



January 2024 Edition
Community News



HopWTR E-Bike Giveaway
One entry for every case purchased.



WE'RE HOSTING!

ARTWALK

THURSDAY, JANUARY 18 • 4:30 - 6:30 P.M.

Join us in the Good Food Gallery to view the art of Decker Rilenge.

Free wine and beer tasting during the event!



National Hot Chocolate Day



January 31

Free mug of hot chocolate for all NEW OWNERS

Co-op Owners
SAUSAGE SALE
January 24 - 27

CO-OP OWNERS SAVE **20%**

What's the Buzz?

"What was a memorable meal you had last year?"

By Ashley Fiedler, Co-op Volunteer Writer

"Thanksgiving. Everything came out perfect." John Taylor, Pullman, Retired



"The Nirvana Chicken at Karma." Margo Taylor, Pullman, Retired



"My son and I went on a hunt for the best fish tacos in San Diego." Melissa Crist, Moscow, Center on Disabilities and Human Development at University of Idaho



"I had Papillon Black Label Roquefort cheese on a trip to Roquefort, France. The Co-op carries this cheese and I will be eating it tonight!" Sandra Stoops, Moscow, Retired



"Chile Colorado sauce on butternut squash from my friend's garden." Peggy Painter, Tri-Cities, Retired



"An Asian-themed soup with chicken, mushrooms, rice noodles, and loads of vegetables and herbs while sitting on the porch of my cabin." Brian Wondra, Clearwater, Homesteader



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 Decker Rilenge. His work will be featured in the Co-op's gallery on Thursday, January from 4:30 - 6:30 p.m.

Decker creates American traditional tattoo paintings, all using recycled frames and stained with local espresso. He is currently tattooing these designs at Prism Tattoo, 114 1/2 E 3rd Street in Moscow. For more information about his art, email him at 0decker0@gmail.com or [instagram@deckersart](https://www.instagram.com/deckersart).

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



Wines of the World – Mendoza, Argentina

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

Mendoza is Argentina's most prolific wine-growing region, accounting for nearly two-thirds of the entire country's wine production. It is the fifth largest in the world and the largest in all of Latin America. It is located in the high desert foothills of the Andes Mountains, directly west of Buenos Aires and about 1000 miles inland from the Atlantic Ocean. It covers more than 36 million acres; however, only 5% of this area is planted with grape vines. These vineyards are planted at some of the highest altitudes in the world, anywhere from 2,000 to 4,000 feet above sea level.

“Mendoza” (originally Cuyo) is also the name of the region's capital city, founded in 1561. The first recorded vineyards were planted in the mid-16th century when Spanish Conquistadors and Catholic Jesuit priests brought vines from Europe. Much of this wine was made for sacramental use. Malbec, Argentina's most famous varietal, was likely brought here around the mid-19th century by French agronomist, Michel Aime Pouget. By the late 1800's, Spanish and Italian immigrants arrived in Mendoza in large numbers to escape the ravages of the phylloxera louse that was devastating vineyards in Europe at that time. This resulted in a boom in wine production, especially when a railway line was completed between Mendoza and Buenos Aires. For most of the 20th century, Argentinian wines were predominantly available only within the

country; in the last 25 years or so they have been appearing more frequently world-wide.

Mendoza's climate is continental with semi-arid desert conditions. Warm sunny days – over 300 a year – are followed by cool nights due to winds blowing down from the Andes. This slows grape ripening and contributes to rich, ripe flavors in the grapes. There are four distinct seasons throughout the year, but without any real temperature extremes. The main concern for winemakers is the chance of hail during the summer months. Warm, dry harvest weather means that winemakers are able to pick their grapes according to ripeness, leading to consistent quality from year to year. The soils here are primarily composed of loose sand over clay. They have little organic matter, are well-drained, and low in fertility – perfect for viticulture because the vines need to extend their roots deeply to reach moisture and nutrients. This produces grapes with concentrated flavors. Mountain rivers formed from melting glaciers in the Andes provide ample water for the vines via a system of irrigation channels, canals, and reservoirs.

The principle wine-producing regions within Mendoza are Maipu and Lujan; the latter includes Argentina's first DOC appellation, Lujan de Cuyo, established in 1991. Maipu is located close to the city of Mendoza and is the warmest of the sub-regions. Historically the San Rafael region to the south and the San Martin region to the east of the city of Mendoza were important centers for wine production (San Rafael also received DOC status in 2003). Recently, however, the Valle de Uco is emerging as a source of premium quality wines, especially white wine. Argentina's most highly rated malbec wines come from Lujan de Cuyo and the Valle de Uco. Lujan de Cuyo, Maipu, and Valle de Uco are home to some of the most prominent wineries in Argentina.

