-oriented reasons to shop locally, but seasonal food also typically costs less and is tastier than imported options. Carbon emissions are a major factor in environmental changes, and though not all the responsibility falls onto individuals, purchasing food that has made a short journey (like from a local farm to the Co-op) is a small but great way to support the environment while you shop. Small changes made by many can lead to systemic changes society-wide. When you buy locally-grown food, you spend less on covering the distribution cost, and the food is typically harvested by your fellow community members at peak season for optimal health benefits and nourishment.

You can also support the environment by riding your bike or walking to the store. At the Co-op, we do our best to incentivize walking or biking (check out www.moscowfood.coop/bike-benefits!) When driving is a necessity, combining errands into one trip will allow you to improve your time and fuel efficiency. There are many grocery stores in our small community, but the Moscow Food Co-op shares in your efforts to reduce waste and environmental impacts. We even reward our employees who walk or bike to work, and are always working on improving our sustainability as a business. Read more about our efforts in Max Newland’s article on page 20.

The Moscow Food Co-op believes we all need to work together to achieve the goal of community and planetary health. Every step, even the small ones, help in a global effort.

-Alycia Rock





D.I.Y BEESWAX WRAP

Ingredients:

Beeswax beads or a beeswax bar — we sell both at the Moscow Food Co-op so you can take your pick! If you use a bar, grate your desired amount.

100% cotton fabric
Pinking shears. Regular scissors work fine but the fabric may fray on the edge like ours!

Ruler or measuring tape if desired, or you can cut the fabric freehand. It doesn't need to be perfect.

Baking sheet lined with parchment paper
Dedicated paintbrush, food brush, or old toothbrush

Instructions:

1. Preheat your oven to 200°F — just hot enough to melt the beeswax.
2. Cut the fabric to your preferred sizes, making sure your chosen sizes will fit on your baking sheet.
3. Line your baking sheet with

parchment paper and place your fabric on top.

4. Sprinkle the beeswax beads or bar gratings on your fabric. The amount can be eyeballed, but a good starting point is 3-4 tablespoons of beeswax for a 10x10" piece of fabric.
5. Bake your fabric for about 3-5 minutes until the beeswax is melted. Remove from oven.
6. Brush the beeswax evenly over the whole fabric (don't forget the edges and corners!), then put the tray back in the oven for about one minute to fully melt.
7. Remove the baking sheet and fabric from the oven (it'll be hot!) and hang the fabric until it is completely cool. Voila!
8. To clean your wrap, wash it in cool water with only a small amount of gentle soap if needed. Remember to avoid scrubbing so the beeswax doesn't get scraped off. If your wrap loses its cling, you can just reapply the wax! This project is forgiving.



EGGSHELL SEEDLINGS

Eggshells make the perfect seed starter: all-natural, no-waste, and biodegradable! You can plant the whole thing when it's time for your seeds to go in the ground — so easy! This activity is great for kids and adults alike.

Ingredients:

Eggshells
Egg carton
Pin or needle
Potting soil. Specific seed-starting soil is best.
Spray bottle
Seeds of your choice!
The Co-op carries a great selection of organic local and regional seeds from Snake River Seed Cooperative and Genesee Valley Daoist Hermitage. Pick your favorites and start dreaming of harvest!

Instructions:

1. The eggshells work best if they're a little taller, so crack them toward the top instead of in half.

2. Empty the eggs into a bowl (reserve for an omelette!) and rinse well.
3. Boil the eggshells for a few minutes to sanitize them.
4. Poke a hole in the bottom of each one using a pin so water can drain.
5. Fill each egg with potting soil, dampening the soil with a spray bottle.
6. Gently push your chosen seeds into the potting soil. Planting depth varies, so check the seed packet for instructions.
7. Set the eggshells back in the carton and near a window, then spritz as needed to keep the soil moist.
8. It doesn't take long for your seeds to start growing! When they get big enough, simply crack the eggshell gently and plant it. The eggshell will biodegrade around the plant's roots and provide nutrients (especially calcium) to the growth.
9. Enjoy watching your plants grow! Harvest as directed.



