



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.*

Application Deadline:  
December 10 by 8 p.m.

## Run for our Board!

THE BOARD OF DIRECTORS ELECTION IS COMING UP!

See more information inside!  
Application deadline is Dec. 10

The Co-op will be closed Nov. 23 and 24 to celebrate Thanksgiving with our families and friends

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## NOVEMBER 2023

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

# What's the Buzz?

## "Do you use the term Stuffing or Dressing?"

By Ashley Fiedler, Co-op Volunteer Writer

"Dressing." Kim Sutherland, Moscow,  
Adventurous Eater



"I grew up with both so they are interchangeable." Linda Steputat, Lewiston,  
Retired



"Stuffing." Ciara Parkhurst, Moscow,  
University of Idaho Graduate Student



"Stuffing." Brooke Glassman, Tensed, Stay  
at Home Mom



"Stuffing." Karen Westberg, Moscow, Cat  
and Book Lover



"Stuffing." Aaron Dennis, Moscow,  
Software Engineer



# Art at the Co-op

## By Kristin Strong, Co-op Marketing Manager

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

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

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



# **Wines of the World – Beaujolais, France**

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

When the word Beaujolais is mentioned among wine drinkers, most think of fresh and fruity Beaujolais Nouveau, the first French wine of the vintage year, released on the third Thursday in November. This wine-producing region, however, also produces wines of great depth and age-ability made exclusively from the Gamay Noir grape, a cross between Pinot Noir and an ancient grape varietal called Gouais.

Beaujolais has long been considered part of Burgundy, but its climate, soils, geology, grape varieties, and wine-producing methods are vastly different. The region is bordered by the Maconnais in Burgundy to the north, the Saone River valley to the east, the city of Lyon to the south, and the Monts de Beaujolais to the west. It is 34 miles long and 7-9 miles wide. The northern half of the region (Haut Beaujolais), which produces the higher quality wine, contains granite- and schist-based soils, while the southern half (Bas Beaujolais) consists of sedimentary rock and clay soils. The climate is semi-continental with generally cold winters and dry, hot summers.

The Romans planted the first vineyards here, followed by Benedictine monks in the 7th century. In the 10th century the region got its name from the town of Beaujeu, Rhone. The Dukes of Beaujeu were the ones who made the wines popular, mostly at

markets along the Saone and Rhone rivers. The expansion of the French railroad system in the 19th century opened up the Paris market. In the 1980's, Beaujolais rose in popularity in the world market with its Nouveau wine. French winemakers sought to capitalize on this and, by the early 21st century, consumers associated all Beaujolais wine with the simple, slightly sweet Nouveau instead of the higher-quality wines capable of being produced here. In recent years, winemakers are focusing more on making terroir-driven, age-worthy wines.

Beaujolais wines are classified in one of three appellations: Beaujolais AOC, Beaujolais-Villages AOC, and Cru Beaujolais. Beaujolais AOC is the largest, accounting for 50% of the wine produced in the region and located in Bas Beaujolais. These wines are "quaffable" with refreshing acidity, low tannin, and flavors of red fruits with a touch of banana. Beaujolais-Villages AOC come from vineyards mid-way between the Bas and the Haut and make up 25% of production. The wines are darker in color with more depth and structure and flavors of strawberry and black currant.

Cru Beaujolais are the highest quality of wine produced and come from Haut Beaujolais. There are ten Cru, each with its own distinct personality and complexity.

The lightest bodied wines come from Brouilly, Regnie, and Chiroubles. All of these wines should be consumed within three years of the vintage. The wines from here are noted for their aromas of plum, cherries, raspberries, and currants with a touch of peach.

The medium-bodied wines are produced in Cote du Brouilly, Fleurie, and Saint-Amour. Drink these within four years of the vintage. These wines are more deeply concentrated with less earthiness, red fruit notes, and hints of spice.

The fullest bodied wines are Chenas, Julienas, Morgon, and Moulin-a-Vent. All of these wines age well and can be consumed up to 10 years after the vintage. These contain the most tannins and have the characteristics of wine from Burgundy with aromas of apricots, cherries, plums, and peaches.

