



MOSCOW FOOD CO+OP  
COMMUNITY NEWS

# COMMUNITY NEWS GOES RETRO



*We're gearing up to celebrate our 50th anniversary in 2023! This zine-style Community News harkens back to the start of the publication in 1985.*



MOSCOW FOOD CO-OP



## Run for our Board!

THE BOARD OF DIRECTORS  
ELECTION IS COMING UP!

Application deadline is Dec. 10



The Co-op will be closed Dec. 25 and 26 to celebrate the holidays with our families and friends



*Tasteful* Thursdays  
Dec. 7, 14, & 28,  
4:30 - 6:30 p.m.

## DECEMBER 2023

READ THE EDITION ONLINE AT [MOSCOWFOOD.COOP/COMMUNITY-NEWS](https://moscowfood.coop/community-news)  
ISSUE EDITOR: JUDY SOBELOFF; LAYOUT: PEG KINGERY

# What's the Buzz?

**"What is your favorite food gift to give or receive during the holidays?"**

**By Ashley Fiedler, Co-op Volunteer Writer**

"I like to give and receive chocolate in any form." McKenna Kozeluh, Moscow, University of Idaho Student



"I like to get homemade toffee brittle from my Dad's friend." Molly Mahoney, Pullman, Washington State University Student



"I like to give and receive coffee and chocolate." Kristie Lawrence, Moscow, Accountant



"A rich, luscious, decadent chocolate dessert." Johana Doyle, Moscow, Equestrian



"I like to give a meal to the food bank." Chalise Nash, Clarkston, Elementary School Cook



"Wine." Sarah Bergdahl, Moscow, Yoga Teacher



# **Moscow Food Co-op Featured Nonprofit: Access to Justice Idaho**

## **By Trish Hartzell, Co-op Board of Directors**

Tim Gresback, a local lawyer and former President of the Idaho State Bar Association, spoke to the Moscow Food Co-op Board of Directors about Access to Justice Idaho. Access to Justice raises funds for Idaho Legal Aid Services, the Idaho Volunteer Lawyers Program, and DisAbility Rights Idaho. For decades, these three legal groups have been serving low-income Idahoans who need help with custody cases, eviction, guardianship, long-term care issues, family law, domestic and elder abuse, debt defense, and other cases.

Idaho lawyers and University of Idaho law students do “pro bono” work where they freely donate their time and expertise to clients in need. Access to Justice Idaho helps cover “hidden” out-of-pocket costs such as malpractice insurance, administrative expenses, court costs, and filing fees.

Access to Justice is one of the Co-op’s beneficiaries as part of the Change for Good program. Every time you use a reusable tote bag, coffee mug, bulk container, produce bag, or EcoToGo box, a token gets awarded to the featured Change for Good nonprofit of your choice. When you choose to designate your token to Access to Justice, the group receives funds that it can then distribute to the above-mentioned legal groups.

We are fortunate to have highly educated, compassionate lawyers in the state who want to ensure that everyone has access to legal help regardless of their ability to pay. If you would like to know more, or would like to donate to the program directly, please visit [isb.idaho.gov/ilf/accesstojustice](http://isb.idaho.gov/ilf/accesstojustice)

# Art at the Co-op

## By Kristin Strong, Co-op Marketing Manager

The 2023-2024 Moscow Artwalk is celebrating its 20th year. The Moscow Food Co-op is an Artwalk season sponsor and will be showcasing the work of Shanda Stinebaugh. Her work will be featured in the Co-op's gallery on Thursday, November 16 from 4:30 - 6:30 p.m. It will remain on display until mid-December.

Shanda Stinebaugh's paintings are created in stages: from light to dark and back again. The negative spaces and the color are painted first in gouache, then the entire page is coated in a solid layer of black India ink. After rinsing, the water-soluble paint dissolves away to reveal the preserved areas of light and color underneath.

The Moscow Artwalk will be hosted the third Thursday of the month through June 2024.