WHAT'S SO SPECIAL ABOUT THIS WHEAT?

Harvest Ridge Organics and a team of USDA wheat scientists have teamed up to grow and create a new breed of sustainable soft durum wheat.

We'll tell you what makes it special right away: it's drought resistant. It's tolerant of heat. It's naturally disease resistant, with inherent agronomic advantages, including high yield... it's called soft durum wheat, and it's been used to make the "magic flour of the future."

A team of USDA scientists at Washington State University produced this new type of wheat right here on the Palouse — and it's grown at Harvest Ridge Organics in Lewiston. The Moscow Food Co-op is one of three places on the Palouse you can find it being used or for sale.

Craig Morris, Director of the USDA's Western Wheat Quality Lab in Pullman, said traditional durum wheat has a very hard kernel, which can only be ground into a granular substance called semolina using a specialized mill. Semolina is great: it's used to make couscous, pizza, and pasta, and durum wheat grows well in hotter, more arid locations. But the restrictions on how you can use it limit the demand.

"Now we basically have completely thrown off the shackles of durum wheat, while in no way losing any of its desirable characteristics,"

Craig said in a Capital Press article published in 2016.

Craig and his team used a non-GMO technique to breed hard durum with goatgrass to create something special: durum wheat with a softer kernel. Because it doesn't need a specialized mill to grind it, soft durum uses "one quarter the amount of energy to mill on a per pound basis of flour,"

Craig explained. Soft durum's yellow color, nutty taste, and high protein and gluten contents rival hard durum when making pasta and pizza crust. And because the flour is finer, less water is needed to make dough too.

Several years ago, when soft durum wheat was in its infancy, Craig approached Art and Doug McIntosh of Harvest Ridge Organics and asked if they would be willing to plant a type of wheat he had developed.

"Our farm has always been open to working with WSU," Doug said. "We [originally] thought it was just another variety of wheat."

But that wasn't the case. The crop Craig wanted to plant was the new soft durum wheat variety.

Harvest Ridge Organics and the Moscow Food Co-op have a close relationship. They plant 100 certified organic acres with hard red wheat — which the Co-op uses to make our Daily Wheat, Multigrain, Sprouted Wheat, Wheat Pita, and Seeduction breads. The fifth-generation farming operation uses sustainable, no-till practices. Harvest Ridge Organics provides the Co-op with organic grains and flours

that are free of genetically modified organisms (GMOs), pesticides, and chemical fertilizers.

Their mission is "to provide premium organic stone-ground milled and unmilled whole grains and seeds grown on rich rain-fed North Idaho soil by local farmers."

The first year the McIntoshes planted soft durum, the growing conditions were far from ideal; it was unseasonably hot in late May. Despite this, the crop still yielded close to 20 bushels an acre — well below the average in this area but impressive enough that they planted again. Yields have been considerably better since.

After balancing their growing of soft durum wheat, the McIntosh brothers invested in a stone mill. In fact, their relationship with the Co-op was the reason they bought their mill in the first place — the same type that Bob's Red Mill uses. Soft durum wheat, hard red wheat flour, and steel cut and rolled oats from Harvest Ridge Organics are also sold in the Co-op's Grocery Department.

Doug said the biggest challenge for soft durum wheat is finding a market. Currently, the only businesses using it are Porchlight Pizza in Pullman, the Moscow Food Co-op, and a coffee shop on the WSU campus. Soft durum flour is used at the Co-op to make our pizza dough, carrot cake, quiches, scones, and muffins.

Unfortunately, while the potential is there, the market isn't... yet. Education about the benefit of soft durum over hard durum is a significant challenge.

"Durum is the most expensive wheat in the world," Craig said. "Growers must be compensated for their efforts [for growing it] ... I'm into creating wheats best suited for consumers."

Craig strives to put unique traits into the wheat he develops so food processors have something new to work with. He sees potential customers — mills — in the overseas market, especially in Korea, Japan, and Indonesia.

