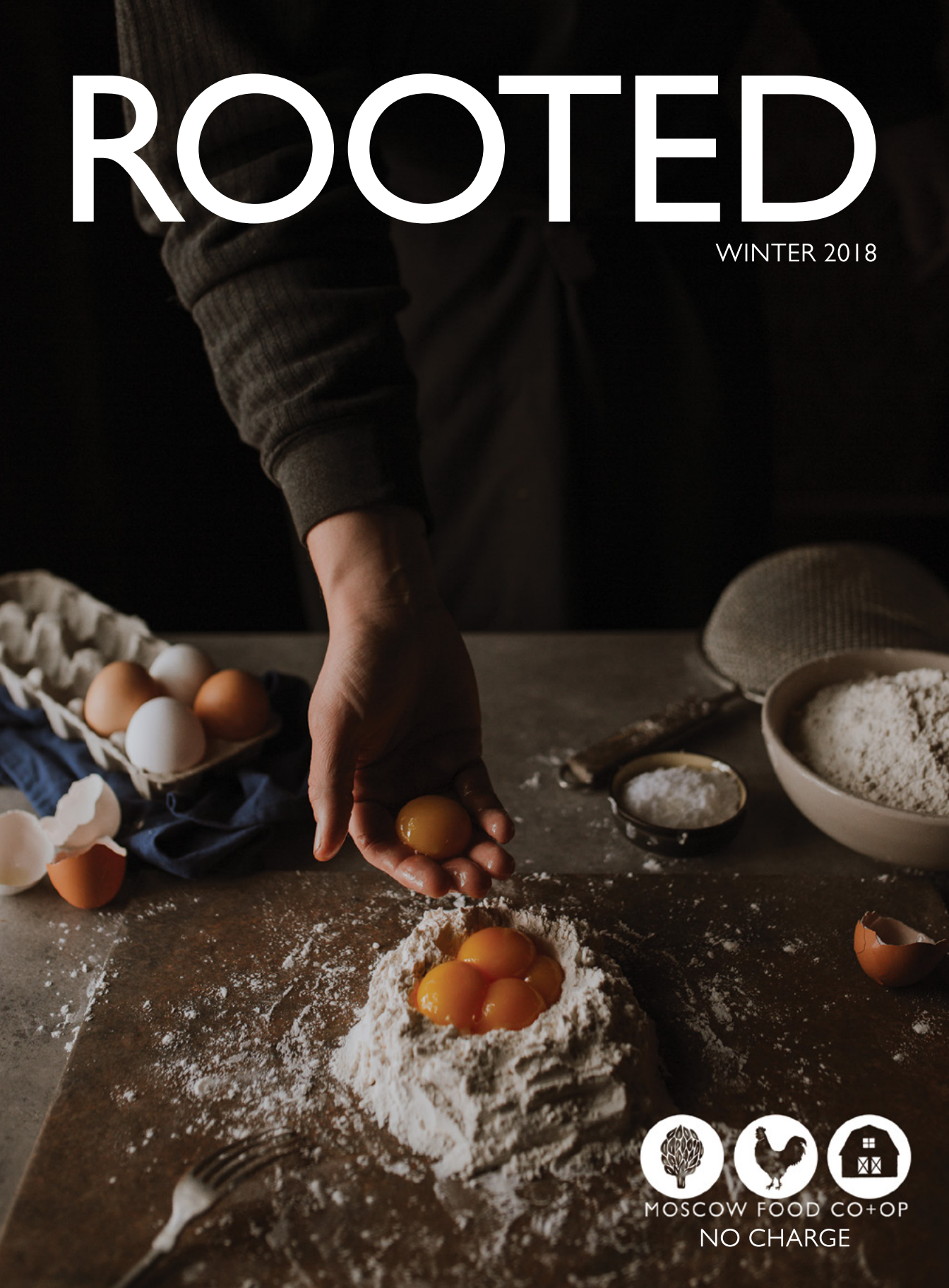


ROOTED

WINTER 2018



MOSCOW FOOD CO+OP

NO CHARGE



121 East 5th Street and
on campus at 822 Elm Street
Moscow, Idaho 83843

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www.moscowfood.coop

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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

And just like that, 2018 draws to a close on the Palouse. Time flies, as they say – and with a new year comes plenty of new ways to celebrate food and community at the Moscow Food Co-op. Below you'll find a list of things to do and see in the coming months, and of course you can always learn more by visiting us online at www.moscowfood.coop!

BOARD MEETINGS

Owners are always welcome at the Co-op's Board of Directors meetings, which include time for owner comments.

January 8 and February 12, 6 p.m.:

Board meetings are held in the Fiske Room of Moscow's 1912 Center (412 East 3rd Street.) See you there!

BOARD ELECTIONS

There are three open seats in the 2019 Board election. If you'd like to help lead our wonderful organization, consider Board service! Serving on the Co-op Board is a powerful way to shape our democratically controlled cooperative. Applications are available at www.moscowfood.coop/boardelection, at the Co-op's Customer Service Desk,

and on campus, and are due back by January 31, 2019. Email boardadmin@moscowfood.coop with any questions. Again, this year there will be three open seats. To serve on the Board or vote in this year's election, you must be a Co-op owner in good standing. Voting will take place during the last two weeks of March 2019.

TASTEFUL THURSDAYS

December 13, and 20, 5-7 p.m.:

Join us for a festive event celebrating the sights, sounds, and flavors of the season! Every Thursday your shopping trip will be transformed into an adventure for the senses as you meet vendors and sample their food and drink. We've included customer favorites and local vendors like Colter's Creek Winery and Laughing Dog Brewing, as well as great local bands like the Mad Andersons. Find out more about what's in store on our Facebook: www.facebook.com/moscowfoodcoop.

DIME IN TIME

...has grown since the last issue of Rooted! After switching to a new system for donating dimes, you helped us give back more than ever before

– during the months of September, October, and November you donated more than \$1,400 in total to the Palouse Environmental Sustainability Coalition, Pullman Community Council on Aging, and the Co-op Community Fund! Now through February, we're asking for your help to support:

Families Together is a community resource for parents and guardians of children affected by disability. Their staff and programming provide parents and guardians with information, training, and support networks to help improve lifelong outcomes for their child. Additionally, Families Together is the main coordinator of the Whitman County Special Olympics. When you donate your dimes to Families Together, you'll be helping expand their programming to teens and older children affected by disability as well!

Homes of Hope is a nonprofit organization serving parents and guardians of adopted and foster children from the Palouse to the Lewis-Clark valley. Their programming includes training for new foster parents, classes for children in foster homes, and a foster parent support group. When you donate your dimes, you'll be helping provide scholarships to families seeking to enroll in classes at Homes of Hope!

