



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.



Happy Mother's Day to all the Co-op "Moms" - May 14

Palouse
WATERCOLOR • SOCIUS

Join Us For Artwalk, Featuring Works By PWS - May 18

MAY 2023

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

What's the Buzz?

"What food do you associate with Spring?"

By Ashley Fiedler, Co-op Volunteer Writer

"Deviled eggs at Easter." Danielle Beringer,
Moscow, Recently Relocated



"Sweeter raw milk." Rachel Svinth, Pullman,
Washington State University Fine Arts
Student



"Fruit. Especially coming out of Winter."
Elliot Murray, Pullman, Freelancer



"Starting tomatoes in my greenhouse and
asparagus." Jeff Cummings, Moscow,
Retired



"Deviled eggs and fresh cold foods." Calli
Stipe, Potlatch, Stay at Home Mom



"Strawberries." Kelly Schlect, Moscow, Stay
at Home Mom



Art @ the Co-op

By Peg Kingery, Marketing Assistant

Stop by the Co-op's Deli Seating Area from May 2-31 to see the beautiful watercolor paintings from members of the Palouse Watercolor Socius.

Their mission is "to encourage and promote watercolor artists and to foster an awareness of water media on the Palouse."

The Palouse Watercolor Socius was formed in 1974 by a group of watercolor painters, all students of Alfred Dunn at the University of Idaho, and has flourished since then with a continual membership of thirty to forty artists.

The group welcomes painters of all artistic skill levels to their monthly meetings, which are held at 10 am on the first Wednesday of each month, in the conference room of the United Church of Moscow, 123 W 1st Street.

Here is a sampling of some of the works that will be on display:



Cathy Gottschalk



Gabriella Ball
Gabriella Ball



L. Root
Cheryll Root

Wines of the World – Loire Valley, France (Part 1)

By Peg Kingery, Co-op Marketing Assistant

The Loire Valley wine region extends along the 600-mile-long Loire River in northcentral France, from the city of Nantes on the Atlantic coast to southeast of the city of Orléans to the east. The majority of wine produced here is white, made from Chenin Blanc, Sauvignon Blanc, and Melon de Bourgogne; however, red and rose wines made from Cabernet Franc and Pinot Noir are also produced. Within this region are over 87 sub-appellations under the Appellation d'Origine Contrôlée (AOC) system.

The Loire Valley has a long history of winemaking, dating back to the 1st century when Romans planted the first vineyards. By the Middle Ages the vineyards were mostly under the care of Augustine and Benedictine monks. Today, the majority of wine estates are small and family-owned.

The area has a continental climate that is heavily influenced by both the Loire River and the Atlantic Ocean to the west. It is located at the lowest temperature at which grapes can ripen. The cool climate can be frustrating to winemakers, and at the same time beneficial in that the wines produced are characterized by an elegant, zesty freshness and bracing acidity.

The Loire Valley is the largest and most diverse wine region in France. It is generally divided into three sections: Upper/Centre (Sauvignon Blanc-dominate wines from Sancerre and Pouilly-Fumé; Middle (Chenin Blanc and Cabernet Franc from Vouvray and

Chinon, respectively); and Lower (Melon de Bourgogne-dominate wines from Muscadet). Because the region has such a wealth of exquisite, sought-after wines, I will focus on these in three different articles over the next few months. This month, we'll look further into the wines from Sancerre and Pouilly-Fumé.

The Centre Loire is located in the exact center point of France – hence its name! The principle grapes grown in Sancerre and Pouilly-Fumé are Sauvignon Blanc, Pinot Noir, and a rare Swiss variety called Chasselas. Sancerre is located on the left bank of the Loire; Pouilly-Fumé is on the right bank. The region is characterized by warm, balmy summers and cold, snowy winters. It has four different soil types, each of which add different characteristics to the wines: Kimmeridgian, a clay limestone that lends richness and texture to wine; Oxfordian, another limestone that produces early-maturing wines with notes of stone fruits; Silex, a rocky soil with flint and clay deposits that give a smoky, flowery, minerality to wines; and Sables, a well-draining soil type that makes light and fruity wines. Sancerre was awarded AOC status in 1936. Pouilly-Fumé followed in 1937.