Both of Harvest Ridge Organics' flours will continue to be used in many Co-op bakery offerings — especially as it moves to its new location and develops the Cooperative Bakehouse. Jessi Blommer O'Malley, (interview on page 9) is eager to experiment with new recipes using soft durum wheat.

"As part of our bakery expansion project we will be introducing more artisan bread," Jessi said. "A crusty whole wheat sourdough batard using the hard red wheat or a ciabatta featuring the soft durum flour are two products I would love to develop."

-Peg Kingery



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The 5 Spot

Five Reasons to Walk Everyday

By Sarah Quallen, Co-op Volunteer

Walking as a form of exercise is possibly as good as it gets. It's good for mind, body, and soul — as are all forms of exercise — but there are specific reasons to choose walking as a daily activity, especially as we age. Walking 30-60 minutes a day is ideal, but if that much movement or walking is too much at first, try for 20 minutes a day with the intention of getting to 30 minutes a day.

1 Walkers have a longer life expectancy. A heart study of 8,000 men found that those who walked 2 miles per day had a reduced risk of early death, particularly cancer related deaths. Those who have cancer and walk daily improve chances of recovery. Walking also reduces risk of heart disease, diabetes, and strokes.

2 Regular walking improves brainpower. In several studies of women over 60, those who walked daily had improved memory — some studies suggest that those who've experienced memory loss may even regain it.

3 Walking reduces stress and improves mood by increasing endorphins. While regular walking can reduce long-term stress, taking a walk in the moment you are feeling stress — be it anger, frustration, or

disappointment — has a relatively immediate effect. By the time the walk is completed, the endorphins have kicked in and you feel better. This has the bonus effect of improving self-confidence and self-esteem.

4 If weight-loss is a desire, concern, or need, walking is an excellent choice. Just 30 minutes per day can keep weight off. A bonus is that walking only 15 minutes a day reduces snack cravings.

5 Walking is an easy exercise to start! It's easy on knees, it doesn't require any special equipment or gym membership, nor does it require an instructor. It's especially easy when one has a walking buddy. Friends have the added effect of improving mood and self-esteem, because who doesn't enjoy spending time with friends?

This time of year we don't often need an excuse to get outside, but maybe we can use getting outside as an excuse to walk.

-Sarah Quallen, Co-op Volunteer

Strengthening the Co-op's Sustainability

THE MOSCOW FOOD CO-OP STRIVES TO DO OUR PART AS A BUSINESS AND SET AN EXAMPLE FOR OTHERS.

At the Co-op, we're working hard to make our corner of the world a less wasteful place. Since remodeling our store, auditing our trash, and streamlining our waste pipeline, we've begun implementing lots of ways to cut back on waste and move towards a more sustainable future.

In our continued pursuit of waste reduction, we introduced the Sustainable Silverware Project in late February of 2019. We replaced all our formerly single-use plastic silverware with reusable metal forks, knives, and spoons. Almost all "compostable" flatware requires municipal composting solutions that aren't yet available on the Palouse, so after an analysis of the cost of metal silverware, we decided the change was worth it.

"So far, we've had so much return and so many donations... it's actually cost-effective for the Co-op," said Store Manager Kerry Morsek. "If there's a ton of forks and knives in your basement, let's just use those instead of plastic!"

If you're stopping at the Co-op for lunch on the go, feel free to take a fork home with you, and bring it back when you can.

"We were afraid it would be expensive and onerous and difficult," Morsek

said, "but it's been really easy."

We've also eliminated single-use plastic from our salad bar to-go containers, replacing them with biodegradable pressed fiber clamshell containers. By replacing the plastic clamshells, we removed a stream of plastic coming from the Co-op. We're still looking for even better solutions for our takeaway packaging, so keep an eye out! Our next goal is sourcing durable and cost-effective biodegradable options for our Grab & Go salads, cupcakes, take-and-bake pies, and baked goods.