The Co-op Community Fund remains our year-round donation option. Your dimes become loan capital for other budding co-ops around the country! Formerly known as the "Seed Sowers Fund," the Co-op Community Fund doubles the strength of your donated dollars. Learn more about the Co-op Community Fund and apply to receive a grant at www.moscowfood.coop/coop-community-fund.

FOOD FOR THOUGHT

The Co-op's free film series returns! The spring lineup begins in February and continues through April, so look for later films in the next issue of Rooted. All films will be shown free of charge at the Kenworthy Performing Arts Centre – 508 South Main Street in downtown Moscow. This series is sponsored by the Co-op and community partners including the University of Idaho Sustainability Center.

February 27, 7 p.m. — Redefining Prosperity: Join us for this film celebrating the cooperative spirit! Redefining Prosperity follows the journey of a community coming together in the face of economic downturn to create support systems that uplifted everyone. The film will take you to Nevada City for a historic look at how a small community just like ours embraced cooperation.

CO-OP CLASSES

Co-op classes are a great way to continue your education and learn about a wide variety of topics! This year, Healthy Eating on a Budget returns for another series, Zero-Waste Living continues, and the Co-op's new Wine Education series begins! Sign up for classes with your cashier or online at www.moscowfood.coop/classes. For location information, check our events calendar or Moscow Food Co-op Facebook!

Healthy Eating on a Budget is one of our most popular class series, offering information about delicious, wholesome, and easy-to-make recipes that cost less than \$2 per serving. Whether you're growing your savings or just looking for inspiring allergen-friendly and plant-based recipes, this class is for you. At just \$5, class tickets are budget-friendly too. Owners receive \$2 off every ticket, and student owners and owners who participate in FLOWER can attend for free! Find out more about each class session and get your tickets today at www.moscowfood.coop/classes.

February 23, 4:30 p.m. – Whole Grains:

One of the simplest cost-reducing habits you can get into at the Co-op is shopping the Bulk department. Not only are bulk grains a great value, they are versatile and nutrition-packed ingredients that can be used in all kinds of dishes! In this class you'll learn fun new ways to prepare old classics for breakfast, lunch, and dinner. This is the first session in the five-class series.

Zero-Waste Living is a new series dedicated to informing attendees about ways to reduce their impact on the environment. We're here to show you easy adjustments to your life and mindset that will save you money

and shrink your carbon footprint! Just like Healthy Eating on a Budget, tickets are only \$5, with savings for owners, student owners, and FLOWER participants.

December 15, 4:30 p.m. – Do-it-Yourself Recipes:

Keeping sustainability in mind is the first step towards zero-waste, and the second is making at home what you typically buy in packaged form. There are all kinds of modern D.I.Y. solutions to aid in waste reduction! From personal care products to household cleaners, this class will help you learn about making wellness items yourself, and shopping in bulk for more than food.

Wine Tasting and Pairing

is coming to the Co-op as a brand-new class series this January! If you want to add depth and understanding to your palate or try samples of rich, delicious wines from around the world, this is the class for you. Led by a representative from one of our wine vendors, you'll learn everything you need to know about making the right call for your next gathering's wine options!

January 24, 6:30 p.m. – Red Wine 101:

Take the guesswork out of choosing the perfect red wine for your dinner, party, or event with this first-ever wine informational class taught by the Moscow Food Co-op! The class will include samples of wine and the perfect foods to pair with them. Please register ahead of time at www.moscowfood.coop/classes. To help us cover the cost of food and wine, general tickets are \$15, and Co-op owners pay \$10.

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

–Max Newland
Education & Events Coordinator

BOARD'S VOICE

DEAR COOPERATORS,

Despite my best efforts, I'll be finishing my time on the Board of Directors at the Moscow Food Co-op as its President. I tried my best to avoid adding another helping to my already full plate, but duty calls. It's one of those things about a cooperative: when you feel needed you just can't say no.

Luckily, the Board I'm leaving is strong, confident and motivated. When I was first elected, the Board had just weathered a major turnover and Melinda Schab had been the General Manager for less than a year. I was offered more than one sympathy beer when my friends heard I'd won a seat, but after almost six years I can honestly say it turned out far better and more rewarding than I originally expected. I now encourage everyone to consider Board service, even if you're not sure what you have to contribute.

I decided to run a few years after leaving the Co-op as an employee. I had something to say about what working at the Co-op had been like, and I wanted to be a champion for the employees. After a couple years of rolling it around in my head and some words of encouragement from a then-Director, I took the

plunge, turning in my candidate packet at the very last minute. I wasn't sure why anyone else would think I was fit for the job, but they did, and I was elected. At the time, I was the youngest member of the Board, and the only one with a young child – I was seated with a three month old baby in my lap. Since then I've had two more kids, become a full time homemaker, and moved twice, ending up on a homestead outside of Deary.

As my life has changed and expanded, so has my Board experience, and yet the Board has been changing me, too. Originally the youngest, least experienced member, I'm now the longest seated. Instead of deferring to "the way things are," I'm the one explaining what we've tried before and how it went. I've learned parliamentary procedure, had my first experience giving a performance evaluation, become a more deliberate listener, and become better at saying more with less. As someone who spends all day outnumbered by kids, the time I spend in meetings is a nice break and a chance to use my brain at a higher level.

The demographics of the Board have expanded too, thanks in part to more active recruitment. Our 2017 election expanded the Board from seven members to nine, and we now have multiple Directors with young kids, former Moscow Food Co-op employment experience, and several out-of-Moscow commutes. We represent a wide range of ages, backgrounds, passions, ideas, and experiences.

The job of the Board is to steer the "big-picture" part of the Co-op. We have a solid General Manager and great staff who keep the store running on a daily basis, leaving the Board to do the dreaming. What will the Co-op be in 10 years? In 20 years? What kind of Co-op will our kids shop at? In the last six years the Board has overhauled of the Co-op's Strategic Plan, rewritten the Bylaws and Board Policies, and laid the groundwork for expansion. We planned, were forced to rethink those plans, and then successfully oversaw a center-store remodel and the opening of a satellite location on the University of Idaho campus. By the time you all read this, we'll be taking applications for Board candidates. The Moscow Food Co-op wants YOU!

Sincerely,
Idgi Potter
Board President



EDITOR'S NOTE

As the year comes to a close, I'm reflecting on all the hard work we've done, our accomplishments, and the many new things we've learned. I relish each opportunity and experience that challenges my assumptions about our community.