Sancerre is renowned mostly for its ethereal Sauvignon Blanc (Sancerre blanc), although Pinot Noir (Sancerre rouge and rosé) accounts for 20% of wine production. Prior to the mid-19th century, and the phylloxera plague, the region was better known for its light-bodied reds made from Gamay and Pinot Noir. Sauvignon Blanc grafted better on the resistant rootstocks, so soon became the dominant varietal grown.

The town of Sancerre lies on a chalk hill outcrop with a series of small valleys crisscrossing through, each with their own microclimate, soil type, and terroir. The steep sloping hills provide the grapes with sunlight and warmth to fully ripen them while also

allowing cold air to flow off into the valleys. Because of the cold winters, the main threat to the vineyards is springtime frost.

Sancerre blanc is bone dry with bracing acidity, perfumed with flavors of peaches and gooseberries. Sancerre rouge is light to medium bodied with floral aromas and delicate red berry flavors. Because of the numerous microclimates, subtle variations exist from one area in the region to another.

Pouilly-Fumé is also a bone dry wine made from Sauvignon Blanc, primarily around the town of Pouilly-sur-Loire. The vineyards are located along the rolling hills of the Loire River valley. The phylloxera plague devastated the Gamay and Pinot Noir vines here as it did in Sancerre. And like the vineyards in Sancerre, Sauvignon Blanc became the varietal of choice to plant, although initially the acreage under vine declined. The mid-20th century saw an increase in popularity and vineyard area expanded.

The wine's name comes from the town in which the vineyards are planted and its "gun flint" aroma which gives the wine a smoky note ("fumé" is the French word for "smoky"). The resident nickname for Sauvignon Blanc is Blanc Fumé because of this distinctive characteristic – a source of local pride. These wines possess lively flavors of lime, green apple, and gooseberries supported by notes of flint and slate. While most are fermented and aged strictly in stainless steel, since the 1980's several wineries have been introducing oak in the wine-making process.

Both Sancerre and Pouilly-Fumé are traditionally paired with a locally-made, world-famous goat cheese called Crottin de Chavignol. They are also delicious with a variety of other cheeses, roasted poultry, grilled meaty fish, and vegetable dishes with savory herbs and spices.

Change for Good

April through June 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:

Troy Community Theatre is fundraising to support theatre camp scholarships to ensure all students who want to attend theatre camp are able to regardless of financial position.

Friends of the Clearwater are fundraising to support annual advocacy activities including education and when necessary, litigation.

Co-op FLOWER Program raises funds to offer a 20% discount to owners who qualify for federal assistance programs.

Any organization can submit an application online to be featured from July – September. Learn more at <https://www.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 to join the mailing list

For more information, send an email to marketing@moscowfood.coop or call (208) 882-8537 ext. 222.



May Schedule

-  **Wednesday, May 3: 9 - 10 a.m.**
Join us at the Co-op in the Deli for a craft!
In-Store Only: Red Food Tasting
-  **Wednesday, May 10: 9 - 10 a.m.**
Join us at the Co-op in the Deli for a craft!
In-Store Only: Mothers Day Lotion Bottles
-  **Wednesday, May 17: 9 - 10 a.m.**
Join us at the Co-op in the Deli for a craft!
In-store Only: Egg Carton Seed Planters
-  **Wednesday, May 24: 9 - 10 a.m.**
Join us at the Co-op in the Deli for a craft!
In-Store Only: Cheerio Bird Feeders
-  **Wednesday, May 31: 9 - 10 a.m.**
Join us at the Co-op in the Deli for a craft!
In-Store Only: Earth Day Plates

*Co-op Kids will not be offering to-go bags May - September.
Reach out to events@moscowfood.coop to volunteer with the program!*

Company Profile: Hoplark Hop Tea

By Amy Newsome, Co-op Volunteer Writer

Hoplark started, like many companies, at the fabulous business incubator which is the farmers market, the Denver Farmers Market in this case. There, founders Dean Eberhardt and Andrew Markley offered up the invention they had been working on for a year and a half. Their “HopTea” would provide drinkers the delicious hoppy flavor of beer without the alcohol or calories. They accomplished this feat by replacing the malt in beer with tea. But unlike the similar beverage kombucha, no fermentation is used in the making of HopTea, so there is absolutely zero alcohol, sugar, or calories in the product. To make their elixirs they use real hops and organic whole leaf tea. And they don’t just use one variety of hops. They pick and choose and mix and match depending on what flavor they want for each brew. The hops varieties they use sound a bit magical to me: cashmere, lemondrop, simcoe, citra, and mosaic. The tea varieties include black, green, hibiscus, chamomile, and white.

