



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.*

THE MOSCOW FOOD CO-OP  
PRESENTS ITS  
**50<sup>TH</sup> ANNIVERSARY**  
JAN 19 4:30-6:30PM

**Free Entry**

BEER, WINE & CHEESE TASTING  
ARTWALK | HISTORICAL MERCHANDISE  
KICKING OFF A YEAR OF CELEBRATION  
[WWW.MOSCOWFOOD.COOP](http://WWW.MOSCOWFOOD.COOP)

Join us as we begin our year-long celebration of our 50th birthday! The festivities begin on January 19 from 4:30-6:30 in conjunction with 2023's first downtown Artwalk.

Happy, Healthy New Year!  
Please note that Co-op staff members will be doing Inventory the morning of January 2. We will be opening at 2 pm that day



## JANUARY 2023

READ THE EDITION ONLINE AT [MOSCOWFOOD.COOP/COMMUNITY-NEWS](http://MOSCOWFOOD.COOP/COMMUNITY-NEWS)  
ISSUE EDITOR: ANNETTE BRIDGES; LAYOUT: PEG KINGERY

# General Manager's Note

The prose from the front page of our website still rings true. We started with some fresh local produce, a few bulk bins, and a ton of big ideas. Now, 50 years later, we've grown to over 7,400 owners strong; a community of food-loving individuals who put local and natural products first.

The Good Food Store was established in 1973, and changed names to the Moscow Food Co-op just a few years later in 1975. We've had many storefronts, logos, many crews of hardworking managers and volunteer Board members, and even more dedicated staff and teammates, but with one thing in common—our Co-op. This special place truly belongs to all of us because we built it, stone by stone and sale by sale, all together over the past 50 years.

We joke about it often; our Co-op is a community center that happens to sell groceries and produce. It gives us so much joy to see friends old and new greet each other in the aisles of the Co-op. It's a place where you can meet the farmer who grew your produce and the artisan (who also probably happens to be your neighbor) who crafted your new favorite piece of jewelry.

Once again, we're excited to start another year of moving the needle for our community and local food economy. Be sure to mark your calendars for our kickoff event on Thursday, January 19 from 4:30 - 6:30 pm in the Deli. We'll be celebrating with a groovy 70s-inspired playlist, local beer samples, and a gallery installation dedicated to celebrating our history.

Thank you for all of your continuing support. We hope you join us for a year of celebration of our Co-op.

Cheers to 50 years,

Melinda Schab, General Manager

# What's the Buzz?

## "Do you have a New Year's Eve or New Year's Day Tradition?"

By Ashley Fiedler, Co-op Volunteer Writer

"We eat olliebollen (Dutch donuts) and put gifts in shoes." Liz Schuiling, Ripon, CA, Homeschooling Mom



"We drink mulled wine on New Year's Eve." Grace McGreevy, Moscow, Nectar



"My family eats 12 grapes and makes 12 wishes. And then we all hug." . " Karin Lopez, Moscow, Monarch Motel



"I make a soup with black-eyed peas, ham, and cabbage." Rhonda Bolten, Lewiston, Avid Reader



"I go fishing on New Year's Day." John Bolten, Lewiston, Retired



"We put on party hats and make a charcuterie board." Andrea Mills, Garfield, Rolling M Ranch



# **Wines of the World – South Africa**

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

The history of wine production in South Africa dates back to 1659. Colonists from the Dutch East India Company had landed at Cape Town seven years earlier, established a supply station, and planted vineyards of wild grapes with the hope that the grapes and wine would help prevent scurvy among the sailors. The quality of the wine was poor, interest waned, and eventually most of the vineyards were replanted to orchards and alfalfa fields to support the raising of ostriches, whose feathers were in high demand at the time.