# **Wines of the World – Sierra Foothills AVA, California**

**By Peg Kingery, Co-op Marketing Assistant**

Located along the western edge of the Sierra Nevada mountains in northeastern California, the Sierra Foothills American Viticultural Area (AVA) is the oldest wine region in the state and one of the largest in the United States. It extends 120 miles north to south and covers 2.6 million acres. Sacramento lies to the west and the border with Nevada lies to the east.

The Sierra Foothills AVA was established in 1987. Within this AVA are five sub-regions: Shenandoah Valley, El Dorado, Fair Play, Fiddletown, and North Yuba. The AVA encompasses portions of eight California counties: Amador, Calaveras, El Dorado, Mariposa, Nevada, Tuolumne, and Yuba. Amador and El Dorado counties are home to the most prosperous wineries.

The history of the Sierra Foothills AVA is intricately tied to the history of the Gold Rush of 1848. Gold miners came to the region to find their fortune from all over the world . . . and they were thirsty! By the late 1860s the area had been planted with thousands of acres of vines, mostly old world varieties found in Italy and southern Europe: zinfandel (or primitivo, its Italian name); syrah; barbera; sangiovese; and others. The wine industry at this time was booming. The depression that followed the end of the Gold Rush caused a significant decline, and with the beginning of Prohibition in the 1920s, winemaking ground to a halt. It wasn't until the 1970s

that a revival occurred in the industry. The old vineyards had been abandoned rather than torn out, resulting in the survival of some of the oldest zinfandel vines in the country. Entrepreneurial winemakers discovered that these old vines produced high-quality grapes ideal for making California's signature bold, jammy, high-in-alcohol zinfandel wines.

The climate in the Sierra Foothills is Mediterranean, characterized by warm to hot sunny days and cool nights due to alpine winds blowing down the 10,000-foot Sierra Nevada mountains. Most of the vineyards are planted on rolling hills, steep slopes, and river valleys anywhere from 500 to 6,000 feet above sea level. The region has a huge array of terroirs (i.e., environmental characteristics including soil type, topography, and local climate). Rain is abundant, between 30 and 40 inches a year, so there is no need to provide irrigation for the vines. The region tends to possess well-draining but poor-quality soils composed of granite, limestone, and crushed volcanic rock. The vines are forced to dig their roots deep into the ground to find the water and nutrients they need, resulting in small grape yields and wines with intense, concentrated flavors.

Eighty percent of California's wine is certified sustainable; in the Sierra Foothills, it's common to farm both sustainably and organically. Because of the abundant rainfall, water use is reduced immensely. Other sustainable practices include natural pest control rather than use of chemicals, limited energy inputs, and attention to employee and community needs. Most of the wineries are family-run with small production. According to the Amador Vintner Association, more award-winning wines (per vineyard acre) come from Amador County than from any other region in the United States.

Author Charles Olken describes the Sierra Foothills in his book *The*

New Connoisseurs' Guidebook to California Wine & Wineries as follows:

“It’s almost impossible to live in California and not be in love with the Sierra Foothills. It is the most relaxed, scenic, accessible pathway to California’s rustic, romantic past, and whether one goes up out of the flatlands to swim and hike or to visit the home of the Gold Rush or to forage in the endless supply of antiques shops in small towns that look like they have not changed since the gaslight era, the Sierra Foothills is a place of endless allure, and, not insignificantly, boasts a small but important supply of good, hearty wine and some hundred wineries ... this is the land of the rich, tasty, full-bodied red wine ...”

## Join Us For Tasteful Thursdays !



Come and join in the festivities! Sample delicious cheeses, holiday treats, local products, and beverages every Thursday afternoon from 4:30 - 6:30 p.m. in December.

December 7, 14, and 21 (Artwalk)

# Change for Good

## October through December 2023

**By Kristin Strong, Co-op Marketing Manager**

Yes, you can bring in your own bags, jars, and bulk containers! Change for Good is the customer-powered community donation program of the Moscow Food Co-op focused on supporting and rewarding making sustainable choices in the store. You may choose from three community organizations to donate your wooden token(s) to for each reusable shopping bag, bulk container, coffee mug, or produce bag used during your shopping trip. Each token is worth five cents and you can earn up to 10 total items per transaction. This Co-op program benefits non-profit, non-sectarian, non-discriminatory organizations whose goals complement or support the Mission Statement of the Co-op.