The idea for the product grew when Dean took a month off of drinking alcohol to lose some weight. He realized he did not miss the alcohol buzz but really yearned for the smell and taste of a hoppy, cold, bubbly ale, as well as the ritual and camaraderie of having a craft beer with his best friend since college, Andrew. As they were developing their product they took a lot of hikes together in the foothills of Colorado and they got the idea for their label from the pervasive meadowlarks, with their beautiful call and their spindly legs. For their brand they exaggerated those legs even more and set them in a run to represent breaking the norm and running toward health.

The Moscow Food Co-op carries HopTea in these varieties: The Citra Bomb One which tastes of lime and grapefruit; The Green Tea One which has berry, grassy, and piney notes; The Mile-High-Biscus One offers the tartness and sweetness of berries and citrus; The Calm One exudes floral and herbal sweetness with tart citrus; and The Really Hoppy One which tastes like a craft brewed IPA.

In the four years since its inception, HopTea has already won numerous awards and accolades such as the beverage industry's BevNET Award; the Natural Products Industry's NEXTY Award; and it made Whole Food Market's Top 10 Trends list and the Huffpost's Biggest Food and Drink Trends list.

HopTea's motto is to "Rethink hops."

HopTea Snapshot

Founded in 2018

Located in Boulder, Colorado

Non GMO

Gluten Free

BPA Free Cans

Organic Hops and Tea



This information and more can be found at hoplark.com

*Amy Newsome really loves the extra-long-legged running meadowlark
Hoplark uses for their brand.*

Local Producers Profile:

Melliflora LLC

By Terri Schmidt, Co-op Volunteer Writer

Colleen Taugher grew up in a farming family, but she took some detours before starting her own flower farm. She received her education at the University of Wisconsin, the Art Institute of Chicago, and the University of Idaho. Colleen made her living creating art, then worked 16 years at Washington State University in the Office of International Programs where she and her colleagues worked to improve livelihoods for people in developing countries. She said, “I worked with some fantastic people and did some really meaningful work.”

Colleen now lives on an 85 acre farm with her fiancé Steve Shepherd, an entomologist who runs the bee program at WSU. Much of their land is used for raising bees and sheep, and growing hay and alfalfa. About an acre is devoted to Colleen’s flower business, Melliflora. The flower field is beautiful when blooming, attracting photographers who love using it as a background in photos. The business employs four people, two working in the field, one driving deliveries, and one “floater” who fills in where needed.

Colleen grows over 100 varieties of flowers, including planting 9000 new tulip bulbs every year. She has a high tunnel hoop house that allows her to get an early start on the season with flowers like ranunculus, anemones, and Arctic poppies. Colleen says, “I’m so excited about the hoop house. It lets me grow specialty flowers people couldn’t manage in their own gardens.”

Melliflora offers various ways to purchase flowers – from the Moscow Food Co-op, at Saturday Market, DIY buckets, and the Flower Club. Customers from various towns can also order flowers and pick them up at business partner venues – Colter’s Creek in Moscow, The Filling Station in Troy, and The Blue Lantern in Lewiston. Customers can also order DIY flowers by the bucketful. Colleen asks what colors you like and what you will be doing with the flowers, then specially chooses flowers to fit. Colleen uses her design studio to create flower arrangements for special events like weddings.

The Flower Club is popular. You can sign up on Melliflora’s website. Each week members receive “an abundant armload of artfully presented, premium seasonal blooms fresh from the farm ... hand tied and wrapped in paper.” Colleen creates stories to accompany the weekly flower arrangements telling how she came up with the selection and what is special about that bouquet. She said, “I love my customers so much!” Colleen interviewed people who are members of the flower club, asking what the membership meant to them. She said, because of the powerful impact of fresh flowers on someone’s life, “every single one of them cried when I was talking to them. It’s important work.”

At the end of the season, Melliflora uses dried flowers to create wreaths, potpourri, and flower confetti to throw at weddings. They make big marigold garlands that start out fresh, but also look pretty when dry.