The vineyard owners who chose to stay in the wine industry replaced the vines with higher-yielding varieties. By the early 1900s, the country faced a “wine glut.” Demand plummeted and most of the wine went into making brandy. For much of the 20th century, South African wines were boycotted due to the country’s system of Apartheid. It was not until the 1990s, after Apartheid was ended, that the country’s wines appeared on the export market. Today, South Africa ranks in the top ten wine-producing countries worldwide.

The area around Cape Town possesses the oldest geology in the wine-growing world, with ancient soils made up of granite, sandstone, clay, schist or shale. The region is sandwiched between the Indian and Atlantic oceans, with 1800 miles of coastline. It enjoys a Mediterranean climate with plenty of sunshine and dry heat in the summers and cold, wet winters. Scorching heat is kept at bay by cooling maritime breezes. There is a vast range of microclimates in the area due to inland mountain ranges and wide valleys.

Established in 1973, the country’s Wine of Origin (WO) program legislates how its wine regions are defined and can appear on wine



labels. Ninety percent of WO wines also qualify for the official “sustainability” seal.

South Africa is made up of five major wine zones (referred to as geographical units). The Western Cape, in the southwest, is the only one of importance. It is divided into five distinct areas: Breede River Valley, Klein Karoo, Olifants River, Cape South Coast, and Coastal Region. The Breede River Valley, Klein Karoo, and Olifants River areas are among the warmest regions and are often the location of bulk wine production, chiefly colombar, for distillation. Cape South Coast, centered around Walker Bay, is the coolest area. Grapes grown here include pinot noir, chardonnay, and sauvignon blanc.

The Coastal Region is the most prominent and most established area and includes the towns of Constantia, Franschhoek Valley, Paarl, and Stellenbosch. From Constantia comes a legendary dessert wine made from muscat de frontignan called Vin de Constance (a favorite of Napoleon’s!). In Franschhoek Valley, Paarl, and Stellenbosch, cabernet sauvignon, merlot, pinotage (a cross between pinot noir and cinsault), and shiraz are the most widely planted grape varieties, followed by sauvignon blanc. Historically, chenin blanc (called steen in South Africa) covered the most acreage in this area, but in recent years, this varietal has increasingly been replaced with more “fashionable” varietals. Nonetheless, chenin blanc remains the most-planted grape varietal in all of South Africa, accounting for about 55% of all vineyard land. Of note, Stellenbosch is home to Stellenbosch University with its viticulture and wine-making program as well as the South African Grape and Wine Research Institute.

South African winemakers use a mixture of Old World and New World styles in their wines, hoping to thereby appeal to the international market, and stressing quality, not quantity. Interested in tasting wines from this fascinating region? Check out the selection in the Import section of the wine racks.

# Change for Good

## January through March 2023

**By Chloe Rambo, 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 two community organizations as well as the Co-op's FLOWER program 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.

The following organizations will be featured this month:

Kenworthy Performing Arts Centre

Family Promise of the Palouse

Co-op FLOWER Program

Organizations can apply to participate in the program by 5 p.m. on December 10. Learn more about this program and apply online at <https://moscowfood.coop/change-for-good>



# Co-op Kids

**By Chloe Rambo, 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.

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. 222.



## January Schedule:

New Year, New Crafts

**Wednesday, January 4: 9 - 10 a.m.**

Join us at the Co-op in the Deli for a craft!  
To Go Activity: Paper Fox Hand Prints



**Wednesday, January 11: 9 - 10 a.m.**

Join us at the Co-op in the Deli for a craft!  
To Go Activity: Finger Painted Snowperson



**Wednesday, January 18: 9 - 10 a.m.**

Join us at the Co-op in the Deli for a craft!  
To Go Activity: Chinese New Year Lanterns



**Wednesday, January 25: 9 - 10 a.m.**

Join us at the Co-op in the Deli for a craft!  
To Go Activity: Food Tasting and Marshmallow Snowflakes



*Co-op Kids To Go activity kits will be available at each cashier every Wednesday if your child is unable to attend Co-op Kids in-person.*

# **Company Profile: Company Profile: KOR Shots**

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

We just passed the over-indulgent time of year and are looking to a New Year of healthy resolutions. Perhaps KOR Shots may be something you would like to incorporate into your new routine. All KOR Shots are created using a cold-pressed high-pressure processing method that maintains the potent nutritive qualities of the fruits and vegetables utilized in the shots. The ingredients are hand-picked, and many are locally sourced near Malibu, California. There are no added sugars, and each 50-milliliter shot has only 15 to 25 calories.