Any organization can submit an application online to be featured from January - March. Learn more at <https://www.moscowfood.coop/change-for-good>.



The graphic features a central green circle with the text "Change for good" and a circular icon divided into three numbered sections (1, 2, 3) containing icons of a shopping bag, a jar, and a produce bag. To the right, three logos are displayed on a light purple background with wooden stick graphics: Idaho Access to Justice (brown border), Palouse Discovery Science Center (teal border), and FLOWER (green border). Below each logo is a short description of their fundraising goals.

**October- December Recipients**

**Idaho Access to Justice**  
Fundraising to improve the lives of low-income, senior, and disabled Idahoans by providing access to legal services, advocacy, and education to members of our communities.

**Palouse Discovery Science Center**  
Fundraising to maintenance and upkeep costs of PPDSC's Farm2Market Exhibit which provides context of how food is grown, how it makes its way to the shelves of stores and Markets, & more!

**FLOWER**  
Fundraising to provide access to organic, fresh food for those qualifying for federal assistance.

More at: <https://www.moscowfood.coop/change-for-good>



# Co-op Kids

## By Kristin Strong, Co-op Marketing Manager

Co-op Kids is in full swing! Come join in the fun from 9-10 am every Wednesday in the Co-op Deli seating area or at our field trip locations on certain dates.

Would you like up-to-date information about the program? Email us at [marketing@moscowfood.coop](mailto:marketing@moscowfood.coop) to join the mailing list.

For more information, send an email to [marketing@moscowfood.coop](mailto:marketing@moscowfood.coop) or call (208) 882-8537 ext. 238.



**Wednesday, December 6: 9 - 10 a.m.**

Join us at the Co-op in the Deli for a craft!  
In-Store Activity: Gift wrap with paint stamps

**Wednesday, December 13: 9 - 10 a.m.**

Join us at the Co-op in the Deli for a craft!  
In-Store Activity: Starry night cards (paint)

**Wednesday, December 20: 9 - 10 a.m.**

Join us at the Co-op in the Deli for a craft!  
In-Store Activity: Hand scrub and mini food tasting

**Wednesday, December 27: 9 - 10 a.m.**

Join us at the Co-op in the Deli for a craft!  
Store Activity: New Year shakers



# Company Profile: Rishi Tea & Botanicals

**By Amy Newsome, Co-op Volunteer Writer**

The sun is now setting at about 4 p.m., so it is time to surrender to winter and cozy up with some warm beverages like Rishi Tea and Botanicals' black, green, and herbal teas. Even after 25 years in business, Rishi's founder, Joshua Kaiser, still travels to each of the regions where their tea is grown to maintain relationships with the growers. He personally verifies the quality of the tea and that the proper practices are being employed on the farms before purchasing the tea leaves to be brought back to Wisconsin for their products to be crafted. This "Direct Trade" offers traceability back to the exact farm for each batch of tea and results in the Rishi company being the sole "Selector, Importer, and Maker" of all their products.

On their website the Rishi Tea company maintains a thrilling journal documenting all their purveying travels. Their teas are grown in such wide-ranging places as Japan's Shizuoka Alps, Chiang Rai in Northern Thailand, the forests of Laos, the mountainous region of the Chinese Province of Hubei, and Darjeeling, India in the Himalayas. They travel to South America to source berries from the Chilean Patagonia and to Mexico for organic vanilla.

Any added natural flavors in their teas are extracts made from dried fruits, herbs, and other botanicals. Rishi tea bags are made from a plant-based material called polylactic acid (PLA), which results in a silky upscale-feeling tea bag which is BPA- and

phthalate-free. The bags also have no glue or metal, just a biodegradable cotton string and paper tag. Each of Rishi's teas come with specific brewing instructions, with steeping times varying anywhere from two minutes for their matcha tea to up to five minutes for their herbal teas.