Colleen said purchasing local flowers not only supports local farmers, who you get to know personally, but “the flowers last so much longer and seem more vibrant.” Buying local helps reduce the environmental impact of excessive packaging and shipping

flowers from places as far away as South America and Europe. Colleen said, “The carbon footprint is mind-blowing.”

Colleen has two grown children, Liam and Gregorio, and Steve has a son, Walter. Both Colleen and Steve are really focused on family. When she has a chance, Colleen likes to cook and try new recipes. She has been an equestrian all her life, and finds joy in spending time with her current horse, a Norwegian Fjord named Rain.

To learn more about Melliflora click on ‘flowers’ on the website: www.mellifera.farm and read their Facebook page: www.facebook.com/melliferafarmidaho or follow on Instagram @melliflorallc.



Staff Picks

By Ivy Dickinson, Co-op Volunteer Writer

The first staff person I spoke with this month was Matt Terry who has been working at the Co-op as a grocery stocker since last November. For his recommendation, he chose the Outstanding Pig Out Crunchies. Found in the chip aisle, this product is a vegan chip that mimics a pork rind. Matt recommended them because he grew up in the south, where pork rinds are extremely popular, and was intrigued when he stumbled across a plant-based version. Surprisingly, he found that he actually likes them better than the “real” thing. He says he likes that they don’t have any of the food coloring or preservatives commonly added to pork rinds, and are much lower in cholesterol.



Matt Terry

Matt enjoys the rich barbecue flavor and loves that they also double as a nutrient dense snack with 7 grams of protein per serving. Pig Out Crunchies, formerly known as PigOut Pigless Pork Rinds, is a product line for the Outstanding Foods brand. Outstanding Foods was founded by chef and product developer Dave Anderson, previously of Beyond Meat and Eat Just, Inc., and entrepreneur and financier Bill Glaser, who is the current CEO of the company and a long-time vegan (<https://outstandingfoods.com/pages/about>).

Outstanding Foods produces plant-based takes on pork rinds, cheese balls, and cheese puffs, and just recently issued a press release saying they have created a line of Outstanding Cookies, in chocolate chip, double chocolate chip, and oatmeal raisin flavors, that will be available in stores very soon (<https://www.newhope.com/food-and-beverage/outstanding-foods-introduces-better-you-chef-crafted-cheeseballs-and-cookies-press>). Their products are formulated with pea protein and a blend of nutrients from broccoli, spinach, kale, pumpkin, sweet potato, sunflower seed, cranberry, chlorella, and maitake and shiitake mushrooms. Flavors range from white cheddar and nacho cheese



Rebecca Lake

to pizza and barbecue. The company has been intentional in its efforts to bring in early investors who are celebrities and influencers, with perhaps the most notable among them being Snoop Dogg. According to Snoop Dogg, he was "drawn to Outstanding Foods because of its vibe and mission" (<https://www.livekindly.com/snoop-dogg-plant-based-live-forever/>).

The second staff person I spoke with this month was Rebecca Lake who has been working at the Co-op as a produce stocker for two months. For her recommendation Rebecca wanted to highlight the Joolies medjool dates found in boxes and bulk in the produce department. She said that aside from providing a great product with great flavor, she loves the company and everything they stand for. Rebecca mentioned that she recently started eating dates as an alternative to grabbing something with refined sugar when she was craving a sweet snack. She says they have become an essential item

in her home and she has been surprised by how versatile they are. They are a delicious addition to smoothies to add a little sweetness and they are a fun ingredient to feature in baked goods. They can be a surprising addition to a charcuterie tray that pairs well with a variety of cheeses, and nobody can resist bacon wrapped dates. They also keep forever, so don't hesitate to stock up.

In 1979, the Kohl family purchased 2,100 acres of land in the Coachella Valley of California and began growing Medjool date palms. Dates are the fruit of the date palm tree, are typically sold in their dried form, and are chewy with a sweet flavor. Date palms are among the most resilient, long-lived trees in agriculture, with a productive lifespan of 80 years. Dates were first known to be cultivated in the Fertile Crescent between Egypt and Mesopotamia as early as 4000 B.C. (<https://foodandnutrition.org/from-the-magazine/dates-an-ancient-fruit-rediscovered/>). Date palm trees are often called “the lungs of the desert” as they are very effective at absorbing CO₂ and producing sugar, oxygen, and water. Founded by David Kohl and Greg Willsey, Joolies is a company that prides itself in producing the highest-quality organic dates, using sustainable farming practices that support the environment and minimize both plastic use and waste. Their packaging consists of paperboard material sourced from recycled paper products, and they are the only date grower that is certified USDA Organic and Glyphosate Residue-Free (<https://www.ok.org/article/joolies-dates-the-best-date-youve-ever-had/>). The family farm is a single-origin, vertically integrated, zero-waste facility that maximizes sustainability. Imperfect dates cull into cattle feed and palm fronds are used in fertilizer. Their organic medjool dates are available in pitted and whole shareable sizes, pitted snack packs, premium and upcycled “uggies” in bulk, and value-added date syrup (<https://joolies.com/collections/all>).