Seeing the single-use plastic bottles gave me pause, but at least KOR uses 100% post-consumer recycled plastic, specifically using “prevented ocean plastic,” which is recycled plastic collected from coastal areas that is at risk of becoming ocean plastic pollution. They call it their “Beach to Bottle” initiative.

The Moscow Food Co-op carries five varieties of KOR Shots. One of these is the Green Up Shot, which contains wheatgrass, pineapple, lemon and ginger juices as well as spirulina. This shot is packed full of powerful antioxidants and is also rich in iron, calcium, magnesium, vitamin C, and vitamin B complex. Another one is Gut Check, made with apple, aloe vera, lemon and ginger juices as well as apple cider vinegar, coconut water and a probiotic. The Gut Check shot was developed to support a healthy gut microbiome, which in turn supports a healthy mind and body. The Potent-C shot is created using orange, pineapple, sea buckthorn and lemon juices as well as baobab powder; it provides the body with a concentrated dose of Vitamin C for immunity and healthy skin. Vitality Turmeric includes coconut

water, turmeric root juice, lemon juice and black pepper; it helps reduce inflammation and boost cognitive function. Lastly, Wellness Ginger contains lemon juice, coconut water and cayenne pepper and is designed to boost energy, increase immunity and facilitate healthy digestion.

The shots can be taken in one gulp, as the name implies, or sipped; they can also be added to sparkling water, coconut water or smoothies, or even mixed with hot water and a little honey. The company recommends storing the shots in the refrigerator, since cold temperatures keep the nutrients at their fullest strength.

KOR Shots' mission is to "provide our customers with the highest quality products and experiences so they can continue to 'shake, shoot and feel' their way to everyday health every day."

KOR Shots Snapshot

Founded in 2012

Located in Malibu, CA

Certified Organic

Certified Kosher

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

*Any Newsome is resolving to notice more and more of the little pleasant, unexpected moments in the natural world.*



# Local Producers Profile:

## Affinity Farm

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

Russell Poe and Kelly Kingsland moved onto their five-acre farm in the fall of 2000 and have been providing produce for the Palouse area ever since. They wanted to give their land a name that would reflect their relationship with each other, the community and the world, and so this special plot of land became Affinity Farm.

Both Russell and Kelly have environmentalist roots. Kelly grew up in Bonners Ferry with back-to-the-land hippie parents who practiced self-sufficiency and grew organic gardens. For a time, she managed the

Moscow Food Co-op deli.

Russell went to high school in Florida and moved west in the late 1990s. As an environmental activist, he said, "I wanted a job that had integrity and allowed me to give some goodness back to the world." He worked at an organic farm outside of Coeur d'Alene prior to moving to Moscow. Kelly and Russell feel good about providing delicious healthy food locally and reducing the carbon created by shipping produce across long distances,



*Kelly and Russell at their farm.*

*Photo by Terri Schmidt*

and they love working outdoors, so the farm is a great fit. Their five acres include three greenhouses and an isolation house equipped with hoops and netting for growing seeds in a controlled environment.

Affinity Farm is certified USDA Organic. The couple has always

practiced organic methods of farming, and the farm has long been certified Naturally Grown, but the organic certification process added a significant amount of record-keeping in order to come into compliance. Russell and Kelly embrace organic practices, that produce good soil, thereby helping the planet and providing better-tasting, nutrient-dense produce.

