



March 2024 Edition
**Community
News**



IMPORTANT DATES

MARCH

5

**Cheese
Madness**

March 5 - 30

MARCH

6

**Last Day
To Vote**

in Board Elections

MARCH

13

Pi Day Sale

Owners Only
March 13 - 15

MARCH

15

**Change for Good
Applications Due**

MARCH

15

**Fish Folks
Return**

MARCH

17

St. Patrick's Day

Deli & Bakehouse
Specials

MARCH

21

Artwalk

4:30 - 6:30 p.m.

MARCH

24

**Upper Crust
Birthday**

BOGO on cupcakes

MARCH

31

Easter

Early Store Closure
at 6 p.m.

What's the Buzz?

"What do you love about the Co-op?"

By Ashley Fiedler, Co-op Volunteer Writer

"I love the smell and the bread." Esther
Niemeyer, Moscow, In Home Care



"I love the homemade food. It is also the only
place with deli meat without sugar." Ellie
Brower, Moscow, University of Idaho Student



"I love that I can get a good variety of the things
that I need such as chemical-free, sustainable,
and organic." Becky Phillips, Moscow, Retired



"I love the local and healthy foods." Rob Keefe,
Potlatch, University of Idaho Experimental
Forest



"I love the meat selection." Elisa Wilson,
Pullman, Renaissance Fine Woodworking



"My kids love the little carts and I love the clean
supplements." Lydia Richter, Moscow, Stay at
Home Mom



Art at the Co-op

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

Palouse Roots is a program of the Palouse-Clearwater Environmental Institute (PCEI), offering Moscow and the surrounding area an outdoor early childhood program. The Waldorf-inspired program sparks curiosity, builds confidence, and offers opportunities to discover the natural world through child-led learning. Children ages four to seven engage in hands-on, unrestricted outside play during the changing seasons at PCEI's 26.2-acre Palouse Nature Center in Moscow. Palouse Roots features a low student-teacher ratio and runs Monday through Thursday from 9a.m. - 1p.m., with flexible schedule options.

Bridgette Costa, Palouse Roots teacher and PCEI's artist in residence, directed and curated a collaborative group project with Palouse Roots children — a triptych painting mapping the kids' adventures at the Nature Center. Bridgette holds a master's in fine art from WSU and enjoys sharing a love of art with Palouse Roots children.

We invite you to support these young artists and see the final product in the Good Food Gallery during Moscow's Artwalk on Thursday, March 21 from 4:30 - 6:30p.m. or anytime while *the art is displayed, March 4 – 29. For more information about Palouse Roots, visit pcei.org or email info@palouseroots.org.*

Wines Around the World – Puglia (Apulia), Italy

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

The Puglia wine region is a long and narrow strip of land that forms the “heel” of the “boot” along the southeast corner of Italy. It covers over 200,000 acres, about 80% of which is planted to red wine grapes. After Veneto, it is tied with Sicily as the second largest wine region in Italy and produces more wine – mostly exported in tanks – than Australia. The region is surrounded by water on three sides – the Adriatic Sea to the north and east and the Ionian Sea to the south. The landscape is diverse; the northern reaches are hilly, whereas the south is mostly flat. Culturally, the north is more connected to the customs and winemaking practices of central Italy while the south retains a strong connection to its Greco-Roman past. In addition to growing grapes, Puglia is responsible for almost half of Italy’s total olive oil production.

Puglia was first colonized by the Mycenaean Greeks and is one of the richest archaeological regions in Italy. Over time, it was conquered by the ancient Romans, then the Byzantines, the Normans, the Aragonese, and the Spanish. It became part of the Kingdom of Sicily in the late 13th century and finally part of the united country of Italy in 1861.

The climate is characterized by hot, dry summers and mild, rainy winters. Snowfall is rare. The region possesses highly fertile soils, rich in limestone. Because of Puglia’s location on the coast, the

cooling breeze off the ocean moderates temperatures in the vineyards producing the ideal climate for growing grapes (and olives!).