We're also investing in customer solutions that will make it easier for you to shop sustainably — such as US cotton pre-tared bags for bulk goods. In the front of our store, we've added a bin for reusable bags donated by our customers, so you can say no single-use even if you forget your own canvas bag at home! We also reserve space for cardboard boxes, six pack carriers, and egg cartons.

The latest exciting news from the Co-op has to do with upcycling, a process by which items that would ordinarily be thrown away are made into something more useful.

In order to divert more waste from our stream, we've partnered with





Top: Our bulk aisle makes it easy to waste less food. Bottom-left: Our new Trex plastic recycling boxes. Bottom-right: Plastic-free to-go boxes at the salad bar.



"We need your help to make our sustainability efforts as impactful as possible. "

a company called Trex, which uses upcycled plastic as its main source of raw materials for construction projects. We give them your plastic, and they use it as affordable, reliable building material. Right now you can bring plastic bags and plastic film to the Co-op and place them in the marked box in the front of the store. We'll be evaluating this partnership as time goes on, so the more you use it, the more we'll be able to upcycle!

Our owners have made it clear that they expect us to be leaders in sustainability. One of the ways we focus on that responsibility is through collaboration with community partners through our Sustainability Committee. This group, made up of Co-op volunteers and staff, meets monthly to set goals and develop solutions to the sustainability challenges we face. The committee's goals are to stay up-to-date with the leading research in sustainability, train staff in best practices to reduce waste, and serve as community resources.

Joe Gilmore, Moscow Food Co-op Director of Infrastructure and the chair of the Sustainability Committee, calls it "being evangelists for the programs we want to see."

Gilmore mentioned specifically that the committee hopes to see a path towards commercial municipal-level composting "because that would unlock our ability to use compostable coffee cups and other stuff we can't dispose of in our own composters."

The reason the old adage goes "reduce, reuse, recycle," in that order, is because the best way to waste less is to accumulate less! For the consumer, reducing means buying less so you don't have too much — and it's mostly the same for us as a store too. It also means making sure that when we do have an excess of product, it makes its way somewhere that isn't a trash can.

Step one: discount. Discontinued products and those whose packaging was damaged in shipping are offered at a discount to shoppers.

Step two: donate. What we can't use, someone else surely can. Safe-to-eat but imperfect-looking produce is used by our kitchen or made available to Co-op staff. Additionally, day-old bread and other baked goods are donated to community organizations like the Community Action Center in Pullman, Food Not Bombs of the Palouse, and the Moscow Food Bank.

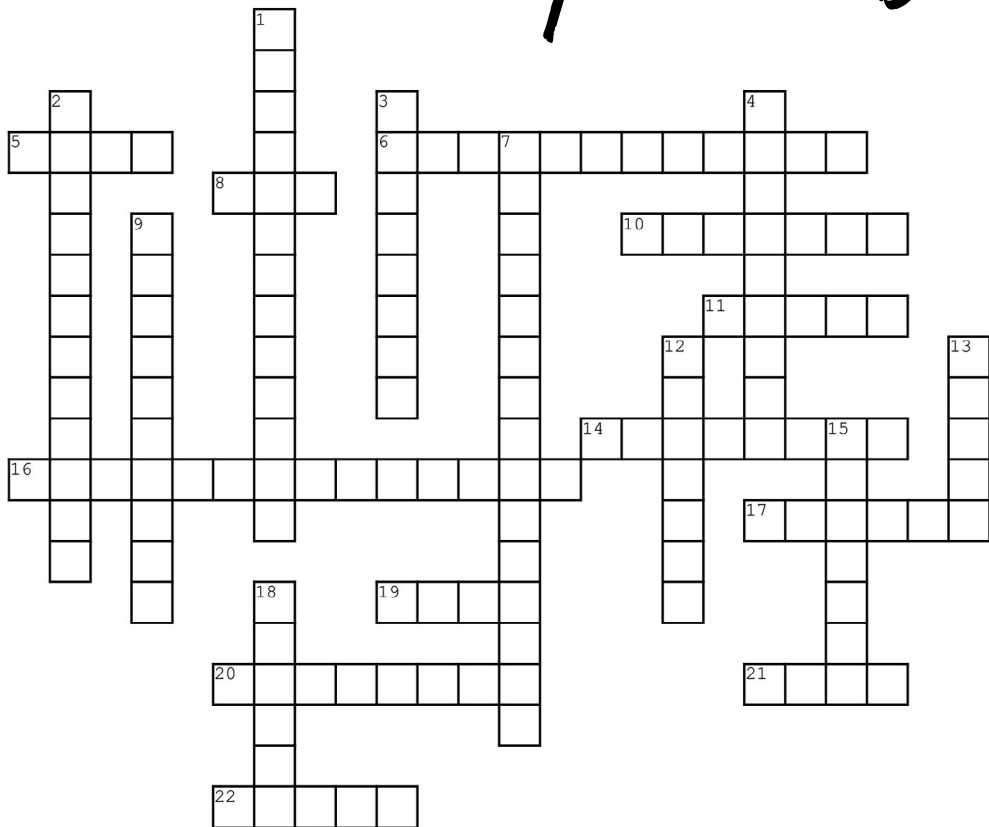
Step three: decompose. Thanks to the buckets you donated and the space at PCEI we're composting more than ever. We also sell home composting kits so you can try this waste-reduction tactic in your own kitchen as well.