Take, for instance, the community's response to our announcement that we are putting our plans for a full-store Pullman expansion on hold for the time being. I learned how receptive and flexible our owners and customers are in the face of change. I know Thanksgiving is over, but my feelings of gratitude aren't limited to the month of November. I appreciate all of your patience, support, and understanding with the Moscow Food Co-op this past year. You all weathered a huge remodel project, as well as a ton of other changes around our store and within our organization! The outpouring of compassion, flexibility, and love we received from you during our transitions in 2018 was truly a sight to behold. Looking forward, we're heading into the new year brighter, better, and more connected to each other than ever before.

This past September we broke some really tremendous news too: our increased FLOWER discount — now 20%! — has brought even more nutritious Co-op food and

goods to families all over the Palouse. Before increasing the discount, there were 44 Co-op owners enrolled in FLOWER. As of right now, there are more than 100. Co-op owners are absolutely dedicated to making an impact for those who need it most, and watching the community rally around Dime in Time, FLOWER, and other community donation programs within the Co-op has been inspirational!

2019 is already shaping up to be another exciting year for the Moscow Food Co-op. We aren't prepared to announce all our news just yet, but we will keep everyone posted! We're hoping for a smooth year, and we're so delighted you can all be along for the ride.

Now, on to this issue of Rooted! Inside are details about furthering your education with the Moscow Food Co-op and opportunities to participate even more directly with us. There is a kombucha article written by a University of Idaho student and a feature highlighting one of our own back-of-house cooks.

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

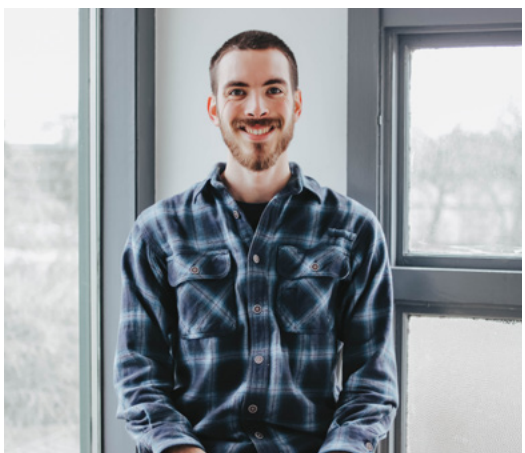
-Melinda Schab, General Manager and Editor in Chief



SERVE ON THE CO-OP BOARD

“ I am privileged to serve on the Board of the Moscow Food Co-op. I still remember walking into the Co-op within the first week of moving to the Palouse, and it made us feel that we were home. The opportunity to serve on the Board and be part of shaping the Co-op's future has been a fun, challenging, and engaging part of my life since my term started. I have gained a much greater understanding of the Co-op, the community, and our food system. It has also been great to work with and get to know my fellow Board members. Serving on the Board has made me enjoy being a Co-op owner and community member even more.

-Carol McFarland, Board Vice President



“ I ran for the Board because I wanted to help safeguard our Co-op's future and guide the Co-op to be the best it can be. For me, co-ops are bastions of values I strongly resonate with, and I care deeply that they and the values they stand for succeed. I enjoy serving on the Board because I know the work we do is critical to the Co-op's success and I feel that my contributions are valuable and useful. I also feel well supported as a Director; the Board provides ample professional development assistance, and I can feel myself continually improving in my role. What's more, the Board is composed of some wonderfully collaborative, caring, and committed individuals who are a true pleasure to work with.

-Cheyne Mayer, Board Member

“ The Moscow Food Co-op is a place of inclusion; a welcoming place for all to come together around the cause of community and natural, local, organic foods. I feel that these attributes of the Co-op are so important for our community. I serve on the Board of Directors at the Moscow Food Co-op to help preserve this legacy and to cast vision for the future. We're aiming to ensure the Co-op remains the vital community "glue" that facilitates and models concern for community, inclusion, and fair treatment of employees. It does take a commitment of my time, but Board service is a great way to spend time supporting all of us on the Palouse.

-Dave Sutherland, Board Secretary



National, state, and local election season is over, so we can turn our focus toward another important election coming up: the Co-op Board of Directors! As an owner, Board elections are one way you can influence how the Co-op operates, and voting for Board members is one of the most important things you can do (in addition to shopping regularly!)

An even more impactful thing you can do? Run for a seat on the Board! In April 2019, terms are ending for Board President Idgi Potter (currently our longest-serving Director,) Treasurer Tom Bitterwolf, and Director David Nelson. We will thus have three open seats on the Board for the March 18-31 elections. Candidacy packets are available at the Customer Service Desk at the Co-op downtown, at the Co-op on Campus, and on the website at www.moscowfood.coop/boardelection. Your application and candidate statement needs to be completed and returned by January 31, 2019. To be eligible you must be an owner, have submitted a complete candidacy packet, be current on equity payments, have shopped at the Co-op in the last year, have no legal violations or convictions that would jeopardize Co-op licenses or permits, and have no major conflicts of interest.

Very soon after that the Board will determine the slate of eligible candidates and hold an orientation for them on February 6 from 6-8 p.m. Additional details can be found in the candidacy packets. The three newly elected Directors will be seated at the Board meeting in early April 2019.

What is it like to serve on the Board? The Board generally meets nine times a year: once a month except July, August, and December. Board meetings begin with a delicious dinner provided by the Co-op, and are typically finished by 9 p.m. Most months we have an additional, less-formal two-hour work session. These provide a more relaxed setting where we can thoughtfully discuss current opportunities and issues. Finally, Board members also serve on one or two committees, which also meet (usually for an hour) about once a month. So, most months at least, you'll have three or four meetings to get prepared for and attend. The Board