Puglia's long-held reputation of producing a prolific amount of unremarkable red wine had serious economic consequences for the region's winegrowers in the late 20th century, when consumer preference changed to purchasing higher-quality and affordable wines from Australia, Argentina, and Chile. Puglian winemakers were forced to change their approach to winemaking, enlisting the services of winemakers from the New World to bring a new style, respectability, and value to wines from the region.

The Puglian wine region is divided into three subregions: Foggia in the north, Bari (the capital city) and Taranto in the center, and Brindisi and Lecce in the south, on the Salento peninsula. It currently has 30 Denominazione di Origine Controllata (DOC), 4 Denominazione di Origine Controllata e Garantita (DOCG), and 6 Indicazione Geografica Tipica (IGT) wine designations, mostly on the Salento peninsula. Salice Salentino and Primitivo di Manduria and the two most popular DOC wines.

Puglia is famous for two red wine varieties: Negroamaro and Primitivo. Negroamaro, which means "black bitter" in Italian, is the grape used to make Salice Salentino. This dry wine has flavors of ripe plum, baked raspberries, tobacco, and spice notes. It is full bodied, not overly tannic, and very fruit-forward, making it a delight to drink alongside pasta or pizza. Primitivo is Italy's name for Zinfandel. It tastes of dark fruit like figs, black cherries, blueberries, and blackberries with a distinct dried fruit leather character. It is an early-ripening variety and produces big, juicy wines.

Also of note among the red grapes is Bombino Nero which is made

into both rosato and red table wines, characterized by fresh, lively fruit. Uva di Troia is used to make savory wines with flavors of cherry, violets, and tobacco. In the northern region of Puglia, Sangiovese and Montepulciano are produced mostly in bulk as blending wines.

Although known for its red wines, the region also produces crisp, dry, white wines made from Verdeca, Bombino Bianco, Greco Bianco, and others. All of these are generally found in blends. Verdeca is easy to drink with notes of citrus, pineapple, and bergamot with a clean minerality. Bombino Bianco is typically blended with red grapes or made into still or sparkling wines. It is also used to make raisins (!) Greco Bianco has Greek origins and is always used in blends.

The next time you think of reaching for a Chianti or a Montepulciano d'Abruzzo to pair with that rich Italian meal you'll be preparing, think of buying a wine from Puglia instead. Your Co-op has these on the shelves:

Contrade Negroamaro
Tormaresca Neprica Primitivo
Masseria Li Veli Orion
Masseria Li Veli Primonero
Masseria Li Veli Passamante
I 2 e Mezzo Primitivo

Or with a seafood dish:
Felline Salento Fiano
Felline Salento Vermentino

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. Application deadline is March 15. 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 marketingmanager@moscowfood.coop to join the mailing list or call (208) 882-8537 ext. 222.



Wednesday, March 6: 9 - 10 a.m.

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

Wednesday, March 13: 9 - 10 a.m.

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

Wednesday, March 20: 9 - 10 a.m.

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

Wednesday, March 27: 9 - 10 a.m.

Join us at the Co-op in the Deli for a craft!
Store Activity: Food tasting and Spring craft



Company Profile: Organically Grown

By Amy Newsome, Co-op Volunteer Writer

I have been writing the Company Profile for many years. The company I was assigned this month surprised me more than any other. I had never really thought about how the Co-op gets its produce when it isn't from local farmers during our growing season. If I had to guess I would think that it was from many different companies – like maybe they get the berries from this supplier, greens from this producer, and mushrooms from this grower. But now I know there is one company that carries everything from tomatoes to potatoes, zucchini to apples, kiwis to avocados, blueberries to asparagus, dragon fruit to cherimoya, and even heirloom and foraged items. Organically Grown Company has taken the gargantuan task of finding farmers and suppliers for this vast variety since 1978.

It all started with a group of gardeners, small-scale farmers, and environmental activists who wanted to expand the availability of, and demand for, organic produce. What started as a non-profit has since evolved into a community-led cooperative. In addition to getting quality produce to grocery stores, they offer incredible support for farmers in order to bring them into the Organically Grown fold. Their impressive Grower's Resources webpage shares their available services which include crop planning, product trials, packing, packaging supplies, logistics, trade advocacy, resource networking, and sales and marketing. They even provide guidance for individuals creating craft food items and for restaurateurs with ambitious entrée visions.