Will you be looking for some creative recipes this holiday season? Rishi Tea & Botanicals' website has an impressive number of recipes using their teas and offers a handy filter search function. Perhaps you will be having a special brunch with family and friends? You could try their "Cinnamon Plum Cranberry Sauce Muffins," which incorporate their Cinnamon Plum tea with cranberry sauce, or their "Chai French Toast," which combines Masala Chai tea and cornbread. These delights can be accompanied with "The Poinsettia" cocktail, which combines their cinnamon plum tea with champagne, Prosecco, or Cava sparkling wine. Or for teetotalers, how about a "Spicy Masalatte" which uses their Masala Chai tea and hot milk. Or for a festive late-night get-together, how about serving their "Moroccan Style Pearl Couscous," which uses their Turmeric Ginger tea, along with "Faux the Love of Sangria," which is created with their Cinnamon Plum and Hibiscus Berry teas, rosemary, and seltzer. Or for a warm and cozy beverage, you could try their "Git Cha Nog Here," which combines their matcha tea with eggnog and nutmeg.

The Co-op carries Rishi Tea in 15 sachet boxes in Matcha Super Green, Jasmine Green, English Breakfast Black, Masala Chai Black, Blueberry Hibiscus, Elderberry Healer, Lavender Mint, and Turmeric Ginger. The Co-op also carries Rishi Tea in bulk in Jasmine Green, Jade Cloud Green, Vanilla Bean Black, Earl Grey Lavender Black, Masala Chai Black, Iron Goddess of Mercy Oolong, Cinnamon Plum, Blueberry Rooibos, and Butterfly Pea Flower.

Rishi Tea & Botanicals' mission is "sharing our passion for herbal and culinary arts and aiming to be a wellspring of inspiration for your tea life."

Rishi Tea and Botanicals' Snapshot:

Founded in 1997

Located in Milwaukee, Wisconsin

CARETrade member

USDA Certified Organic

Non-GMO

Certified Kosher

This information and more can be found at [rishi-tea.com](http://rishi-tea.com).

*Amy Newsome drinks herbal tea year-round. She always has a pitcher of iced tea in the fridge in the summer and mug after mug of hot tea the rest of the year.*



# **Local Producers Profile: Orchard Farm Soap**

**By Terri Schmidt, Co-op Volunteer Writer**

This month the newsletter is starting a new series featuring local people who supply our Co-op with their products. Our first Local Suppliers profile is on Kate Jaeckel of Orchard Farm Soap.

Kate Jaeckel first began learning about the benefits of using healthy products when she was living in New Mexico studying herbal medicine. She was also a massage therapist, so she understands the body and what is good for it. When her children were little, she started making her own soap with healthy ingredients and selling it at the Moscow Farmers Market. From there the business grew as she added different soaps and multiple other products.

Kate grew up in Chicago where she says her parents were city people who didn't grow or make anything. "That is probably why I have this weird fascination with doing all this stuff I didn't get to do growing up—this work has a sense of connection to community."

Kate and her husband, Brad Jaeckel, were living in Wyoming and wanted a place where they could grow things, but prices were steep there. They went looking for a town with a university, a co-op, a good environment for small local farms, a sense of community, and that was a safe place to live. They found all that in Moscow when they moved here 21 years ago. Soon Kate had her soap business up and running, and Brad was managing the organic farm at Washington State University.

Kate has a large selection of lovely soaps, including Lemongrass, Lavender Lemongrass, Earl Gray Lavender, Rosemary Lavender,

Cedar Sage, Honeycomb, Facial Detox, Litsea Cedar, Chocolate Peppermint, Spearmint Lemon, and more. She makes limited seasonal additions like Be Merry holiday soap. She is still experimenting with new ideas—the soap buyer at the Co-op recently asked her to create a new soap that includes nettles, clary sage, lemongrass, and palmarosa.

Kate uses essential oils in her soaps and grows many of the ingredients herself, such as lavender, calendula, comfrey, St. John's wart, mint, dandelion, and arnica. She works hard to keep the cost of her soap down even though her own costs are going up. She purchases oil in 55-gallon drums, and she says the cost of olive oil has doubled in the last year.