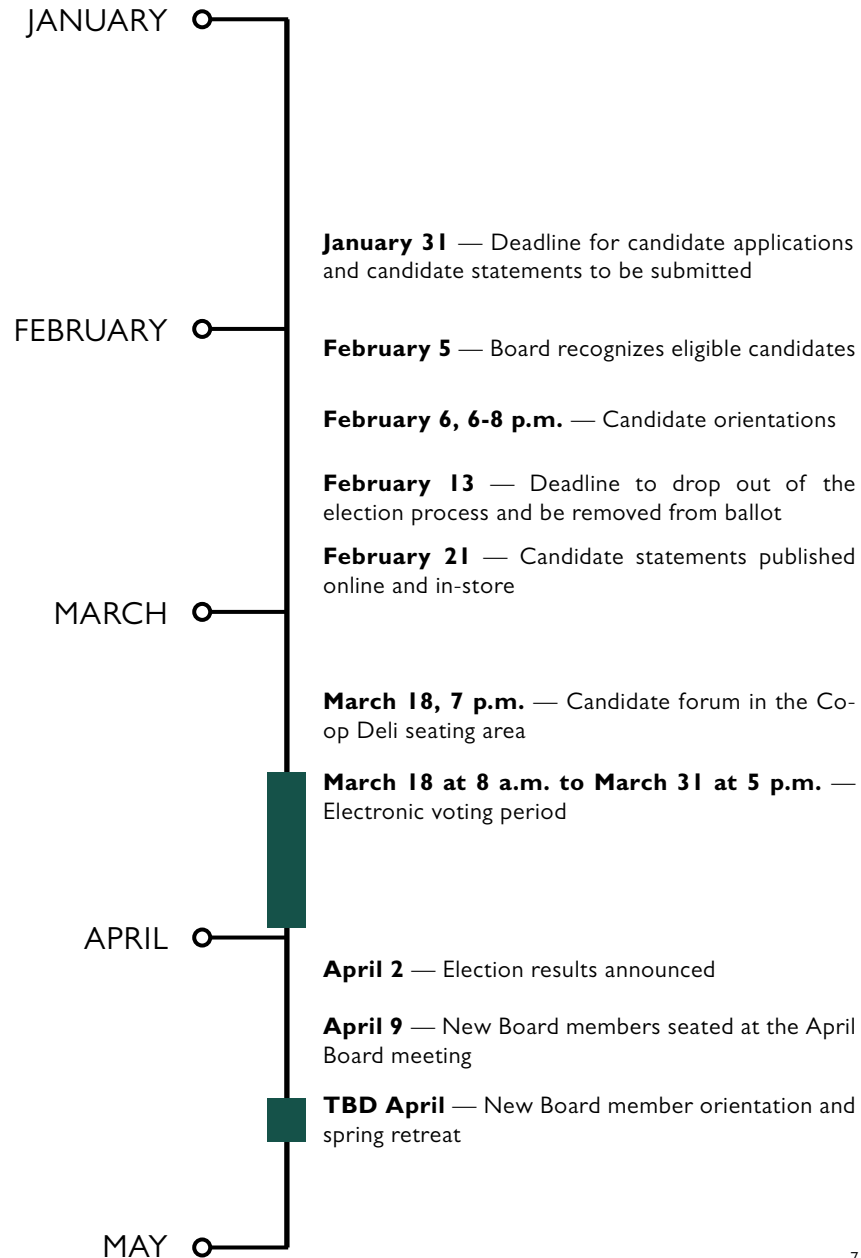
and its committees are collegial groups with a genuine desire to achieve good outcomes for the Co-op, and we strive to do so efficiently. We all have other jobs too!

In my view (and now I speak personally rather than as a Board member) the Co-op is best served when its Board reflects the diversity of interests and occupations in the communities we serve. It's easy to see the make-up of the current Board since our pictures and brief bios are posted in the Co-op and are also at www.moscowfood.coop/

meet-the-board/. Please consider running for election, especially if you bring a background and skills that differ from those already represented! If spring 2019 is not the right time, then think about spring 2020! The Co-op will still be here and will still appreciate your service.

-Tim Kohler, Board Member

2019 BOARD ELECTION TIMELINE



NEW ON OUR SHELVES:

A CONDENSED GUIDE TO SOME FRESH NEW PRODUCTS YOU CAN FIND AT THE CO-OP



G. BASCOU PICPOUL-DE- PINET

Picpoul-de-Pinet is the largest appellation of white wines in Languedoc, France. This wine is made with 100% piquepoul, a variety of wine grape that has been grown in this region since the 17th century. The wine has a soft, delicate nose with notes of lemon and a crisp minerality. It is perfect matched with seafood and shellfish dishes, or as an aperitif with mild, creamy cheeses.



EAT PASTRY GLUTEN FREE AND VEGAN COOKIE DOUGH

Eat Pastry is a family-owned and operated company that produces vegan-friendly, kosher, and gluten-free refrigerated cookie doughs that taste homemade. Eat Pastry prides themselves on their dedication to using high-quality, non-GMO ingredients. Their doughs are free from artificial flavors, colors, and preservatives, dairy, eggs, casein, cholesterol, and trans-fats. All it takes to enjoy a vegan, gluten-free chocolate chip cookie or a vegan peanut butter cookie is a teaspoon of dough scooped onto a cookie sheet and baked for 8-10 minutes. Find these in the refrigerators in the back of the store.



BISCEGLIA TERRA DI VULCANO AGLIANICO DEL VULTURE

Aglianico is a wine grape that is indigenous to the southern-most part of Italy, in an area shrouded in the shadow of Mount Vulture. It is believed to have been introduced by the Greeks in the 6th or 7th century BC. This full-bodied wine is ruby-garnet in color with aromas of blackberries, chocolate, spices, forest duff, and just a hint of smokiness. It is well balanced with soft, firm tannins and high acidity. Pair this wine with pasta dishes with tomato sauce, pizza, meat dishes, and ash-ripened goat cheeses.



ONE CULTURE RAMEN NOODLE CUPS

One Culture Foods believes in “embracing our commonalities and celebrating our beautiful differences through the universal language of food.” Its founder created One Culture Foods because he wanted to “share his love for big, bold global flavors and foods with as many people as possible.” The result was four soups-in-a-cup that have bone broth as their base: Chinese Chicken Noodle, Japanese Spicy Ramen, Taiwanese Beef Noodle, and Vietnamese Beef Pho. They are made with all-natural, non-GMO ingredients and can be found in aisle two.



BODHI BODY SCRUB

Bodhi was founded by an eczema sufferer and chemist who formulated the company’s scrubs and soaps with coconut oil sourced from heritage coconut trees grown on an organic farm in the Philippines. Bodhi gives a portion of their sales income to support education and provide school essentials for Filipino communities in their local area. Their soap scrubs are made from Fair Trade and organic shea, olive, and coconut oil. Volcanic ash is added as a natural exfoliant, leaving skin feeling clean, refreshed, and smooth. Find three formulas in the Wellness department: Almond Honey, Lavender, and Eucalyptus.



PAGO DE VALDONEJE MENCIA

Mencia is a Spanish grape variety primarily grown in the northwestern part of the country. This wine is ruby red in color with a fresh nose of wild berries, mint, licorice, and a pleasing earthiness. It is firmly structured and fruit-driven, supported by fine tannins. It pairs well with grilled or smoked meats, cheeses, and vegetables.