As a Co-op, the Organically Grown Company is mission-driven not profit-driven. They operate in such a way that supports the planet and people. Financially, they invest back into partners who share their values. As such, Organically Grown Company established its “Mission Fund” in 2020 and in 2023 alone awarded funds to 84 organizations. A few of those recipients include Fairbank, Alaska’s Co-op Market Grocery & Deli to help solve the fresh food desert in their area; the Black Food Fund which supports Black farmers and connects Black communities with fresh, culturally relevant foods; and the McKenzie River Trust which acquires land in Western Oregon and in doing so has protected nearly 8,600 acres, planted more than one million trees and shrubs, and restored over 25 miles of salmon-bearing streams. Our very own Moscow Food Co-op was an award recipient for our FLOWER program. The FLOWER program provides qualifying community members a 20% discount on purchases and assistance with the Co-Op’s ownership fee. Another local institution, Backyard Harvest, was an award recipient last year. Their mission is to combat food insecurity and food waste through volunteer produce harvesting and farmers market food access initiatives.

Organically Grown Company is based in Eugene, Oregon, and they have additional distribution hubs in Portland and Medford, Oregon, and Seattle and Spokane, Washington. They distribute their produce to Alaska, Montana, Washington, Idaho, and Oregon. They have their own fleet of biodiesel fueled trucks but also use partner carriers to expand their reach.

Organically Grown Company’s mission is “to promote and inspire the growth of the organic agriculture movement.”

Organically Grown Company's Snapshot:

Founded in 1978

Located in Eugene, Oregon

Certified Organic

Non-GMO

This information and more can be found at organicgrown.com

Amy Newsome worked at a grocery store in the mid- to late-1980's. This was before there were code stickers on the produce and she still has nightmares about forgetting or mixing up all the three digit codes for each fruit and vegetable.



Local Producers Profile:

Kai Tea

By Terri Schmidt, Co-op Volunteer Writer

Josh Wheeler began providing tea for a friend's restaurant in Waco, Texas in 2010. He also shared his delicious and healthy organic teas with family and friends. When the demand for his teas grew, he moved operations out of his home kitchen and opened a production facility. Josh's sister Rebekah Alexander said Josh would serve his teas at every family event. She got hooked on it and loved it. She could taste the difference in flavor between his whole leaf tea and processed tea bags.

Rebekah and her husband, Aaron Alexander, moved to Deary, Idaho in 2012 for Aaron's work. They were looking for something they could do together as a family. Rebekah said "Josh was kind and generous in helping us set up our own Kai Tea making operation." They built a commercial kitchen and began creating and packaging Kai Tea locally.

The name Kai means "community" in Japanese. The family has a strong community of friends in Texas and Idaho. Rebekah said, "Kai Tea was born out of social interactions, so it was a fitting name for the company."

Kai Tea is certified organic, unlike many large commercial companies. Rebekah said you can't wash tea, so it's important to get chemical- and pesticide-free tea. Whole leaf tea is more flavorful and has more antioxidants, vitamins, and anti-inflammatory properties compared to teabags. It also contains polyphenols, which research has shown provides protective effects against cancer and other diseases such as diabetes, neurological diseases, and cardiovascular diseases.

The antioxidants and vitamins in tea are more abundant than in coffee. Kai Tea's website states, "Research has also shown that regularly drinking tea can reduce your chances of depression by 37%."

The teas for Kai Tea are sourced from small farms in India, Sri Lanka, New Zealand, Peru, and South Africa. The farms are all USDA Certified Organic. Josh has visited some of the farms personally. The company purchases three kinds of tea – black tea (highly oxidized), green tea (lightly oxidized), and white tea (not oxidized at all). Rebekah told me tea is oxidized by crushing its leaves, exposing oils and juices to oxygen. The more oxidized a tea is, the darker and stronger it becomes.