Besides being one of the only regions in the world that grows Gamay Noir almost exclusively, Beaujolais is also noted for the particular style of winemaking employed called carbonic maceration. This method is well-suited to the Gamay grape because it highlights the fruity aromas in the wine.

And a note on Beaujolais Nouveau:

The Gamay grapes are harvested in late August or early September and are fermented for just a few days before the wine is released to the public (In 2023 the release date is November 16). The wines are meant to be drunk as young as possible when they are at their freshest and fruitiest. Wine expert and author Karen MacNeil describes Nouveau as “[It] tastes merely like melted purple Popsicles. Drinking it gives you the same kind of silly pleasure as eating cookie dough.”



# Change for Good

## October through December 2023

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

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

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



**Change for good**

**October- December Recipients**

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

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

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

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

# Co-op Kids

## By Kristin Strong, Co-op Marketing Manager

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

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

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



**CO-OP kids**

## November Schedule

-  **Wednesday, November 1: 9 - 10 a.m.**  
Join us at the Co-op in the Deli for a craft!  
In-Store Only: Bean Soup Mix in Jars
-  **Wednesday, November 8: 9 - 10 a.m.**  
Join us at the Co-op in the Deli for a craft!  
To-Go Activity: Acorn Craft
-  **Wednesday, November 15: 9 - 10 a.m.**  
Join us at the Co-op in the Deli for a craft!  
In-Store Only: Pumpkin Spice Mixing, Cornucopia Coloring
-  **Wednesday, November 22: 9 - 10 a.m.**  
Join us at the Co-op in the Deli for a craft!  
In-Store Only: Food Tasting - Thanksgiving Flavors
-  **Wednesday, November 29: 9 - 10 a.m.**  
Join us at the Co-op in the Deli for a craft!  
In-Store Only: Salt Dough Ornaments

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





# **Company Profile: Trace Minerals**

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

We are heading into winter and you may be wanting to boost your immunity to help fend off cold, flu, and other viruses. Consider using Trace Minerals' Power Paks to help fortify your immunity system. With Power Paks, Trace Minerals aims to add the minerals back into our diets that are increasingly missing from our food and water due to over-farming and water filtration.

For over fifty years Trace Minerals has been collecting minerals from a salt lake in Utah. The water in this lake contains over 72 minerals that they purport are in the precise proportion our bodies need to function optimally. They use the sun to evaporate off most of the water to create a mineral rich concentrate they coined "ConcenTrace" which can then be added to their products. One such product is their Power Paks. The effervescent powder can be added to water or whirled into a smoothie. Power Paks contain electrolytes, vitamin C, B vitamins, zinc, antioxidants, and their proprietary concentrate of minerals. Power Paks were developed to strengthening the immune system and boost energy. Trace Minerals' products are all third party verified for quality, purity, safety, and potency.

The Moscow Food Co-op carries Trace Minerals' Power Paks in eight flavors: Raspberry, Watermelon, Blueberry Pomegranate, Concord Grape, Acai Berry, Orange, Cranberry, Mixed Berry, and Guava Passion Fruit. Since there are so many flavors you may want to try just one before committing to a 30-pack. Luckily the Co-op also sells individual Paks so you can do some taste testing!

Trace Minerals' mission is "We're here to re-mineralize the world."

Trace Minerals' Snapshot:

Founded in 1972

Located in Ogden, Utah

Good Manufacturing Practice "GMP" Certified

Gluten-Free

GMO-Free

Certified Vegan

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

*Amy Newsome had the awesome experience of visiting the surreal landscape of Utah's Bonneville Salt Flats when her dad raced there in a lakester he built himself.*



# **Local Producers Profile: Elizabeth Taylor Farm**

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

I visited Elizabeth Taylor's impressive one acre garden in Santa, Idaho, talking with her while she harvested zucchini. Elizabeth purchased her property in 1992, when it was a campground. She and her husband at the time built their house, cut down trees, removed all the stumps, and readied the ground for a garden. She said changing the land from a bit of forest into a garden taught her "the responsibility of being human" - to balance the gift of trees with the value she was adding to the planet with her garden. She lives off the grid with no running water or electricity. Elizabeth has never owned a tractor, and still does all the work by hand, regularly working 18 hours a day. She is one strong woman!