MILLHORN

The Farmstead Creamery Changing
the Way We Think About Milk

By Peg Kingery



Sweet Sharee

Katie shares some love with Sharee, one of her A2A2 Certified Jersey cows. Sharee produces a remarkable 6-7 gallons of milk per day.



Katie Millhorn describes herself as a “crazy farm girl who’s passionate about whole foods.”

Katie and her husband, Seth, are fourth-generation farmers who grow commodity crops (alfalfa, timothy hay, garbanzo beans, and wheat) and rear pasture-raised livestock on 13,000 acres in the Worley, Idaho area. Seth manages the crop farming and Katie oversees the livestock operation. A walk around the grounds near their home confirms that Katie loves animals — all kinds of animals. Numerous bunnies (whose original parents were a niece’s 4-H project), ducks, chickens, sheep, beef cattle, and dairy cows all happily co-exist. For most of the year, pigs also reside on the property.

Katie’s passion for whole foods started when she was young with gardening and canning produce with her grandmother. It was rekindled when she was in her mid-twenties, when she and Seth began raising their four children. She felt “pulled back into the earth” and started a “hobby

farm” with goats, pastured chickens, and a large vegetable garden. Around this time, Katie was diagnosed with the autoimmune disease lupus. After enduring conventional treatments for the disease, Katie decided to fight it instead with a whole foods diet and exercise.

“Bad food deteriorates, whole food regenerates your body,” she said. “We’ve been healing ourselves off the land for hundreds of years.”

She quickly discovered that finding clean whole foods — no antibiotics,

pesticides, hormones, Genetically Modified Organisms, corn, or soy — in her local area was extremely difficult. So she decided to learn how to raise them herself.

As she researched, Katie learned about the health benefits of raw A2A2 milk. Cow milk is made up of lactose (milk sugar), fat, minerals, and protein. The protein is in the form of whey and casein. Of concern are the two beta caseins — A1 and A2. Most cow milk contains both of these. The A1 casein might cause stomach and intestinal distress, and inflammation



of the body in some people. Research suggests that some people are better able to digest milk that only has the A2 casein. You can read more about A2 milk online at www.a2milk.com. Katie bought her first A2A2 certified cow and started a raw milk dairy.

The news spread quickly. Demand for A2A2 certified raw milk and pasture-raised eggs skyrocketed. Katie added more A2A2 certified cows to her herd, mostly Jerseys. Five years ago, Millhorn Farmstead became a licensed raw milk dairy in the state of Idaho.

As a licensed raw milk dairy, Katie can only milk three cows at a time. She sells her milk and cream to on-farm customers and to the Moscow Food Co-op. Katie mentioned she thinks about expanding her operation someday but would then need to meet the requirements for a Grade A dairy.

“I don’t want to treat my cows like a number,” she said. “I know all their names. I think you lose efficiency and a deep connection [to the cows] by going big.”

Katie definitely has a close relationship with each of her cows. Milking is an “intimate procedure,” so developing the cows’ trust is a priority.

“I’m their caretaker,” Katie said. “They’re my girls — they’re me.”

Roaming the pastures with the dairy cows are Scottish Highland cattle that Katie sells for beef. She also rears pasture-raised pigs on the farm, which she sells for pork. The chickens, a heritage breed called Buckeye, strut around the open barn and in the pastures. They particularly like feeding near the beef cattle. Predators, such as bald eagles, are wary of the Highlands’ long horns, and the insects on the cow pies are apparently quite tasty to the chickens! Several Finn sheep also graze in the pasture. Katie uses their fleece to make dryer balls for the family’s use. When snow and cold prevents the animals from getting the nutrition they need from pasture grass, they are fed with hay grown on the farm and grain purchased locally.

Because of the needs of the animals, Katie can’t be away from the farm for

more than 12 hours at a time. Farming is a lifestyle she embraces. As a female farmer in a male-dominated field, it took her a few years to earn respect. She certainly has it now, especially with her “I can do it” attitude. She is dedicated to providing nutritious whole food to her customers for their health and healing.

“Watch out men, I’m just as strong mentally and physically as you are,” she said. “And my boots are cuter.”
-Peg Kingery





EDUCATION WITH THE MOSCOW FOOD CO-OP

The Moscow Food Co-op is a one-stop shop for natural food and local products — but what else does it offer the community?

The Moscow Food Co-op's classes — our community-focused learning opportunities — are just one way we are working to fulfill our mission to be a reliable source of information about local food, wellness, and sustainability on the Palouse. The Co-op class program provides a stage for producers, home cooks, and passionate experts in various fields to share their skills and knowledge with our community. Where previously these skills might have been shared in small, private groups and between friends, our programs and classes help connect community members who are eager to learn more with those eager to teach.

Our class catalog offers something for everyone. From cooking classes and wellness seminars to gardening workshops and Zero Waste 101 events, we hope attendees make connections about important food, health, and environmental issues. We offer ways to sharpen skills like home cooking, food-growing, composting, and waste-reduction, which are all vital to maintaining personal and communal health. We believe it is crucial to offer a way for people of all ages to learn and grow, building their skills for greater self-sufficiency and a healthier, more informed life.

In 1973, when the Moscow Food Co-op was called the Good Food Store, the seeds of this community-focused programming were just beginning to develop. In mid-2014, the Board adopted a new Strategic Plan to guide the store's direction for the next five years. The Strategic Plan's priorities and goals help shape what makes our Co-op different from traditional grocery stores. The plan is a roadmap for the Co-op's future, defining our direction and aspirations and shaping how resources are allocated. Based on feedback gathered for the 2008-2013 Strategic Plan, the Co-op's Board identified the following Strategic Ends for 2015-2020:

1. Promote the local, sustainable, and organic food and goods economy
2. Be a workplace of choice for all employees
3. Increase economic and cultural accessibility for all community members
4. Model environmental sustainability through our activities, facilities, products, and services
5. Educate our owners, customers, and the wider community about food and food systems
6. Grow and expand to further our mission

At the Moscow Food Co-op, we take our commitment to the fifth Ends statement very seriously, and it is supported by one of the Cooperative Principles as well. In 1844, a group of pioneering workers and farmers in Rochdale, England, compiled a list of seven principles by which all cooperative businesses still abide today. To be a true cooperative, a business must use all seven principles to inform its daily operation. These principles include democratic member

We believe it is crucial to offer a way for people of all ages to learn and grow, building their skills for greater self-sufficiency.

control and cooperation among co-ops, as well as the fifth principle: "education, training, and information." As originally written, the mandate in the fifth principle is only to educate staff and members - those who actively participate in a co-op's operation. At the Moscow Food Co-op, we take that principle a step further, and bring education, information, and training directly to our local community.