The company currently produces 15 different blends of tea. Once they receive the tea from farmers, some is packaged as pure tea; others are combined with additives like fruits, herbs, and flower petals to create the unique Kai Teas. A fun priority is experimenting with creating new flavors. Rebecca told me of a customer from Seattle who came to Moscow's Saturday Farmers Market and suggested she make a chamomile mint tea. Rebekah worked with him over time to perfect the tea, which is now made with chamomile from Egypt, peppermint from Willamette Valley, and spearmint from Deary, Idaho. Two of Rebecca's favorite flavors are Earl Gray and Peach Blossom White.

Rebekah and Aaron not only make delicious healthy teas, they also have a farm where they raise chickens for eggs and grass-fed cows, and grow produce in a large garden and orchard. They make homemade jams, jellies, and pickle products. The couple began selling Kai Tea and other products from their farm at Moscow's Farmers Market in 2013. They sell 8-9 flavors of tea at the Moscow Food Co-op, and provide tea to Cafe Artista and the

Blue Lantern (in Lewiston). If you are unable to get the wonderful Kai Tea locally, it can be purchased online at www.kaitea.com

The couple have four children, ages 4-15: Hannah, Amanda, Samuel, and Seth, who all help out on the farm. Their 8-year-old son takes care of the chickens and sells the eggs, their two daughters help with growing produce and canning. Rebekah home-schools all the children and they are all very involved in music and crafts, including knitting and sewing.

Rebekah said, “All we have learned came out of a desire to work with family. We are blessed to be welcomed in this community and love being able to provide good quality products to others in the community.”



Rebekah and Aaron Alexander and their children, Hannah, Amanda, Samuel, and Seth. Photo taken by David French.

Staff Picks

By Ivy Dickinson, Co-op Volunteer Writer

The first staff-person I spoke with this month was Maxx Unger who has been working in the Co-op Meat Department for three years. For Maxx's recommendation they chose the Mount Hagen freeze dried coffee. While they like the regular caffeinated version, Maxx says Mount Hagen makes the only decaf coffee they have ever really liked, which is handy because they like to enjoy coffee throughout the day, without overdoing it on the caffeine. They also love the ease of preparation of the freeze-dried coffee and say it is convenient to travel with and it is easy to modify the strength of the cup to suit your preferences or the preferences of a friend you have invited over for coffee. They say the flavor is full-bodied and rich, making it easy to enjoy black or with a splash of cream. Mount Hagen was the world's



Maxx Unger

first certified organic instant coffee and has always been made exclusively from organic, Fairtrade, 100% Arabica coffee beans. Founded in 1984, Mount Hagen boasts a rich history steeped in adventure and a genuine belief in doing things differently. In the early 1980s, the idea of biodynamic coffee farming in Papua New Guinea seemed outrageous and economically risky. However, the founders believed in the potential of Papua New Guinea's exceptional Arabica beans, so they persevered. They found a

crucial ally in Joachim Bauck, a pioneer in the organic coffee movement. With his expertise, the first shipment of "bio-dyn" coffee left Papua New Guinea in 1990, christened "Mount Hagen" after its origin. But, the situation was complex in Papua New Guinea. Tribal conflicts and safety concerns forced coffee grower Raimund and his wife to leave the plantation, and the company lost Demeter (biodynamic) certification.

Faced with these challenges, Mount Hagen diversified, finding new partners in the Dominican Republic, Mexico, Honduras, Peru, and Africa. They worked with farmers and convinced them of the benefits of organic farming over unsustainable methods. The company eventually returned to Papua New Guinea and now partners with over 2,500 small farmers in a cooperative, producing the finest organic Arabica bean the region has to offer.

(<https://www.mounthagen.de/en/responsibility/our-story/the-bird-the-mountain-and-our-crazy-story/>). These beans are grown at higher elevations, which gives them a flavorful yet mild taste (<https://www.mounthagen.de/en>). These high-altitude coffee berries grow slowly which results in pronounced flavors and greater resilience of the plants. Mount Hagen also freeze-dries their coffee, which is generally accepted as the drying method that yields higher-quality instant coffee. This technique essentially consists of freezing coffee concentrate at extremely low temperatures, cutting the coffee into granules, and drying at low temperatures under vacuum (<https://www.aquaspresso.co.za/instant-coffee-explained/>).