The garden has rich productive soil. Elizabeth makes compost, uses goat manure and garden waste, adds alfalfa and grass straw to the dirt, and grows some cover crops. She follows organic practices, being involved early on defining just what that meant. She said, "I do believe in the power of love. It's not scientific, but it creates a good garden. All that attention makes a difference." She talked about breathing in the vapor rising from her summer garden being "like a kiss from the earth - it's magic." The produce she grows definitely shows the benefits of loving attention; her vegetables are big, beautiful, and delicious.

Elizabeth grew up in Illinois. Her Mom taught her a lot about how to love animals and plants. She has always liked working outside. She was also a traveler as a young woman and hitch-hiked to California where she took a job on an organic farm, then had her

own little farm. When she left, she wasn't going to farm anymore, but a year after moving to the property in Santa, she began selling produce on consignment to the Moscow Food Co-op – back when it was a small business on Third Street. She also sells at Moscow's Saturday Market and to local restaurants.

Elizabeth has grown as many as 40-50 different kinds of vegetables at a time and also grows beautiful dried flowers. She sometimes saves seeds, but gets most of her seed from Johnny's Selected Seeds. She said, "I started buying from them when they were a young company and I was young. We grew up together." Elizabeth is always experimenting with different varieties of vegetables, spacing of crops, and other elements to find what works best. She doesn't want to give up experimentation because it is very stimulating. She said, "A big part of farming is problem solving. Being a farmer, you live a life of faith and gambling." Elizabeth starts growing seeds on her porch, then moves them to the hoop house - which she calls "the halfway house" - then into the garden.

In the winter, Elizabeth tends to all the household projects she was unable to do while working long hours in the garden. She also uses that time to visit her Mom, who is in her 90's and living in Spokane. Elizabeth enjoys the company of her sweet dog, Juniper, whom she calls Tuna-Fish.

Elizabeth said, "I'd like people to realize how much work and dedication are needed to grow local food. Every local grower is as dedicated as an intern doctor. You can work for months raising produce and then have a rainy day at the market, or a football game, so you don't sell as much. It's a hard way to make a living."

Elizabeth gained her last name, Taylor, through marriage – nothing to do with the famous actress. But she has earned her own fame. She once heard a young boy say, “That’s THE Elizabeth Taylor – the farmer!” We are very grateful for this local celebrity who works so hard to produce healthy delicious food for us.



Elizabeth Taylor in her garden. Photo by Terri Schmidt

# Staff Picks

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

The first staff-person I spoke with this month was Henry Stanley who has been working in the Co-op Wellness Department for two months. For their recommendation, Henry chose the Damascus rose Badger brand cleansing oil that is recommended for combination skin, but which also has an option formulated for dry skin as well as an option formulated for oily skin. Henry said that they tried this product when it was recently added to the line of Badger products carried by the store and has been surprised at how much they like it. Henry said that the idea of a cleansing oil in lieu of a soap-based foaming cleanser is one of “like attracts like”. It works because the oil cleanser binds to facial oils and impurities when rubbed into the skin, and is gently wiped off with a warm wet cloth. There is no need to wash again with soap; the oil cleanser doesn’t strip away natural skin oils causing over-drying. Henry said they’ve found that using this product has allowed them to reduce their use of moisturizer and to use fewer products overall. Henry also finds that the Damascus rose formula is specifically good for soothing their skin and evening out any redness.



Henry Stanley

Badger is a well-established brand dedicated to creating natural and organic skincare products. The company was founded in 1995 by Bill Whyte, who has been a driving force behind Badger's mission to provide high-quality, sustainable, and ethically sourced skincare solutions.

Whyte was a carpenter in the mid-1990s. He often dealt with split and cracked skin on his hands from the frigid New England winters, so he developed a simple herbal balm from beeswax and olive oil that he could apply. His balm helped his hands so much that he decided to start selling it. With the help of his family, Bill began filling tins by hand in their kitchen and selling his "Badger Balm" out of his work van. Twenty-five years later, Badger produces over 100 products, has over 90 workers, and is sold in 20 countries. The company is still family-owned and operated, led by second-generation family owners.