Anyone who is interested can sign up for classes through the Co-op's website. We're currently offering our ever-popular Healthy Eating on a Budget, taught by Alice Ma, a registered dietitian working with WSU Dining Services. Additionally, the Co-op has launched a series on zero-waste living – and both of the aforementioned classes are set to continue through 2019. Check the beginning of this magazine for Looking Forward, where you can find additional class details. We offer our classes at an accessible rate, including free attendance for Co-op owners who participate in the FLOWER program. Most classes are \$3 to \$5, and if you register ahead of time, your ticket price is refunded in the form of a Co-op gift card! The Co-op's classes feature the high-quality, local, and organic ingredients we sell in our store.

If you are passionate about food, food systems, the environment, the economy, or any other subject you feel qualified and excited to share your knowledge about, we are here to help you shape your perfect Co-op class. Contact outreach@moscowfood.coop to learn more about helping us bring our fifth Ends statement and the Rochdale Pioneers' fifth Cooperative Principle to life in our community.

-Max Newland

KEEPING KOMBUCHA LOCAL

Fermented foods are growing in popularity — they are loved for being tasty and high in probiotics. But what is kombucha?

By Tia Scott, University of Idaho journalism student

Kombucha is a widely popular fermented beverage that has piqued the interest of many people. Lucky for all of us on the Palouse, the Moscow Food Co-op is proud to carry a variety of local and delicious kombucha brands. The Co-op also hosts hands-on, informational quarterly classes taught by Moscow's local brewers!

WHAT IS KOMBUCHA?

Kombucha is a lightly fizzy, sweet, fermented tea that can be store-bought or home-made. This delicious drink can be brewed with black, green, or white tea. Most kombucha artisans avoid using teas with artificial or natural flavors containing different oils. The neat part

about brewing this drink at home is experimenting with different herbs to find the perfect flavor.

Taking a sip of kombucha for the first time will be a new experience for most people. Expect a fermented flavor, almost like vinegar. This fermented tea is not to be confused with juice. Familiarity with fermented flavors is uncommon, so it's normal to need to acquire a taste for kombucha. There are, of course, ways to avoid the vinegar taste when brewing kombucha at home. The secret is to continuously taste the batch until it reaches a mouth-watering flavor of choice, and finish the brew sooner rather than later. Bare Culture, a kombucha brewer in Post Falls, achieves their delicious and wide variety of flavors by infusing the finished product with fresh fruit or fruit juice.

Love's Kombucha, a local brewer from Moscow, celebrates the raw kombucha taste by allowing all the flavors to come from teas, herbs, and spices.

WHAT'S THE HISTORY?

Kombucha has been around for nearly 2,000 years. When searching for the history of kombucha, many legends swarm the internet. Some claim it originated in China, where it was known as the tea of immortality.

Still others believe it originated in Russia or Japan. Regardless of its true origin, the fermented tea has been around in other countries far longer than in the United States. It made

its way to the United States sometime in the 1970s.

LOCAL MEANS LOCAL

Buying local is important to Palouse consumers. The Moscow Food Co-op is a source for many local products, and is honored to provide a home for several local kombucha brewers, including Love's and Bare Culture. Both families bring their own unique spin of flavors to their homemade fermented tea. There is a flavor to love for everyone's taste buds!

LOVE'S KOMBUCHA STORY

It all started eight years ago when Renee Love took her first sip of kombucha. Her husband, Emmett, loved to brew it, and she loved to drink it. Brewing kombucha became their hobby, and a part of their small organic farm right here in Moscow. Their debut retail experience took place at the Moscow Farmers Market in 2017. Only a year later, the Loves are familiar smiling faces at the farmers market and 14 other wholesale locations around the Palouse.

The Loves are happy to keep their kombucha local. One of their flavors uses a local honey. Whenever they do infuse fruit, they harvest it from their farm or find it at the farmers market.

The Moscow Food Co-op and Love's Kombucha joined forces to provide the community easy access to their product. Selling kombucha through the Co-op gives the Loves more visibility.

"It's really cool working with the Co-op. People associate the Co-op with really high quality, good things and that's neat to be apart of," Renee said.

Renee appreciates when people not only recognize their product but also the faces of the producers.

BARE CULTURE'S KOMBUCHA STORY

Bare Culture has had the privilege of working closely with the Moscow Food Co-op since 2015. They love that their products align with the Co-op's "fresh and local" standards and contribute to a locally-focused economy. Bare Culture is continuing to grow alongside the Moscow Food Co-op.

Heather, Joe, and Mike Threadgill run the family business. The Bare Culture family works with the Co-op from northern Idaho, and coordinates directly with the store's staff and customers. Being able to partner with the Co-op and expand their line is beneficial for both the Threadgills and the Co-op.

"We are really looking forward to expanding and growing with the Moscow Food Co-op and our community. We love to reach new people in the area and provide them a great kombucha experience!" Heather said.

Bare Culture Kombucha comes to Moscow to teach classes in conjunction with the Co-op and the University of Idaho. Their classes cover home-brewing techniques, demonstrations, and tastings. As Bare Culture says, it's

a fun way to work with the community and not be a faceless corporate product.

KOMBUCHA CLASSES

Another wonderful aspect of the Co-op's dedication to local kombucha producers is the opportunity to collaborate as a team to provide community classes. Renee said growing a fermented

are reimbursed with a Co-op gift card. Check the Co-op website for a calendar of future classes and additional details about upcoming events.

"These classes are educational and relevant. People are interested and want to learn more," said Max Newland, Education and Events Coordinator of the Moscow Food Co-op. "Misconceptions about kombucha and how it's made are common, so these classes offer one-on-one interaction and insight to answer any questions."