The second staff-person I spoke with this month was Logan who is the Produce Department manager and has been working at the Co-op for eight years. For their recommendation Logan chose the Lions Mane dried mushrooms from Hells Canyon Mycology that can be found in the Produce Department. Logan loves that this is

is a local product, as the company is based in Clarkston, Washington. They also recommend them because they feel it is a high-quality product that is incredibly versatile. The mushrooms can be added to so many different dishes to add a little umami flavor and Logan says “the Lions Mane mushroom is specifically promoted as boosting memory and cognitive function” although

they recommend customers do their own research on the health benefits.



Logan

Hells Canyon Mycology is a Clarkston, Washington-based small-scale gourmet mushroom cultivator that offers a vibrant variety of seasonally available fungi. Hells Canyon Mycology prioritizes quality and taste. They harvest their mushrooms at peak maturity, ensuring their customers receive the freshest, most flavorful

mushrooms possible. This emphasis on freshness sets them apart from larger producers and guarantees a memorable culinary experience.

While product availability fluctuates with the seasons, Hells Canyon Mycology boasts a diverse selection of gourmet mushrooms including: Pearl Oyster, Blue Oyster, Pink Oyster, Chestnut, and Lion’s Mane. Contact them directly to inquire about their current selection and to get more detailed descriptions about the types of mushrooms they offer

(<https://www.hellscanyonmycology.com/fungi-offerings-1>).

Cooking Around the World – Azerbaijan with Abbas Mammadov

By Judy Sobeloff, Co-op Volunteer Writer

Abbas Mammadov, a graduate student working on his Ph.D. in political science at Washington State University, returned home to Baku, the capital of Azerbaijan, over winter break. I had asked him where one can buy grape leaves locally for making dolmas (one of two recipes he shares below), and so I was very honored to be the recipient of two half-liter water bottles filled with literally hundreds of tightly rolled grape leaves he picked at his grandparents' home, as well as a 4x6 inch rug “as a little representation of the carpet culture in Azerbaijan.”

He describes his hometown of Baku, a city of about three million people, as “always active, day and night, a place where ancient times meet modernity.” He says this is visible in the architecture, which includes both castles in the old city and modern tall skyscrapers. “One of my American friends told me that Baku is the largest city below sea level (it’s twenty-eight meters below sea level), but we don’t really notice that.” He also notes that while “90-95% of the population is Muslim, there is a very high religious tolerance. In the center of Baku is a mosque, a church, and a synagogue not far from each other.”

Azerbaijan is in the part of Eurasia called the Caucasus, which also includes Armenia, Georgia, and parts of Russia, and the people who live there are called Caucasians. Abbas laughs now to recall that in

applying for graduate school in the U.S., he was initially “shocked to see ‘Caucasian’ as one of the categories” for race because where he comes from “It’s not a racial term at all.”

Until coming to Pullman in 2019, Abbas had spent his whole life in big cities. In addition to Baku, where he grew up, he did a double degree for his Master’s which involved one year in Moscow, Russia, and one year in Rome, which he describes as an “amazing opportunity.”

He says he knew Pullman would be “a much smaller place” and his first semester here found it “a bit difficult to adapt, but luckily I had had the experience of living abroad away from my family. Now, I can say Pullman has become a second home.” (When he travels back to Azerbaijan, he says he normally fills his suitcase with items he brings for his friends here.) He adds that after traveling to “beautiful, amazing cities” in the United States, such as Seattle, Portland, Chicago, and New York, he started to appreciate Pullman even more for what he sees as its relative safety, cleanliness, and lack of discrimination and racism.

Abbas says he has “a little passion for learning languages,” which is the legacy of his grandfather. From childhood he says he speaks four languages: Azerbaijani, Russian (which he says is commonly spoken in Azerbaijan, especially among older people), Turkish, and English, which was the language of his master’s program. He also speaks some French, Italian, and Spanish, and says he can read and write in Arabic though he cannot speak it. This means he can communicate in five of the six official languages of the United Nations (He does not currently speak Chinese).

The two areas Abbas has chosen to focus on for his degree are political psychology and global politics, which means he is “trying to

understand how the personality of the key individual leaders in the post-Soviet space impact their decision making.” He says he is happy to be at WSU and appreciates the high expectations of the professors and that the work is challenging and high-quality.