A quarter of the vineyard area in Mendoza is planted to the varietals Cereza and Criolla Grande, both of which are used in making cheap jug wine or grape concentrate. In recent years, a greater emphasis has been on the export of premium wine varietals. Malbec is planted in the most acreage followed by tempranillo, cabernet sauvignon, syrah, bonarda, sauvignon blanc, torrontes, and chardonnay.

Most of the red wines from Mendoza are characterized by flavors of rich, dark fruit and soft levels of acidity. Malbec wines from Maipu possess flavors of red fruits and a hint of tobacco. Wines from Valle de Uco are dense with layers of plums, blackberries, olives, and raspberries, with a touch of red pepper and cocoa powder. The San Rafael area produces cabernet sauvignon and malbec with flavors of red berries and an herbal, savory finish. Chardonnay from Mendoza is fresh and vibrant, with notes of apples, pears, and peaches, finished with a bracing acidity.

Your Co-op carries both red and white wines from 15 wineries in Mendoza, including Riojana – an organic, fair trade cooperative that only sells its wines to other cooperatives. Consider serving these crowd-pleasing wines at your next dinner party or paired with cheese or stew on a crisp winter evening.



Change for Good

January through March 2024

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 April-June. Learn more at <https://www.moscowfood.coop/change-for-good>.



January - March Recipients

Latah Recovery Center

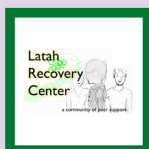
Fundraising to support community outreach programs.

Moscow Area Mountain Bike Association

Fundraising for trail-building workshops to develop new trails and rebuild sustainable trails.

Palouse Prairie Charter School

Fundraising to build and implement compost system.



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 a.m. 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 to join the mailing list.

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



Wednesday, January 3: 9 - 10 a.m.

Join us at the Co-op in the Deli for a craft!
In-Store Activity: Pinecone bird feeders

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

Join us at the Co-op in the Deli for a craft!
In-Store Activity: Collage

Wednesday, January 17: 9 - 10 a.m.

Join us at the Co-op in the Deli for a craft!
Store Activity: Homemade playdough

Wednesday, January 24: 9 - 10 a.m.

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

Wednesday, January 31: 9 - 10 a.m.

Join us at the Co-op in the Deli for a craft!
Store Activity: Winter food tasting



Company Profile: True Grace

By Amy Newsome, Co-op Volunteer Writer

The Moscow Food Co-op has recently added a line of supplements that they are particularly excited about. True Grace provides products of the highest quality, with each lot of their supplements passing third-party testing for identity, potency, adulteration, heavy metals, and microbes. True Grace not only aims to provide beneficial products for individual health but also for the health of the entire planet. Their packaging is made from 100% recycled plastic, a fact that can sometimes be seen in their slightly mismatched colored lids and bottles. Also, through a partnership with ReSea Project, they fund the removal of plastic from the ocean equivalent to what they put out with their products' packaging. They have also formed a partnership with Rodale Institute to support both their Vegetable Systems Trial, a study to look at how the health of soil and farming practices impact the health of humans and the planet, as well as their Organic Consulting Program, which supports farmers in their transition to organic practices.

True Grace's supplements are created with the most nutrient dense ingredients and nothing is added that does not have a beneficial purpose supported by Eastern or Western science. These ingredients include mushrooms' fruiting bodies, which are the most nutrient-rich part of the mushroom (the stem, cap, and pores and none of the root-like structure). Also utilized are regenerative adaptogens like the herbs Ashwagandha and Holy Basil, Vitamin D3 from lichen, Vitamin C from acerola berries, and fermented minerals and amino acid chelates which are more easily digested and readily absorbed. Their probiotic supplements include the most effective 12 strains of bacteria, and their fish oil comes from wild-caught Alaskan

pollock which naturally live a short life so do not accumulate heavy metals and toxins like more long-living fish might. Unlike many supplement companies, True Grace specifies how much of each ingredient are in their supplements and uses amounts that have been clinically tested to be most effective.