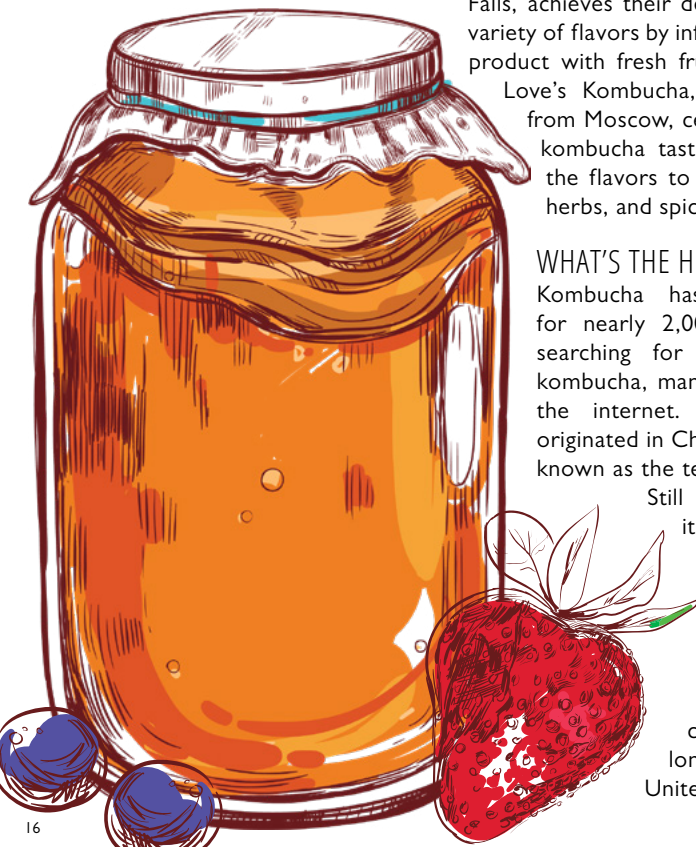
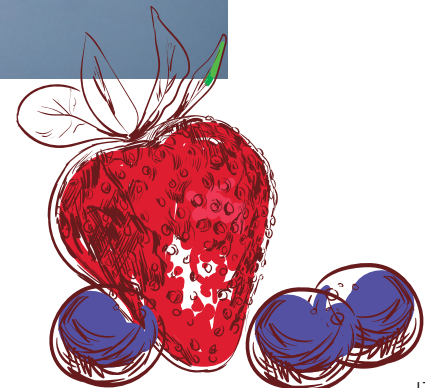
The Loves are willing to give away all their secrets, Renee said, adding that she just wants to see people get excited about kombucha.

-Tia Scott



drink on the countertop may be new, especially if you are unfamiliar with the fermentation process. However, it's actually not weird once you have some instruction!

Kombucha class tickets are \$3 for Co-op owners and \$5 for non-owners. If attendees register ahead of time, they



Justin Miller



What is your role at the Co-op?

I'm a Lead Cook - one of the three! A typical day at work for me would be coming in about 45 minutes before the other cooks and getting the kitchen set up. I help with my crew's productivity. I like to give them free reign, but in a way that's still structured. We're back there making all the lovely meals people eat throughout the day. There are lots of interesting and curious things that happen during my shifts, but that's a basic overview.

What is the Co-op Kitchen like?

We have fun! That's it, and that's what's cool about working at the Co-op: you get freedom to experiment and create a lot of new and interesting stuff. It's liberating, and it gets your creative juices flowing. That's what I like about it. I like to think that my crew starts the day with a smile and ends it with a smile. It's a whole new energy and a completely different experience than being on the sales floor. I work with a lot of great people in the kitchen! I truly learn something new every day, and I didn't even know I wanted to cook before being in this kitchen.

What attracts you to the Co-op?

I was drawn to the Co-op because of its community-oriented atmosphere. When I first came in, I got a very authentic and upbeat impression. I like the cooperative values because they can be applied to your daily life too. The Co-op has been really invested in my education, so I get to learn a lot of cool things about new lifestyles, dietary choices, physical ailments, food trends, and more. Working here and reading everything I can has given me new ideas to put out into the world. Our customers often have dietary restrictions or are looking for specific types of food. They know what they like! Working within those parameters can make us even more creative. I try to make food that everyone can enjoy. I'm not a chef by any means; I'm just a man who enjoys cooking.

What have you gained from working at the Co-op? How has the Co-op changed since you've been working here?

I've gained so much since coming here in 2014! The knowledge I've acquired, the skills I've learned, and the people I've met have all helped me progress personally and professionally in a very positive way. I've met friends through the Co-op I'll have for the rest of my life. Five years ago, I was not the same person I am today. Being at the Co-op has helped me out quite a bit in terms of moving forward in every aspect of my life, and it's a beautiful place to work — it's actually the best place to work in town if you're in the service industry. I'm so grateful that everyone in charge gave me a shot and hired me. As far as how has the Co-op changed? As a unit we have grown and matured for the better. Everything changes... it has to or you end up stagnant and that's not good for anything. All the positive changes have allowed us to do more for our community, including helping our customers in more ways than just providing a shopping experience.

"Our doors
are open
to anyone
and
everyone."

What is your favorite Co-op memory?

I have too many to list. My best memory — oh man, I don't know if I can even count them. It's been like the Wild West, and it's been so much fun. But again, I feel like we've grown! I could write a book about all the good times I've had working at the Co-op. I will say that lasting memories are created and reminisced on every day in our kitchen. That's something special I've never encountered before.

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

I wish more people knew that we genuinely care! The Co-op is home to many great people and does a lot of good in helping our community. We're not just a grocery store. We use fresh, high-quality distributor and local food, and we cook and prep everything ourselves from scratch! I want people to apply to work here. In all honesty, I've never been treated better than I have working at the Co-op. Applying could be the best decision you ever make with your life... it could change your mentality, your perspective, and the way you look at the world. That's what it's done for me, and it's been extremely positive. I see nothing but positive things coming ahead. I will always approach customers with kindness, compassion, and the desire to share information. I hope people know we want them to leave happy. We give people a voice, and we give people voting opportunities... we do cool stuff that other businesses don't do. Take FLOWER for example, I think that's a wonderful and beautiful program and I want more people to know about it. We are overflowing with generosity in times of need. If you're looking to join our team or learn more about the Co-op, come in and talk to us! We support equality to the highest extent, and our doors are open to anyone and everyone no matter who you are.

THE MODERN CLASSIC



Cooking for a crowd? Fear not. Hailed by Bon Appétit as "the ultimate bolognese sauce" recipe, this hearty pasta is perfect for a winter gathering, and we have all the ingredients right here at the Moscow Food Co-op.

When researching bolognese and Italian sauces in general, a startling trend emerges: no one can agree on an "authentic" version of anything. The general consensus is that in Italy, every family has a different version of bolognese, and every single version is probably the "best" and "right" way to make it.

For this spread, we've used Mike Easton's recipe — he's the acclaimed chef of Il Crovo, a lauded, lunch-only pasta spot

in Seattle's Pioneer Square neighborhood. Why the livers? This recipe was originally inspired by the Maccheroni Alla Bolognese recipe in Pellegrino Artusi's 1891 classic Italian cookbook *Science in the Kitchen and the Art of Eating Well*. That recipe (just about 130 years old now) suggests adding cooked chicken liver for a tastier ragù. If you're squeamish about the livers, just trust us — the livery-ness disappears in the finished sauce, and there is a deep, creamy richness you don't want to miss.