Kelly and Russell grow about 50 vegetable crops and blueberries for market sales, along with 30 crops for seed production. They grow seeds for the Snake River Seed Cooperative, a group of farmers who work together to produce a wide variety of regionally adapted seeds. The initials “AF” on the back of a seed packet indicates it’s from Affinity Farm. Kelly explained the importance of this work: “Seeds are a driving source of everything we do, and yet for many gardeners and farmers alike, seed production is mysterious.” Their seeds contribute to customers having successful gardens. About a third of the farm’s income comes from garlic (braids, bulk, and seeds), a third from various vegetable and flower seeds, and a third from selling market vegetables at the Moscow Farmers Market, to the Moscow Food Co-op, and to local restaurants.

Russell and Kelly work hard to keep the earth healthy on their farm. They test the soil yearly, adding organic matter and other amendments when needed, and they plant cover crops like vetch and rye to add nitrogen back into the soil. With moose coming into town on a regular basis now, they plant cover crops later in the fall so those crops will not be so attractive to moose. They also practice broad forking, which is a method of lifting the soil to aerate and loosen it without tilling. Through their years of farming, these farmers have learned a great deal about what grows best in this area. Over time, they have found varieties that thrive on the Palouse and appeal to customers. We all benefit from their extensive experience and knowledge.

In winter, when they have a break from farming, Kelly enjoys knitting, reading and visiting friends she is unable to see when working the farm. Russell enjoys time in the woods hunting. They both like to hike and snowshoe, and they have an adorable new puppy who keeps them busy going for walks.

To learn more about Affinity Farm, check out their Instagram page: [@affinityfarmer](#) or Facebook page:

<https://www.facebook.com/people/Affinity-Farm/100066419334939/>



# Staff Picks

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

The first staff person I spoke with this month was Curtis Bunce, who has been working at the co-op as a deli server for two months. For his recommendation, Curtis chose Irish Spike's Pumpkin and Reaper Hot Sauce. He told me he was initially drawn to this product because it is made by a local company and he also really enjoys spicy foods and trying out different hot sauces. He said that he always makes a point of testing the seasonal Irish Spike's releases and feels that the incorporation of pumpkin into this sauce is not only unique but also tasty. Curtis enjoys this hot sauce regularly on his breakfast burritos, and recently discovered it adds a wonderful zing to biscuits and gravy.

Irish Spike's Unique Hot Sauces are handmade in small batches at The Breakfast Club in Moscow, Idaho using the best possible ingredients.

Christopher Connelly is the Executive Saucier at the

Breakfast Club, overseeing the production of the house brand hot sauce, Vandal Pepper Sauce, and his own hot sauce line, Irish Spike's. Both brands are part of Hottest Life, LLC. Connelly's interest in hot sauce began when he worked as a cook at the Moscow Food Co-op, in the late 2000s, after discovering that he had a knack for combining unusual ingredients into delicious sauces.



Curtis Bunce

One of his most popular sauces, Unicorn Blood, was born from a blood-orange- and lime-based sauce he created at the Co-op for their pulled pork (<https://www.inland360.com/lewiston-moscow/variety-is-the-spikes-of-life/Content?oid=11732755>).

Connelly has developed a wide variety of unique hot sauce options, including chipotle and blood orange, a milder green sauce, cranberry habanero, grapefruit habanero, carrot and ginger, and whiskey and coffee. The composition of the sauces is summarized in the company's motto, "Flavor. Balance. Heat." Irish Spike's is becoming increasingly well-known, with recent mentions by Serious Eat's Kenji Lopez-Alt and Bizarre Foods host and chef Andrew Zimmern. The sauces can be ordered directly from their website or purchased at many different businesses throughout the country (<https://www.saucecult.com/copy-of-find-us>).