The Moscow Food Co-op carries True Grace's One Daily Women's and Men's Multivitamins in both regular and 40 years+ versions, One Daily Probiotic in vegetarian capsules, One Daily Women's probiotic in vegetarian capsules, True Littles Probiotic + D3 powder in individual packs, Omega-3 Fish Oil in soft gels, Superfood Organic Broccoli Microgreens in powder form, Lion's Mane Organic Mushroom Extract in vegan capsules, Reishi Mushroom Extract in vegan capsules, Myco-Renew Organic Mushroom Blend in vegan capsules, and Cordyceps Organic Mushroom Extract in vegan capsules.

True Graces' mission is to "Provide nutrient-dense products that regenerate the health and well-being of people and planet."

True Grace's Snapshot:

Founded in 2020

Located in Pewaukee, Wisconsin

Certified B Corporation

Regenerative Agriculture Supporter

Third Party Tested by Alkemist Assured

Certified Carbon Neutral



This information and more can be found at truegracehealth.com

Local Producers Profile:

Love's Kombucha

By Terri Schmidt, Co-op Volunteer Writer

Renee Love worked in Texas after finishing graduate school at the University of Idaho. She made tamales for the first time and a local woman asked if she'd steamed them upright. When Renee said no, the woman invited her over to teach Renee how to make proper tamales. The woman had a batch of kombucha brewing, and gave Renee some SCOBY (Symbiotic Culture of Bacteria and Yeast) to make her own kombucha. Renee said, "It looked like some weird alien substance." Renee's husband, Emmett, used the SCOBY to brew his own kombucha. Renee had digestive issues (she later learned she had celiac disease) and the kombucha made her feel much better. So Emmett kept brewing, and Renee sometimes traded kombucha to appreciative friends for things like eggs, bone broth, and Russian chocolate. That was the early beginning of Love's Kombucha.

Emmett and Renee moved back to Moscow after four years in Texas; they grew up in the Spokane area, so it was closer to home. Emmett raised and then sold vegetables at Moscow's Tuesday Market. They added their kombucha to the booth and it became very popular, so they stopped bringing vegetables and focused strictly on kombucha. They offered six flavors of this healthy bubbly drink at each market. People asked "How can we get this during the week?" So the couple started selling their product at the Moscow Food Co-op and other local venues. The Co-op is the only place that has 8 different types of Love's Kombucha on tap. You can re-use your bottle each time you fill up. Having a re-fill option was important to the Loves; they wanted to keep as much material out of the landfill as possible.

During COVID, a bottle shortage led to offering Love's Kombucha in recyclable cans, which are also available at the Co-op and other venues. Love's Kombucha is sold at 15 venues, including the new Rosauers in Pullman.

As Renee discovered early on, kombucha is good for our digestive systems. Because it is so acidic, the good probiotics in kombucha can pass through the stomach without being destroyed, making it into the intestines where they are most beneficial. Renee said she thinks of it like trees in the forest. As trees get cut down, they need replacing. Kombucha replaces the probiotic trees in our colon that die off over time. Kombucha also has amino acids and enzymes. Renee says it's like taking a vitamin.

Kombucha starts with a batch of sweet tea that is added to the SCOBY for the fermentation process, then other ingredients are added in. Love's Kombucha is different from many others because they add tea and herb flavoring ingredients in at the beginning of fermentation instead of the end, so flavors are absorbed more deeply. Renee experiments with creating unique varieties. Between combining new ingredients and fermentation, it takes months to test out different flavors. Some flavors don't make it into production; they won't release a new flavor until it's perfect. The current varieties available are Earl of Kombucha, White Rose, Orange Spice, Zesty Maté, Blackbird Black, Golden Dragon, Calm-Bucha, and Vanilla Sunrise.

Emmett works full time on the kombucha business from brewing to delivery, and also works in construction. Renee is a paleontologist and works as a Clinical Assistant Professor in geology at the University of Idaho. She takes care of marketing for Love's Kombucha and creates the new flavors and graphics. She enjoys reading scientific articles on the science of kombucha,

learning things like the interplay between the yeast and bacteria, how to create the best balance of ingredients, and the optimum time of fermentation.

Renee said, “Some companies have a goal of getting bigger all the time. Our goal has always been to provide a quality healthy product for the local community.” That tie to the community is their favorite part of the business.

Renee and Emmett enjoy hiking with their new puppy, mountain biking, camping, and hanging out with friends. Renee is into meditation and mindfulness and loves paleontology and teaching. They are good-hearted people.

To learn more about the Loves and Love’s Kombucha, check out their webpage: www.loveskombucha.com



Staff Picks

By Ivy Dickinson, Co-op Volunteer Writer

The first staff-person I spoke with this month was Alex Bramwell who is currently the Center Store manager at the Co-op after working in a number of different positions for over ten years. For his recommendation, Alex chose the BBQ Nuts made by the City Peanut Company that are located on the shelves at the end of the cash register closest to the deli.