Other products Kate sells include face lotion, eye serum, body oils, lip balm, soy candles, bath soaks, sweatshirts, and more. She grows colorful flowers and has a flower subscription business. She and Brad also grow garlic and sell it in braids. Kate said, "I tried growing other vegetables, but found that drained me—it was hard growing perishable items while raising kids, but raising flowers energizes and rejuvenates me."

The labels for Orchard Farm Soap products are made by local artist Julene Ewert. Kate said Julene is super talented and easy to work with. She says they have similar lifestyles, in that both are moms who never stop working and have to stay inspired.

Brad and Kate's children, Avery and Ellis, have helped at Kate's Farmers Market booth for most of their lives, which she says led to them both learning good work ethics and growing up supported by the community. Avery is in her last year at the University of Puget Sound studying environmental policy and

water issues. Ellis just started at the University of Idaho, where he is continuing to play hockey. Kate is busy most of the year with her business but does have a little downtime in the spring. The Jaeckels are a big boating family and spend a lot of time on the river. She enjoys travel and is planning a girls' trip to Vancouver Island next spring.

Kate sells to 50 stores around the country and at craft shows, but the first business Kate started selling to was the Co-op, 20 years ago. They are still consistently her largest wholesale house. Kate said, "I have a lot of gratitude for what the Co-op has provided for our family over the years. They are the reason this business has been possible."

And we at the Co-op and in Moscow are grateful to Kate for providing us with such excellent healthy products.

To learn more about Orchard Farm Soap check their Facebook page: [www.facebook.com/OrchardFarmSoap](https://www.facebook.com/OrchardFarmSoap) and Instagram:



# Staff Picks

**By Ivy Dickinson, Co-op Volunteer Writer**

The first staff-person I spoke with this month was Gianna Rozzano, who has been working at the Co-op as a grocery stocker for just three days. For her recommendation, Gianna chose MALK vanilla oat milk. She recommended this product because she has found that it has a very straightforward ingredient list, and as a person who is lactose intolerant and allergic to peanuts and tree nuts, she needs to avoid alternative milk products that have added oils and other thickeners that can be hidden sources of allergens. Gianna says she has tried and recommends all of the MALK oat milk flavors, but the Co-op only currently carries the vanilla. She suggests enjoying this product any way you might enjoy milk, such as with cereal and in smoothies, but she says it is definitely worth trying it in a matcha latte.



Gianna Rozzano

MALK Organics, a Houston-based alternative dairy company, was founded by “cleantech” pioneer August Vega in 2015. This innovative company specializes in producing a range of organic beverages, including almond milk, pecan milk, and cashew milk. The inspiration behind MALK Organics traces back to a pivotal moment in August Vega's life. After discovering that her one-year-old son



shared her severe dairy allergy, she embarked on a mission to create a wholesome dairy alternative. Dissatisfied with the additives in existing alternatives, Vega began crafting almond milk at home. This initial experiment paved the way for a broader vision, and she followed up her almond milk with a beverage inspired by a beloved Texas ingredient, pecans. Vega created a beverage that tasted like melted pecan ice cream by adding maple syrup, natural vanilla flavor, Himalayan salt, and filtered water to the pecans.

She started selling her nut milks in glass mason jars at Houston's Urban Harvest Farmers Market, but MALK's popularity quickly surpassed the local market (<https://ediblehouston.ediblecommunities.com/drink/houston-company-malk-nuts-milk>).

MALK Organics prides itself on delivering beverages free from artificial additives, preservatives, and synthetic flavors. The company's dedication to using the finest organic ingredients is exemplified by its commitment to sourcing and utilizing sprouted almonds in its almond milk. This natural process not only enhances digestibility but also unlocks the full potential of the nut, making them more nutrient-rich. All MALK products are USDA organic, containing no dairy, gums, fillers, oils, or gluten, aligning with the company's commitment to purity and simplicity. The transparency in sourcing and the use of sprouted almonds distinguish MALK Organics in the realm of organic plant-based beverages (<https://malkorganics.com>).