Palouse Area Environmental Update

By David Hall, Co-op Volunteer Writer

Pullman City Council Approves Water Conservation Code

Pullman has established a water conservation code and irrigation guidelines for those on the city's water system. The outdoor irrigation season will be June 1 to September 30 each year, with outdoor watering allowed up to three days a week from 6 to 10 pm. Allowable watering days will be based on even and odd property number addresses. Watering impervious surfaces such as sidewalks and roadways will be prohibited.

UI Restarts Recycling, Partnering With Moscow

Recycling on the University of Idaho campus has been restarted as of April 3. Starting small, single-stream indoor recycling will be available in the ISUB and Pitman Center. With a switch from multi-stream to single-stream recycling, aluminum, cardboard, and paper can be grouped together in the same bin.

The previous campus recycling program ended three years ago. That program practiced multi-stream recycling, relying on individuals to properly sort their recyclables and not include trash. Contamination rates on campus in 2018 reached 80-90%. The current contamination rate must be under 5%, according to UI Sustainability Coordinator Olivia Wiebe.

The campus needs to understand contamination for the program to remain, making education a key step in the process.

Wiebe and Sustainability Director Sarah Dawson are considering other sustainability projects across campus, such as recycling in staff offices, collecting glass to recycle, and implementing a composting program.

“Glass that we take to the recycling center in Moscow is just ground up and turned into an aggregate that’s put on the ground,” Dawson said.

In 2020, “Food waste from dining and the cafeteria’s kitchen was often collected by bike and heavily reliant on volunteers. The program was short-lived due to contamination of plastic and bones as well as a poor location.” Dawson hopes to obtain a grant for a compost biodigester.

Questions about recycling at UI can be directed to recycling@uidaho.edu

The City of Moscow has entered into a Recycling Services Agreement between City of Moscow and University of Idaho. The introduction states, “The University of Idaho is committed to begin a single stream recycling program on campus with collection of recyclables performed in-house by Facilities staff. The City of Moscow implemented a single stream recycling program in 2016 for residential and multi-family customers. The City later made the single stream recycling program available to commercial customers in 2018. The City of Moscow has a long history of supporting recycling as a part of an overall sanitation strategy including owning the Moscow Recycling Center where all recyclables collected in Moscow are delivered and processed. The City of Moscow supports the University’s commitment to begin a single stream recycling program on campus and is committed to accept, process and ultimately ship the University’s single stream recycling materials to a Material Recovery Facility.”

<https://www.uiargonaut.com/2023/04/04/after-three-years-recycling-returns-to-campus>

<https://www.ci.moscow.id.us/581/Agendas-and-Minutes>, Agenda for Moscow City Council meeting of April 17, 2023.

Cooking Around the World: Argentina with Martina Gallo

By Judy Sobeloff, Co-op Volunteer Writer

Martina Gallo came to Spokane Falls Community College in Pullman from Buenos Aires, Argentina, last August, to pursue her childhood dream of studying architecture. She says that it was something she's "always been interested in," but she forgot about it for a while, thinking it was "something very difficult, something I can't do." Being a single mom made the possibility seem even more remote. With the pandemic, however, she was influenced by people around her saying, "We only have one lifetime." Her son is now fourteen, and she says that before enrolling she sold all of her possessions and "got into real estate, which allowed me to see a lot of money fast." Plus, real estate is "kind of related to architecture."

Unlike in the United States, higher education is free in Argentina. While the University of Buenos Aires is considered "the best of Latin America," it has a reputation as being "very demanding," and she realized that "for a single mom, studying and having a huge workload wasn't a good plan." She realized that studying architecture internationally, despite the expense and required documentation, would be more manageable. Originally she hoped to go to Barcelona and set out to learn Catalan; ultimately, however, she realized that, since she was already fluent in English, studying in the United States would be a better choice.