Ingrid Llorente

The second staff person I spoke with this month was Ingrid Llorente, who works in the produce department at the co-op. For her recommendation this month, she chose Nonna Pia's Balsamic Glaze, which can be found near the salad dressings, oils and vinegars. Ingrid said she likes that this product doesn't contain thickeners or additives and contains a short and simple list of ingredients. She mainly adds it to pizza, but also told me it is great on salad or any vaguely "Italian" fare. Her rule of thumb for using this product is that "if

basil is or would be a good addition to whatever you are preparing, Nonna Pia's will be a good fit as well".

Chef Norm Stim learned almost everything he knows about cooking from his mother, who is known as "Nonna Pia" to his children. Over 20 years ago, Chef Norm visited a restaurant in Modena, Italy and had the good

fortune to taste 50-year-old balsamic vinegar straight from the barrels (<https://nonnapias.com/about-us/>). He fell in love with the deep, rich flavor of the barrel-aged vinegar made from unfermented grape must instead of wine (<https://nonnapias.com/story-of-balsamic/>), but soon realized that balsamic vinegar was relatively unknown in North America at that time and very difficult to find. He also noted that when it was available, it tended to be prohibitively expensive. So he set about emulating the aging process and created infused balsamic reductions by cooking his balsamic vinegar for 12 hours. The resulting reductions were thick, velvety and robust in flavor. When Norm decided to market and sell his vinegar reductions, he named the company after his mother, and “Nonna Pia’s Gourmet Sauces” was born in 2010.

Nonna Pia’s balsamic reductions begin with 100% aged balsamic vinegar imported in 1,000-liter tanks from Modena, Italy, which is then slow-cooked and infused with fresh fruits and herbs until the moisture content is adequately reduced. The company uses no thickening agents; the reductions are non-GMO and gluten-free. The company’s Balsamic Glazes come in three flavors: Classic, Cabernet Merlot, and Strawberry Fig. In addition, Nonna Pia’s produces apple cider vinegar that is raw, unfiltered, and unpasteurized, containing the culture of beneficial bacteria known as the “mother” (<https://nonnapias.com/our-products/>). The Nonna Pia’s website also includes a page dedicated to recipes and pairings.

# Palouse Area Environmental Update

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

## The Palouse Basin Water Summit

The Summit recording is now available online at  
<https://www.youtube.com/watch?v=ymwtQIBoUJA>

During the Summit this year, the audience was asked to answer a survey interactively. Some preliminary results follow.

*If your neighbor was to eliminate their lawn, which option would you most like to see? (pick one)*

Transition it to a planted landscape that requires little to no irrigation -- 71%

Create a front yard garden -- 13%

Transition it to a rock/bark garden with a few trees and shrubs -- 10%

Stop watering, fertilizing, seeding -- 6%

*What actions do you take to conserve water? (select all that apply)*

Change personal water habits (washing hands, shortening showers)  
82%

Low-flow fixtures -- 55%

Fix leaky faucets -- 55%

Drought tolerant landscaping -- 49%

*What prevents you from conserving water? (select all that apply)*

The design, picking out plants, and the cost to install new landscaping is daunting -- 51%

The cost to me for water is low compared to my uses of the water (e.g., watering lawns) -- 32%

I don't know if my conservation efforts are effective -- 31%

I don't think I am wasting water -- 0%

*How many days a week do you water your lawn?*

0 days -- 42%

2 days -- 10%

3 days -- 10%

7 days -- 10%

1 day -- 9%

4 days -- 9%

*Have you participated in your city's water conservation program?*

Yes -- 44%

No -- 36%

County resident -- 21%

\* Palouse Basin Aquifer Committee. 2022. Meet the Palouse Basin Aquifer Committee.

# **Cooking Around the World: China with Xuejian Wang**

**By Judy Sobeloff, Co-op Volunteer Writer**

For this first article of the new year, I'm excited to have interviewed Xuejian Wang, a University of Idaho graduate student from China in the Department of Agricultural Economics and Rural Sociology. Xuejian, who goes by Ron, shared his Chinese/Cantonese Chicken Soup recipe, which he likes to cook in winter. He also explained that "when some economists (like me) start researching nutrition, we try to find recipes that are cheap, delicious, and healthy."