In sharing the two recipes below, Abbas explained that “dolma” means stuffed. My family members are big fans of the dolmas in the Co-op salad bar or grab ‘n’ go case; notably, Azerbaijani dolmas are smaller and rounder and also served hot.

Abbas’s recipes below involve primarily adding ingredients “by feel” rather than by measuring precise amounts, and I was pleasantly surprised by how easy the dolmas were to make. We opted to make the vegetarian variety, some with rice and crushed walnuts wrapped in grape leaves, and some with rice and crushed walnuts wrapped in cabbage leaves, both of which we found delicious and really a treat, though we preferred using the grape leaves. (The reason for using cabbage leaves with the walnuts is that “cabbage is more resilient and helps keep the ingredients intact during the cooking process,” since with walnuts “there’s a possibility of the leaves tearing while cooking.”) We used a short grain white rice since the rice cooks while wrapped in the grape leaf or cabbage.

While jars of grape leaves for making dolmas can be ordered online (if you don’t know someone who will bring you grape leaves from Azerbaijan), it was really special to make dolmas using the grape leaves from red and white grapes grown at his grandparents’ home.

At home Abbas says his mother makes dolmas for birthdays or special holidays, which they eat with Greek yogurt or sour cream. He adds, “I don’t know why they call it Greek yogurt; yogurt is not Greek.”

Abbas says he tends to make dolmas once or twice a semester, since he doesn't have much time for cooking them, whereas vermicelli, the other recipe included here, is "something I make more often. I like it with potatoes." He says the most special part about it is "a kind of family tradition" that comes from his mother and grandmother. He says other people would add meat or chicken and fry that first with onions before adding the vermicelli, and some people just have plain vermicelli.

It was an adjustment to cook the vermicelli in the Azerbaijani way (frying the dry noodles in the pan without first adding water), but we really enjoyed this recipe too. Fred said he liked the natural, simple tastes, and found this dish to be a nice comfort food. Even if cooked without the potatoes, the fried vermicelli noodles pleasantly reminded me of American hashbrowns.

Dolmas (Stuffed Grape Leaves)

Boil the grape leaves until they are soft, then place them in a bowl of cold water. In a bowl, mix together ground beef, minced onion, chopped cilantro (or parsley), half a cup of uncooked white rice, salt, black pepper, and vegetable oil. Place a small amount of the beef mixture in the center of the cooled grape leaves and wrap creating small dolma pieces. Arrange them in a saucepan, add half a cup of water, and a bit of vegetable oil. Cook on low heat for 30-45 minutes without stirring. The dish is ready when the rice is well-cooked. Top it with yogurt or sour cream when serving.

Dolmas can be effortlessly adapted to a vegetarian version by substituting walnuts chopped in a blender for the ground beef, and substituting cabbage leaves for the grape leaves. To prepare the vegetarian option, boil the cabbage and a pinch of salt in a saucepan. The remaining steps remain unchanged.

Vermicelli with Potatoes

To prepare, break the vermicelli into two or three pieces, and fry it with finely chopped onions, vegetable oil, salt, and black pepper until it turns bronze. Next, add peeled and diced potatoes, along with salt and water, filling the frying pan. Cook at low temperature, stirring occasionally, until the potatoes are soft.



CHEESE MADNESS

March 6 - 30



Let's Get Ready to Crumble.....

Fill out your cheese bracket and predict which cheese will reign supreme from a selection of 16 varieties. Will it be the Creamy Brie, the Aged Cheddar, or perhaps the crafty Ski Queen?

The choice is yours!

Here's How it Works

Week One: March 6 - 9 from 4 - 7 p.m.

Featuring four cheeses each day for you to taste and judge.

Week Two: March 13 - 15 from 4 - 7 p.m.

Featuring two cheeses each day.

Week 3: March 22 & 23 from 4 - 7 p.m.

The Final Four - featuring two cheeses each day.

The Championship: March 29 & 30 from 4 - 7 p.m.

Featuring both cheeses for two days.