The second staff person I spoke with this month was Decker Rilege, who has been working as the Deli lead at the Co-op for a year and a half. For his recommendation, Decker chose the Deep Indian Kitchen spinach paneer meal found in the freezer

aisle. He went with this product because he is a vegetarian and has found this brand "has an entire line of lovely plant-based options." He says he typically feels fairly lukewarm about freezer meals and will try something in one of those moments when the need for a quick and easy meal coincides with being drawn in by good marketing and glossy photos, but typically ends up disappointed. In Decker's words, "Deep products come very close to authentic restaurant-quality Indian cuisine, which is hard to achieve with frozen dinners."

Deep Indian Kitchen is the brainchild of entrepreneur Deepak Amin. In 1977, Amin established Deep Foods, Inc. with a passion for sharing the authentic taste of Indian home-cooked meals with a broader audience. Born in India and raised in New Jersey, Amin was "raised around food as a way of life." His mother was a

passionate cook, often entering and winning fairs and contests and eventually working to turn her food into a business. He worked in high school to help his mom with her business, going door-to-door to try and get non-Indians to try their snacks, though the response was initially tepid. Over the ensuing decades, as the Indian community and Indian grocery stores flourished in America, Amin's family was able to grow Deep Foods and become the top brand serving this community.



Decker Rilenge

In recent years, witnessing a burgeoning appreciation for global flavors among Americans, Amin seized the opportunity to fulfill his dream of making Indian cuisine accessible to everyone nationwide. In 2019, he launched the Deep Indian Kitchen brand of frozen

food on a national scale (according to Mike Boyle, OGC's VP of Sales and Sourcing. "Packing under a cohesive brand improved sales and helped retail buyers relate to the product line." (<https://www.organicgrown.com/blog/catch-up-on-the-latest-with-ogcs-ladybug-brand>) The product line is ever expanding and includes products with year-round availability.

Today, Deep Indian Kitchen stands as the fastest-growing frozen Indian food brand in America, renowned for its authenticity and restaurant-quality offerings. The diverse product line captures the essence of India's culinary diversity, delivering a convenient and genuine experience for those yearning for the taste of homemade Indian dishes. From handcrafted classics like Samosas, Pakoras, and Bhajis to aromatic Biryani, flavorful Curries, indulgent Saag Paneer, and Chicken Tikka Masala, the brand has become synonymous with quality. Additionally, Deep Indian Kitchen offers an array of bread options, including Naan and Roti, providing the perfect complement to their delectable entrees (<https://deepindiankitchen.com/>).

## **Palouse Area Environmental Update**

**By David Hall, Co-op Volunteer Writer**

Attention (de-)corkers: the Moscow Food Co-op is again accepting corks! So, bring in those wine bottle corks from the holidays (and all year long) if you don't have crafts project for them! Collection bins are located at the front of the store.

Engage and participate in local meetings!

Latah County Commissioners

Latah County Planning and Zoning Commissions

Zoning commissions are concerned with annexation, which affects water use among other things. The Planning Commission is concerned with the Palouse Prairie.

Latah County Parks and Recreation Board

<https://latahcountyid.gov/commissions>

Moscow City Council

Moscow City Planning and Zoning Commission

Moscow Sustainable Environment Commission

Moscow Sustainable Environment Commission Climate Action Working Group

Moscow Bee City USA Subcommittee

Moscow Parks and Recreation Commission

<https://moscowid.portal.civicclerk.com>

Pullman City Council

Pullman Planning and Zoning

Environmental Resilience Commission

<https://go.boarddocs.com/wa/pullman/Board.nsf/Public>

Whitman County Commissioners

Whitman County Planning Commission

The Planning Commission is concerned with Palouse Prairie

<https://www.whitmancounty.org/AgendaCenter>

Palouse Basin Aquifer Committee

<https://palousebasin.org>

Palouse Basin Water Summit

<https://palousebasinwatersummit.org>