When I asked about his name, he said, "Pronunciation of my Chinese name is hard. I guess it is too hard for Americans who cannot speak Chinese. I just give up." I asked if Xuejian is pronounced "Sweh-jee-un" and he said that was "pretty good, based on American standards." He likes Ron, which "sounds like my last name, Wang."

He explained that he calls this soup "Chinese/Cantonese" because "Cantonese is part of Chinese. More precisely, this dish is Cantonese style, but in general it belongs to the Chinese style. The Cantonese showcase the original flavor of ingredients. Chinese will add more flavors and spices."

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He explained further that the fruit and nuts in the soup are part of what makes the soup Cantonese. He said, “Cantonese put nearly everything in their soup. Chinese from other parts of China do not do that. The type and amount of fruit you add really depends” on what you like. He added that “personally I prefer to use fruit and vegetables below one pound total. I usually choose two different fruits.”

Ron comes not from Canton province (Guangdong) in southeast China but from Shanxi, a northern province that he said is “famous for noodles.” He noted that people in Shanxi tend to prefer to add pork to their noodles rather than chicken. “They add more spices, more salt, and oil. They use a knife to cut the noodles. The noodles are really elastic. You can also have chicken soup with noodles.”

He said, “When I was young, our family was kind of poor. Meat is expensive, but the soup contains all kinds of flavors of meat” because of the spices. “It is a cheaper way to try to have the flavors of meat. I remember the oil from the soup. So yummy! My father would make chicken soup. The way he cooked it is a little different. He used soy sauce, more salt, and other spices.”

Ron notes that China is one of the “largest buyers of American agricultural products and imports a lot of beans and wheat from the Palouse.” At the University of Idaho, he researches manure usage by the dairy industry in southern Idaho and also studies nutrition. He adds, “I’m pretty sure chicken soup is pretty healthy: white meat, fruit, vegetables, low sugar, and low fat.”

When I asked about the differences between his recipe and his father’s soup recipe, he said, “Chinese food can be very salty. Too much salt can make people suffer from cardiovascular disease.



Unfortunately, some of my family members suffer from it, so I decided to limit my intake of salt. The Cantonese version of the soup has less salt.”

My family waited to make the chicken soup until our son was home from college, and Ron said he thinks that “a family reunion can make everything taste better.” Along with peanuts and almonds, we added oranges, green grapes (because the Co-op didn’t have red grapes), and pears instead of apples because we had received some pears as a gift. We all really enjoyed the soup. Fred said, “It’s fun. It’s really something new and the fruit and nuts make it a completely different idea than chicken soup is usually.” Interestingly, the green grapes turned gray in the soup and resembled potatoes. I thought the fruit made the tofu vegetarian version taste very festive.

Ron is glad for more people to learn more about China, and he hopes that people like the soup.

### **Chinese/Cantonese Chicken Soup (with vegetarian alternative)**

Ingredients:

One pound of chicken (or one pound of soft tofu for vegetarian soup)

Two green onions

One ounce ginger root

Salt to taste

Optional Ingredients:

Vegetables, such as a few carrots

Fruit, such as apples, grapes, orange segments (up to one pound)

Nuts, such as a handful of almonds and/or peanuts

Cut the chicken (or tofu for vegetarian soup) into half-inch cubes. Then cut the green onions into pieces. Cut the ginger root finely or into cubes. Then put all the things into a pot and add some water. Make sure the chicken and all the materials are under the water. If you are using a whole chicken, boil the water for three minutes and then pour out this water and add more water, making sure all the materials are under the water. (You can skip this step if you are using boneless, skinless chicken.) Boil on high for 20 minutes. After that you can add some water, fruit, vegetables, or nuts. Cut the fruit in pieces to get the flavor more easily. (I usually use two fruits and almonds and peanuts.) Turn down the heat and simmer for another 40 minutes. Lastly add a little salt. I hope you like it.