Learn more at: moscowfood.coop

Palouse Area Environmental Update

By David Hall, Co-op Volunteer Writer

Nonstick Cooking Pans and PFAS Chemicals

Nonstick coatings basically fall into two categories: those containing PTFEs (polytetrafluoroethylene) and those that do not. Teflon is one type of PTFE. Those without PTFE include ceramic coatings and natural patina (such as cast-iron or carbon steel). Consumer Reports says that Teflon is the “most widely recognized brand name for PTFE.” PTFE is “a type of PFAS (per- and polyfluoroalkyl substances), a class of chemicals linked to multiple health concerns.”

Consumer Reports didn't detect any of the 96 PFAS they looked for in the ceramic-coated pans they tested. One skillet which has a PTFE coating, whose manufacturer had claimed that it was free of “a specific related compound known as PFOA (Perfluorooctanoic acid),” had measurable amounts of several of them, including PFOA. They suggest stainless steel, ceramic nonstick, coated cast-iron, uncoated cast-iron, and carbon steel frying pans if you want to avoid PFAS.

Loria, Kevin. May/June 2023. Consumer Reports Are Your Nonstick Pans Safe to Use? p.52-59.

How to Reduce Plastics in Your Diet

Consumer Reports advises one to “avoid plastic food storage containers, steer clear of fast foods, limit high-fat foods, eat fresh, minimally-processed food, choose wood, stainless steel, and

silicone for kitchen tools, and use water bottles made of glass or steel.”

A recent study (Beizan Yan, Wei Min, et al., Proceedings of the National Academy of Sciences) found that there are roughly a quarter million detectable plastic fragments in a typical liter of bottled water. To minimize exposure to plastic, switch to aluminum water bottles or reusable water bottles made of metal or glass. “[R]esearchers do not have enough evidence yet to determine how these plastic particles impact our health.” But, according to the U.S. EPA (Environment Protection Agency), “two types of [“forever”] chemicals commonly found in water, called PFOA and PFOS, are hazardous to human health in doses as small as 0.004 and 0.02 parts per trillion, respectively.” Filtration can help, but “not all filters remove microplastics and only a few remove nanoplastics.” Charcoal water filters can help remove some contaminants from tap water. Reverse osmosis filters may be able to remove PFAS and other plastic-like contaminants.

The EPA is showing emerging concern about these chemicals with four compounds being regulated. Water from our ancient Grande Ronde aquifer has not been found to contain “forever” chemicals. Well number 2 had none, and well number 3 (which is currently not in use) into the Wanapum aquifer had a trace (7 parts per trillion) detected. Fifty parts per trillion is the EPA’s actionable level. [Tyler Palmer, Moscow Sustainable Environment Commission meeting, July 18, 2023.]

Friedman, Laura. February 2024. Consumer Reports. How to Eat Less Plastic. 25-31. Sidebar, Less Plastic in your food p. 29.

Hui, Alyssa. January 22, 2024. Verywell Health. Bottled Water Is Full of Tiny Plastics. Here's How to Make It Safer for Drinking.

See also:

Barhum, Lana. March 25, 2022. Verywell Health. What the Public Needs to Know About PFAS (Forever Chemicals; Health Effects, History, Exposure, Advocacy Efforts.

<https://www.verywellhealth.com/pfas-awareness-and-risks-5220490>

Bugos. Claire. December 01, 2021. Verywell Health. The EPA Finally Plans to Regulate Toxic, Widespread 'Forever Chemicals' Verywell Health. <https://www.verywellhealth.com/pfas-forever-chemicals-epa-roadmap-5210694>

Bugos. Claire. May 04, 2022. Toxic Forever Chemicals Are Linked to Liver Damage, Research Finds.

Verywell Health. <https://www.verywellhealth.com/pfas-exposure-fatty-liver-disease-5270707>

Bugos. Claire. Updated on March 14, 2023. By EPA Places Limits on 4 Types of Toxic 'Forever Chemicals' in Drinking Water Verywell Health. <https://www.verywellhealth.com/epa-pfas-limits-drinking-water-5496696>

Bugos. Claire. August 22, 2022. A New Way to Destroy Forever Chemicals

Verywell Health. <https://www.verywellhealth.com/cleaning-pfas-from-water-6500768>

See also the New York Times cover story:

Tingley, Kim. August 20, 2023. They Lurk Inside our Everyday Stuff. What are 'Forever Chemicals' Doing to Us? Everywhere. Forever. The New York Times Magazine. p. 30-35, 47, 49.