She had a friend who was studying at Washington State University in Pullman, and after talking with him, Martina realized that starting at SFCC would be a good way to get a four-year degree from WSU.

Coming from a “very cosmopolitan city” of five million people, she acknowledges she faced a bit of culture shock moving to Pullman. She says that by Argentinian standards she considers herself an introvert. While everyone here “smiles and is nice,” she misses the more demonstrative affection of Argentinians and now understands why people describe Argentinians as “so warm.”

Regarding cultural differences in the realm of food between Pullman and Argentina, she says that Argentinians eat dinner around 9 pm, and even people with small children don't eat dinner until 8 pm.

She says “We eat dinner all together, that's a big thing... It's a huge ritual. People say, ‘You didn't come to dinner, hurry up, I'm waiting for you to have dinner.’ It's that kind of thing. We have a very get-together thing around food.”

She adds that “my mom reminded me of a saying that we use here: ‘The door is knocked with the foot,’ meaning that when you go visit someone you're always bringing food to share so your hands are holding it.”

Martina explains that the lateness of dinner allows people enough time to cook after getting home from work, and also is made possible by the custom of “an additional meal which you don't have,” merienda, a snack eaten around 4 or 5 pm. Merienda is casual and informal, and she says “you have to have a hot beverage and a little sweet thing,” such as a muffin or some cookies. Merienda is her favorite meal of the day, and she says you can also have a savory merienda, with something like cheese and crackers.

She says that Argentinians are “the Italians of Latin America,”; about 70 % of Argentinians have Italian ancestry. She says, “A lot of things I didn't know were Italian until later in life.” For example, there are abundant casas de pasta, stores where you can buy fresh pasta, in Argentina, and when she arrived in Pullman she was a little surprised to discover these didn't exist.

Another difference she discovered after leaving Argentina was “our relationship with ice cream. I didn’t know this wasn’t a thing everywhere in the world.” She explains that “a mediocre ice cream shop would have 15 flavors, and most have 50 flavors.” The servers dress in white and the portions are huge. She adds that it’s easy and not unusual to order a kilo of ice cream to be delivered to one’s home.

Martina loves to cook. Though she characterizes Argentinian food as very much “around meat,” she was happy to share two of her favorite vegetarian recipes, courtesy of her mom: two vegetarian versions of empanadas (bechamel and spinach filling, Martina’s personal favorite, and caprese filling) plus chipá (cheese bites). She says empanadas would usually be eaten for lunch or dinner, and chipá is usually eaten for merienda.

While my family had eaten empanadas in restaurants before, I was very excited for us to make such a yummy and beautiful treat at home. I really liked the combination of dough and filling, and I found them to be a warm, toasty, tasty comfort food. We made them using gluten-free dough, and then made more using pre-made frozen gluten-free pie crust, rolled out. As with anything gluten-free, the empanadas would probably be more beautiful using regular flour, but the gluten-free flour worked well enough for our purposes.

Martina’s mom’s recipe calls for mandioca starch, which is related to cassava and tapioca; variations of these are available at the Co-op. Martina said her mom suggested substituting cornstarch for the mandioca starch. The recipe calls for four cups of mandioca or corn starch, more than we happened to have on hand, so we ended up using 1-1/2 cups of cornstarch and 2-1/2 cups of gluten-free flour. With this substitution, we needed to let the mixture chill for about two hours in order to form it into balls.

We really liked the chipá, and found them to be reminiscent of both mac n' cheese and cheese-flavored biscuits. However, since the intended consistency is very gooey and stretchy, Martina suggested that using the full amount of cornstarch would be closer to the traditional Argentinian recipe.

Chipá (Cheese Bites)

8 tablespoons melted butter

1 cup milk (can substitute non-dairy milk)

4 cups mandioca starch (Martina's mom says this can be replaced with cornstarch)

1 tablespoon salt

1 egg

5 ounces parmesan, grated not shredded

10 ounces Emmental, gouda, or cheddar (Emmental is better), grated not shredded

Mix the egg, the butter, and the milk together.

In another bowl mix the cheese, the starch, and the salt.

Mix the wet ingredients with the dry ones.

Wrap in plastic wrap and let the mixture chill for at least 30 minutes.