Alex described these as “a little smoky, a little spicy.

They are literally the perfect snack”. He said he first tried them when a colleague returned with samples after attending a food show, and figured they would be just another mixed nut. He ended up being very surprised by the unique flavors that are recognizable, but unique.

Alex said that he can never seem to put them down

once he starts eating them and loves that he can support an Idaho company when he buys them.



Alex Bramwell

Nestled in the heart of Boise, Idaho, City Peanut Shop sprouted its roots in 2009 during the tumultuous Great Recession. The company was founded by Dan Balluff, a tech industry veteran who decided to abandon the world of cubicles and airports to embark on a visionary quest to re-imagine the classic peanut shops that

have dotted the Midwest and Coastal regions of America from the 1940s to the present day (<https://www.citypeanut.com/pages/about-us>). Since its inception, City Peanut Shop has evolved into an iconic establishment that has cultivated a diverse customer base through strategic collaborations with local and regional breweries, wineries, cider houses, restaurants, gift box creators, specialized markets, grocery stores, and co-ops.

City Peanut Shop's dedication to quality and tradition is evident, and the shop offers a wide array of roasted and seasoned peanuts bursting with unique flavor profiles. From classic sea salt to savory honey roasted to spicy cayenne, their selection caters to every taste bud. But peanuts aren't the only stars of the show. City Peanut Shop also offers a delectable variety of other nuts, brittles, popcorn, and chocolate-covered treats, all made in small batches with the same dedication to quality and flavor. If you find yourself visiting the City of Trees, a stop at this quirky little peanut shop is a must. And, if you can't visit in person, pick up some of their treats at the Moscow Food Co-op.



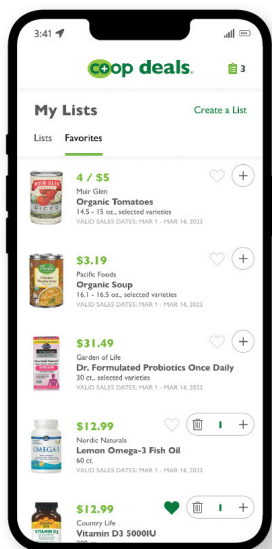
Katelyn Jackson

The second person I spoke with this month was Katelyn Jackson who has been working at the Co-op as a produce stocker for about ten months. For her recommendation, Katelyn chose Gottschalks Fresh Apple-Pear Cider sold by the half gallon and located in the Produce Department. She said she recommended this product because it gives her “cozy winter vibes”. She likes to put it in her slow cooker with mulling spices and extra pieces of apples, ginger or even oranges for

a tasty treat that makes the house smell amazing. Katelyn said that she has gained a whole new appreciation for quality produce since working at the Co-op and genuinely appreciates learning more about the nuances and flavors that come from different apple and pear varieties.

As winter settles in and snow blankets the land, one can still savor the fruits of autumn with Gottschalk Fresh Cider. This delightful offering from regional fruit growers Judy and Gary Gottschalk of Organics Orchards is made with a personalized blend of apples from their orchard along the White Salmon River in Washington. The Gottschalk's dedication to organic practices and care for their orchard shines through in the cider's rich flavor and aroma. With the care of a vintner, Gary uses different combinations of fruit to produce exceptional flavors, often with the cider's profile changing each week as different fruit varieties mature and become available (<https://www.organicgrown.com/blog/with-the-care-of-a-vintner-organic-orchards-cider-blended-for-incredible-flavor>).

Organics Orchards is part of Organically Grown Company (OGC), a regional cooperative that connects farmers and consumers through a shared commitment to organic agriculture. OGC, founded in 1978 and based in Portland, Oregon, stands as a testament to the power of collaboration in the world of organic farming. For over a decade, this company has been at the forefront of the organic produce movement, connecting independent growers and consumers who share a passion for high-quality, sustainably grown organic fruits and vegetables. As a full-service organic produce wholesaler, they provide a wide range of services, including sourcing, distribution, logistics, planning, and merchandising (<https://www.organicgrown.com/history>).



co+op deals.

Download the App!



The first 3,000
registered* users
get a free gift
and **\$10** towards
groceries!

*Must be within the first 3,000 users in January 2024 to download, create an account on the app and provide name and mailing address.

Frequently Asked Questions

Where can I download the app?