Plastic Bags and Bottles in Pullman

The head of the United Nations Environment Program has called for a global ban on the manufacture of plastic bags. 4,636,000 tons of plastic bags, sacks, and wraps were generated in the U.S. in 2006. And these weigh almost nothing per bag. 4,270,000 were discarded annually. Only 7.8% are “recycled” annually in the U.S. A typical family accumulates 1500 plastic bags per year – 4 per day. 54,000,000 barrels of oil are used in the production of bottles for bottled water in the U.S. yearly. 77 barrels of oil could be diverted from bottle production if Pullman school students gave up drinking from PET 1 bottles. Carry a metal or glass canteen filled with tap water to save plastic and show support for municipal tap water (although we must conserve water from our aquifers as well).

Siler, Elizabeth. Undated. BYOB: Bring Your Own Bag: Pullman. Flier. Facebook reference.

Consumer Reports Energy Savings

The following tips are not specific to the Palouse, but they are ideas to reduce energy use in the community, which will benefit all of us!

Help your water heater stay warm

According to Consumer Reports, water heating is typically the second-largest energy expense in a home, averaging as much as \$600 per year. They suggest insulating your tank water heater using a pre-cut “jacket” or blanket, and turning down your tank’s heat setting to lower standby heat loss by up to 45%.

Ceiling fan vs air conditioner

Ceiling fans are much more efficient than is air conditioning. They use ten percent as much energy. In addition, air conditioners

release about 117 million metric tons of carbon dioxide each year. If you do use an AC unit, choose a high-efficiency model. These can slash your energy use by 20 to 50%.

Siroto, Janet. May/June 2023. Save Big at Home and Waste Less. Consumer Reports p.28-43.



March 4 & 5, 2024
Pollinator Summit
Food for Bees, Food for you and me!

TWO DAY POLLINATOR SUMMIT:

Monday March 4 • 10am - 4pm

Tuesday March 5 • 10am - 4pm & 6pm

Latah County Fairgrounds Exhibit Hall. Event is FREE but please register, donations accepted.

Pollinator Expo: Tuesday March 5, 11-1pm. Meet with local nonprofits and businesses helping pollinators

Eventbrite Registration: <https://pollinatorsummit2024.eventbrite.com>

Multiple presenters will share the latest research on pollinators from University of Idaho, WSU, Penn State and more.

Steve Sheppard, WSU, Breeding Honey Bees for the PNW and Fungal-based Alternatives for Colony Health

JT VanLeuvan, UI, Bacteriophages of the Honey Bee Gut Microbiome

Gabriela Quinlan, Penn State, Honey Bee Colonies as a Sentinel of Landscape-level Nectar Resources

Jacqueline Freeman, author – Falling in Love with Honey Bees

Anthony Vauds, USFS, Bee Nutrition in the Landscape

Amando Falcon-Brindis, UI, Pollination Ecology and Interaction Networks of Wild Bees

Margarita Lopez-Urbe, Penn State, Native Squash Bee Range and Evolution

Kelli Cooper, City of Moscow, Using iNaturalist to Track and ID Bees

Karen Wright, WSDA, The Washington Bee Atlas

Steve Cook, UI, Identifying Pollinators and the Impact of Soil Amendment Treatments on Huckleberry

CLOSING NIGHT FILM: *The Pollinators*

Tuesday March 5 • 7pm

Doors open at 6:00pm. Learn about pollinators on the big screen! Event is FREE but please register.

UI Potato Lab, 753 Perimeter Drive, Moscow, ID

Eventbrite Registration: <https://pollinatorsummit2024.eventbrite.com>

For more information: latah@uidaho.edu, 208-883-2267



University of Idaho Extension Latah County | Palouse Environmental Sustainability Coalition | MOSCOW CITY | Ruralroots | PALOUSE-CLEARWATER ENVIRONMENTAL INSTITUTE | MOSCOW FOOD CO-OP