Make little balls (around 1 to 1-1/2 inches wide) and place in a pan.

Put in an oven preheated to 400 degrees F for 10 to 15 minutes.

They should be barely golden, not toasted.



Empanadas!

Martina notes: I've been trying to find empanada dough for quite some time and couldn't find it, so here's the recipe for the dough:

Mix $\frac{1}{2}$ cup of warm water and a teaspoon of salt and let it sit.

Mix 1 cup of flour and 4 tablespoons of melted butter with the fingers.

Add the warm water little by little.

Knead until the dough is smooth.

Let it rest for 20 minutes.

Stretch the dough very thin (about 2 millimeters or one-tenth of an inch thick) and cut the dough into circles approximately five inches in diameter. I cut them with the lid of a jar that's about that size.

For the filling:

The classic flavor is ground meat with olives, onions, and bell peppers. This could be done with vegetarian meat. My favorite is bechamel and spinach.

For the bechamel we need:

2 tablespoons butter

2 tablespoons flour

1 $\frac{1}{4}$ cups milk, heated

Salt and pepper.

Melt the butter. Add the flour constantly, stirring until it bubbles, and then add the milk little by little, constantly stirring too. Bring mixture to boil and lower the heat. Keep stirring for two minutes and remove from the heat.

For the spinach:

Sauté 2 cups of spinach (without the stem and preferably chopped) and half an onion, chopped.

Add the bechamel and let it cool.

It's important that the filling is cool, because otherwise it will tear the dough.

Put two spoonfuls of filling into the dough and close them like this:

<https://youtu.be/pRBPfmd2XJM>

Paint the dough with egg yolk.

Put empanadas on an oiled pan and place in a preheated oven at 350 degrees F for about 15 minutes or until they're golden.

For the caprese filling there's no need to cook the ingredients beforehand:

Chopped basil

Thinly chopped tomatoes

Mozzarella in small cubes

For the cheese not to explode in the oven, cover the cubes in flour before placing them in the empanadas.



Ninth Season of Pop-Up Contemporary Art in Genesee Opens with HOUSE

By Robin Fahle Ohlgren

Genesee artist Ellen Vieth has a vivid image from the places, or more specifically the structures, where she was raised — “the combination of five or six lines that formed a floor, sides, and a roof to something I knew as my world, where I belonged.” This imagery is the theme for a pop-up exhibition, aptly titled HOUSE, which takes place on Saturday and Sunday, May 13 and 14. Little Pink House Gallery (LPHG) is located at 157 North Elm Street in Genesee. Look for Pink House signs on the routes into town. Exhibition hours are 10 am – 5 pm on both days, with private appointments available the week following the exhibit.

HOUSE will launch the ninth season of exhibitions at LPHG, and Vieth has invited nine artists to explore the theme with her, including Megan Atwood Cherry, a multi-disciplinary artist whose recent sculptures incorporate painted wood, stone, and fiber.

“I’ve always loved the plain geometry of a house,” says Cherry, who also serves as Arts Manager for the City of Moscow.

“A house is a deceptively simple triangle on top of a rectangle that reduces complicated ideas about place, security, and belonging to something that looks straightforward,” adds Cherry.

“Little Pink House Gallery is a gem in the regional art ecosystem because it provides a beautifully-curated home for artists and community members to gather in appreciation of art.”

Joining Vieth and Cherry, are multi-media artists Ray Esparsen and David Herbold, painter Selene Santucci, and ceramicists Jill Birshbach, Casey Doyle, and Ann Christensen. Sally Graves Machlis and Delphine Keim will have collaborative work with text and image.

Vieth's work is being exhibited in two other shows in Idaho this spring. Seven large paintings are in a group show of Abstract Expressionist Women painters at The Art Spirit Gallery in Coeur d'Alene through the end of April. Foxtrot Fine Art in Driggs is hosting a one woman show, called the Gardener, June 1 through June 28.

For sneak peeks of installed work and gallery news, follow posts on Instagram @ellenvieth and on Facebook @Little Pink House Gallery. For more information about HOUSE or the gallery, contact Vieth at ellenvieth@gmail.com, or visit the LPHG website at littlepinkhousegallery.com.

Little Pink House Gallery is a bright pink spot in rural Idaho celebrating contemporary art, local food systems, flowers, and sustainable collaborative events.





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