SCRATCH-MADE PASTA

Ingredients:

- 6 large egg yolks
- 1 large egg
- 1 ¼ cups all-purpose flour
- 1 tablespoon milk
- ½ teaspoons olive oil

Instructions:

1. Build a mound of flour on your work surface, creating a pyramid shape. Using your fingers, make a well in the center of the mound, about six inches in diameter. Make sure all the walls surrounding the well are about an inch thick, and leave a thin layer of flour on the bottom.
2. Combine the egg yolks, egg, oil, and milk in the well. Using your first two fingers, break the eggs, then begin swirling the mixture around in a circular motion. Try to keep the egg mixture within the walls of the well!
3. The swirling motion will slowly bring flour into the mixture from the walls of the well. Make sure you take your time with this process! It's important to go slowly so the dough doesn't end up

lumpy. Gradually continue to mix the flour with the eggs until you can no longer move the dough with your fingers. If the well breaks, fill in the gaps with flour, or use your hand to contain the eggs.

4. As the dough comes together, knead it with your palms, scraping your surface as necessary. Keep kneading until the dough is moist but not sticky. Form the dough into a ball and set aside. Clean your work surface and re-dust it with flour. Then, continue to knead the dough ball until it is silky smooth.

5. The dough is finished when you can pull a bit away from the ball and it wants to snap back into place. This process will take a while, but knead as long as it takes to pass the pull test! If not, the dough could collapse when resting.

6. Wrap the dough in plastic to ensure it doesn't dry out. Chill for 30-60 minutes, then roll your dough through a pasta machine or by hand.

TIPS FOR PAIRING WINE WITH DINNER

First things first, don't let the idea of wine pairing intimidate you! The thought of picking out a good wine can be overwhelming, but we have some simple steps you can follow to make the most of your effort:

1. Don't worry about

color: there is a huge variety of flavor profiles and textures among reds and whites!

2. Keep it balanced:

light-bodied wines call for delicate, light foods, while rich and full-bodied wines work with spicy and heavier meals — you don't want the wine or food flavors to get lost or overshadow each other. In that same line of thinking, match your wine with the boldest or most prominent element of your dish.

3. Try to match wine and food textures:

Tannins are the slightly bitter finish at the end of a sip of wine. They will overwhelm smooth or light flavors like cheese or salmon, but compliment bold meats and sauces. Acidic wines pair well with creamy or fatty foods, and sweet wines will work alongside acidic dishes like lemon chicken. Acidic meals, however, will make tannic wines more bitter.

4. Keep it fun:

Wine is largely subjective and you'll never really know what you love until you try it. Keep experimenting, and keep reading, and ask Peg in the Co-op's Wine department if you have any questions!

BOLOGNESE

Ingredients:

- 1 ¼ pounds ground beef chuck (20% fat)
- 1 pound pork shoulder (Boston butt), ground
- 3 ounces chicken livers, rinsed, finely chopped
- 1 14-ounce can whole tomatoes
- ½ cup red wine
- 1 ½ cups whole milk
- ¼ cup Mama Lil's Pickled Kick Butt Peppers in Oil
- 2 tablespoons red wine vinegar
- 5 garlic cloves, finely chopped
- 3 whole cloves
- 2 bay leaves
- 2 teaspoons fennel seeds
- 1 ½ teaspoons crushed red pepper flakes
- 1 ½ teaspoons kosher salt, plus more
- 1 tablespoon olive oil
- ½ large onion, finely chopped
- ½ small bunch thyme
- ¼ teaspoon black peppercorns, plus more freshly ground

Instructions:

1. Using a small dry skillet, toast cloves, bay leaves, fennel seeds, red pepper flakes, and whole peppercorns over medium heat, tossing often until fragrant, about 2 minutes. Let cool; transfer to a spice mill (or mortar and pestle) and finely grind.
2. Preheat oven to 250°. Heat oil in a large oven-proof pot (with a lid!) over medium-high. Here's where we get to the livers. *(Trust us: they give the finished sauce a depth you can't get any other way! If you're nervous about tasting too much "liver" flavor, try placing them in a bowl of milk, cover, and chill overnight, then rinse before using. Not only does the soak help to draw out excess blood, but also Easton says it "definitely gives liver a much smoother, gentler, flavor.")* Add livers to the pot and stir to coat them with oil. Season them with salt and pepper, then caramelize them deeply - until they are almost burned, 5-8 minutes.
3. Add Mama Lil's peppers, onion, and thyme, then stir. Season the mixture with salt and pepper, then cook 5-8

minutes until the onion is golden brown and soft. Add the garlic, and stir again to coat. Adding the garlic after the onion has been going for a while will keep it from burning. Cook the whole mixture, stirring often, until the garlic is soft. Stir in spice mixture and 1 ½ teaspoons salt. This step will toast the spices one more time, deepening their flavor.

4. Scrape the sides of the pot with a wooden spoon, then add the tomatoes and red wine, and stir. Mix in the beef and pork. The whole mixture may seem stiff, but it will soften and loosen as it cooks. Finally, add the milk and mix everything together very well. Cover the pot and cook in oven for 7 hours. As Bon Appétit says, "resist the urge to check on it. It's fine! We promise!"
5. After 7 hours, remove the pot from the oven. The sauce will have firmed, sort of like a meatloaf. Stir to loosen. Pull out the thyme branches, then blend the sauce with an immersion blender until it is mostly smooth. Add the red wine vinegar, then taste and add more salt and pepper as necessary.

To assemble:

6. Cook your scratch-made pasta in a pot of boiling water, salting and stirring occasionally. Cook only until al dente - toothy in texture! Drain the pasta, but reserve 1 ½ cups of the pasta cooking liquid. Toss the cooked pasta and 4 tablespoons of butter in a large skillet over medium heat. Mix in 1 ½–2 cups bolognese sauce — enough to properly coat the pasta — then cook, adding pasta cooking liquid as needed, until sauce is thick and glossy. Season the mixture with salt and pepper to taste. Serve topped with fresh Parmesan.

Note: This recipe makes about 2 ½ quarts of bolognese sauce, or enough for three 12-ounce portions of pasta. It can be eaten up to five days after cooking, or kept frozen for up to one month.



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

CO-OP ENEWSLETTER

Sign up for our twice-a-month eNewsletter to stay 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 and 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.

BEE T BOX

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