[www.badgerbalm.com/pages/who-we-are](http://www.badgerbalm.com/pages/who-we-are)).

Badger is a purpose-driven business that "aims to impact the world positively" (<https://www.badgerbalm.com/pages/who-we-are>). Their sustainability practices are integral to their core values; products are made from organic and natural ingredients sourced from reputable and responsible suppliers and come in eco-friendly recycled packaging. Badger is a Certified B Corporation, meaning the company has met rigorous social and environmental performance standards.

The second staff-person I spoke with this month was Ingrid Vega who has been working in the Co-op Produce Department for a month. For her recommendation Ingrid chose the Ladybug kiwi berries (which is a brand and also a distributorship, more below). Prior to working at the Co-op, Ingrid had never heard of Kiwi berries and tried them because her curiosity was piqued. What

she found is that the fruit basically tastes just like a kiwi without the hassle of having a fuzzy skin that she feels “must be peeled off”. Ingrid said that she has learned that another name for the kiwi berry is hardy kiwi, which refers to a plant that can survive and bear fruit in colder growing zones than its cousin the kiwi, which is better suited for tropical climates. The kiwi berries also contain more potassium than a banana, and some would argue they are more palatable.

Ladybug Brand is part of Organically Grown Company (OGC), an organic produce distributor and grower marketer dedicated to promoting health and nurturing the planet through 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 more than a decade, this company has been at the forefront of the organic produce



Ingrid Vega

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>).



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

## Tasteful Thursdays is Back!



Come and join in the festivities! Sample delicious cheeses, holiday treats, local products, and beverages every Thursday afternoon from 4:30 - 6:30 p.m. in the months of November and December (excluding Thanksgiving Day)

November 2, 9, 16 (Artwalk), and 30 (Wine, Cheese, and Chocolate event)

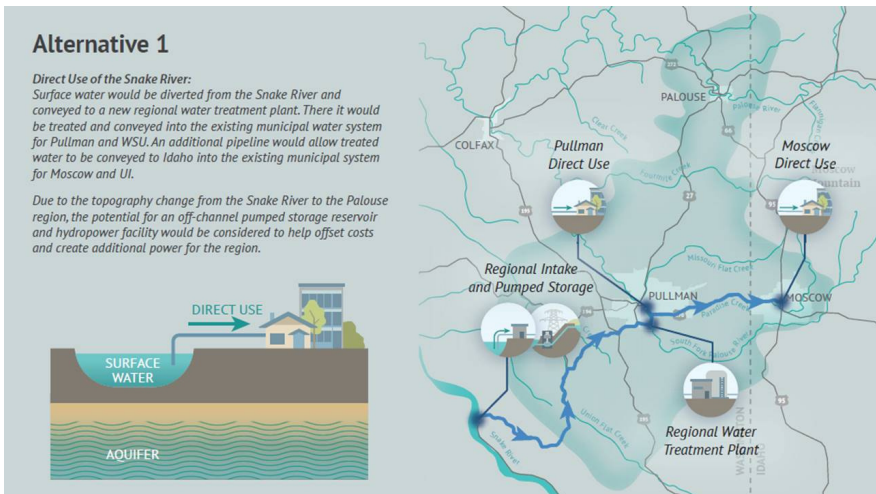
December 7, 14, and 21 (Artwalk)

# Palouse Area Environmental Update

By David Hall, Co-op Volunteer Writer

## Aquifer Alternatives

For a while, aquifer alternative 5 was at the top of the list with the Palouse Basin Aquifer Committee. Following more research and consideration, alternative 1, pumped storage and direct use of water from the Snake River, is looking more promising. With a larger source of water, it likely would better withstand the effects of climate change.



## Pullman Urban Tree Clearcut Proposed

A consulting firm tasked with suggesting ways to vitalize downtown Pullman has suggested clearcutting approximately 75 mature (24 years old) ash trees, citing concerns of buckling sidewalks making navigation problematic and their nearing their end-of-life in that setting. Understandably, there has been citizen push-back. Trees provide much-needed shade, aesthetics, and connection with

nature. There also is increased recognition that trees, and all plants, are sentient, communicating beings deserving our respect.