The Co+op Deals app is available for download in the Apple App Store and Google Play. Simply search for "Co+op Deals" – don't forget the plus! – and download to find food co-ops near you and browse the latest deals.

Do I have to create an account to use the Co+op Deals app?

You do not need to create an account to use the app or desktop platform, but some features are only available for logged-in users.

Is the Co+op Deals app free to use?

There is no cost to download and engage with the Co+op Deals app or use the desktop platform.

If I create a shopping list on the mobile app, will it show up on the desktop version?

Yes, when a user is logged in, saved lists and favorited deals will be appear in both the desktop and app.

I like to shop at multiple co-ops. How does that work in the app?

You can favorite as many co-ops or store locations as you like. And you can create shopping lists and favorite items for each store in your favorites. If you're an owner of multiple co-ops, you can also add your owner number to your profile for each co-op.

Palouse Area Environmental Update

By David Hall, Co-op Volunteer Writer

A Reminder of What to Recycle with Moscow's Single Stream Recycling:

“YES”

Plastic: #1 (clear plastic, PET) and #2 (color plastic, HDPE) bottles and jugs (with screw top lids): Empty and rinse.

Most material recovery facilities can process plastic bottles with the caps left on. There are strong local and export end-use markets for #1 and #2 plastic bottles and jugs. Small items, such as bottles smaller than 8 oz, do not have reliable end-use markets.

Metal : aluminum and tin beverage and food cans: Empty, rinse, and dry.

Local end-use markets recycle cans into scrap steel or used beverage container grades. Cans should not be crushed; lids from steel cans should remain attached or securely placed within the cans and squeezed to keep them from falling out. Loose metal lids should be thrown away.

Corrugated cardboard: non-wax- or plastic-coated: Clean and dry. There are strong local and export end-use markets for corrugated cardboard.

Paper : newspaper, junk mail, cereal and other dry food boxes, office paper, phone books, envelopes, non-foil wrapping paper, books with hard covers removed: Clean and dry.

Local and export end-use markets use recycled paper to create mixed or corrugated paper grades.

“NO”

Glass: None of any kind.

Plastic: any plastic labeled #3 through #7 - plastic bags, styrofoam, medicine containers, “clam shells,” plates, utensils, clothes hangers, motor oil containers, anti-freeze containers, candy wrappers, chip bags, garden hoses.

Metal : aluminum foil, caps, rings, lids, aerosol spray cans, paint cans, sharp metal, greasy metal, clothes hangers.

Paper: food-soiled boxes, pizza boxes, wet paper or cardboard, diapers, wax- or plastic-coated cardboard, paper towels, plates, napkins, soiled paper, facial tissue.

Other: electronics, CDs, DVDs, batteries, light bulbs, ceramics, aseptic containers.

City of Moscow, “Moscow Single Stream Recycling” flier, October 2018
Latah Sanitation, Moscow Recycling, “Curbside Mixed Recycling” flier, undated
Best Management Practices: Commingled Residential Recycling. Publication 18-07-014. State of Washington Department of Ecology Solid Waste Management Program. July 2018.

What Can I Compost Where?

What can I compost at Palouse-Clearwater Environmental Institute (PCEI)?

Compost: veggie food scraps, tea bags, coffee filters, egg shells, hair and fur, ashes.

No: plastic and recyclables, dairy and meat products, charcoal, yard waste, wax paper, wood, straw.

What can I compost at Latah Recycling Center?

Compost: leaves, grass clippings, weeds, Christmas trees, bark, branches up to 6” across, brush trimmings.

No: food waste, stumps, logs, dirt, rocks, sod, lumber, construction debris, manure.

What can I compost in my back yard?

Same as for PCEI, plus shredded paper, twigs, sticks, house plants, yard waste, manure, straw, crushed natural charcoal.

Remember that Moscow Food Co-op bought two commercial composting machines that resided for a while in the alley by the store. They are now housed at PCEI for Co-op and public use. The first one, dubbed “Eartha,” generated 12,000 pounds of compost in 2015.

Palouse-Clearwater Environmental Institute. Undated. Composting 101 flier. Moscow, Idaho Compost Program web page.

<https://www.ci.moscow.id.us/299/Compost-Program>

Moscow Food Co-op Sustainability Committee web page.

<https://www.moscowfood.coop/sustainability>

Moscow Food Co-op 2015 Annual Report.

<https://static1.squarespace.com/static/54ac4314e4b00f7c5fc6881e/t/5f85de9ac4865d07b825116b/1602608795418/AnnualReport2015.pdf>