We need your help to make our sustainability efforts as impactful as possible. By centering our focus on the needs of our local community, we hope to make sustainable businesses the norm. Just like everything we do here, it all happens because of Co-op owners' passion.

Got ideas about how we can reduce waste? We want to hear them! Let us know by filling out a comment card at the Customer Service Desk, or sending an email to the Sustainability Committee: info@moscowfood.coop.

-Max Newland

Summer on the Palouse



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

CO-OP NEWSLETTER

Sign up for our twice-a-month eNewsletter to stay current on Co-op news, product sales, and event information.

BOARD NEWS

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

VOLUNTEER OPPORTUNITIES

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

EVENTS CALENDAR and COMMUNITY NEWS

Your Co-op offers a range of educational programs, from classes facilitated by dedicated professionals to informal childcare, family health seminars, and beyond. Read the monthly Community News online for features and briefs about Co-op programs, business partners, new books, staff product picks, and more.

BEET BOX

Check out our blog, www.moscowfood.coop/blog, which features recipes, D.I.Y. ideas, and product suggestions from Co-op staff.

SOCIAL MEDIA

Find us on Facebook, Instagram, and Pinterest for all kinds of news, recipes, sales, specials, and event information!

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Across

5. Co-op slogan: "Real. _____. Food."
6. "____ _ bring May flowers"
8. One year of Co-op ownership costs ____ dollars
10. These, grown on the Palouse, are a very good source of dietary fiber
11. Strawberry, in Madrid
14. Essential skincare with SPF
16. Drink this when you need a cool pick-me-up (3 wds.)
17. In 2018, we opened the Moscow Food Co-op on _____, across from the Hello Walk
19. "# ____ all day" or, to fill your summer afternoon with pink booze
20. Fermented sweet tea with a culture of yeast and bacteria
21. Eat hummus with this, made in the Co-op's bakery
22. Romance lies in her name!

Down

1. Food event in downtown Moscow from May to October (2 wds.)
2. The way Moscow Food Co-op shoppers prefer their veggies? (2 wds.)
3. Moscow's _____-Lowe Aquatic Center
4. Find this green and classic Co-op delicacy in our Bakery case (2 wds.)
7. 1996 Will Smith epic, or July 4, 1776 (2 wds.)
9. Borrowed, like a book from the library (2 wds.)
12. People who deliberately destroy or damage property?
13. Rod of the Moscow Food Co-op founders
15. A good option for the disposal of uneaten vegetables
18. Dug in the earth with its snout, or, cheered for the home team

Bring a completed crossword puzzle to the Customer Service Desk at the Co-op and you'll receive a prize!

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