See, for instance ...

Davis, Cass. 10 October 2023. Crude Awakening. KRFP radio broadcast. Citing Stefano Mancuso on plant consciousness, decision-making process and working together. KRFP.org.

According to Mancuso, since the beginning of the 1990's, some scientists began to recognize that plants have not only the ability to communicate with each other, but also their own form of intelligence." "[https://en.wikipedia.org/wiki/Stefano\\_Mancuso](https://en.wikipedia.org/wiki/Stefano_Mancuso)

Dueben, Becky. Her View: In Pullman, we can have nice things. 7-8 October 2023. Moscow-Pullman Daily News. 6A

Chamovitz, David. 2012. What a plant knows: A field guide to the senses. Scientific American/Farrar Straus Giroux. 177 p.

Wohllenbeck, Peter. 2015. The hidden life of trees: What they feel, how they communicate. David Suzuki Institute, Greystone Books. 271 p.

Pearce, Emily. 23-24 September 2023. Pullman residents object to removal of trees. Moscow-Pullman Daily News. 1A

Pearce, Emily. 11 October 2023. Walk of fame removed from downtown project: trees continue to be contentious issue. M-P Daily News 1A-6A.

Vaughan, Adam. 14 December 2019. Stressed plants let out ultrasonic squeals. New Scientist, p. 16.

When plants cry: Sounds made by stressed tomatoes revealed.

# **Cooking Around the World: Germany with Charlotte Meyer**

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

This column has previously featured several local international graduate and community college students, and recently I had the pleasure of interviewing Charlotte Meyer, a sixteen-year-old German exchange student currently living with my friends Sarah and Stephen Bergdahl and attending Moscow High School. Charlotte comes from Hetendorf, “a really, really small town in northern Germany between Hamburg and Hanover with like two hundred people.”

She grew up on “a pretty big farm” which primarily sells potatoes and corn to grocery stores and also has chickens and “cow-like creatures,” which, after further discussion with Sarah and Stephen and a little research on her phone, she determined were in fact ... cows.

She was motivated to come spend the year in the United States because “it’s an adventure, and you grow,” and also because her two older sisters had done this previously, one in North Carolina and one in Colorado. Charlotte “wanted my own experience.” She arrived in August and has been enjoying life in Moscow and at the high school. Moscow High School is smaller than her school back in Germany, both in terms of the number of students and the size of the building; notably, here sometimes students need to wait in the hallways between classes because so many people are walking through the halls at the same time. In her school system, she has most of her classes in the same room with the same group of

about thirty kids (the teachers for the different subjects come to them), and she has been with this same group since fifth grade.

Next year, twelfth grade, she will need to choose a major, and she expects to choose language. In keeping with this interest, Charlotte is completely fluent in English—when asked if this level of fluency was standard, she admitted, “I wouldn’t say it’s too normal.”

As for her two recipes from home, potato pancakes (Kartoffelpuffer) and whole wheat rye bread, Sarah reported that when Charlotte tasted the first potato pancake, her response was, “Oh. Yeah.” In other words, “It does taste like home.” On further reflection she said it was a little different from the ones her grandmother makes, but “I don’t even know the difference. It’s great. I danced the whole time in the kitchen because I was so excited. I really love those.”

She said her family usually eats these pancakes at her grandmother’s house on a Saturday and that they have them almost any time of year.

Charlotte explained that while her mother uses Charlotte’s grandmother’s recipes for “everything else,” the bread recipe, on the other hand, “is a new thing for my mom,” which she got from a bread website, <https://www.chefkoch.de>. After consulting with her mom by phone and doing her own research to figure out which kinds of flour available here at the Co-op would be the best matches for the ones her mother uses for baking bread in Germany, Charlotte converted the measurements and adapted the recipe below for use on the Palouse. This version is made with four different types of flour, all purchased at the Co-op: whole grain rye flour (Vollkorn-Weizenmehl in German); whole grain flour, such as spelt (which Charlotte used here), heritage whole wheat, or White Sonora flour, all of which are “heritage grains” (which means, in

Sarah's words, that "the lineage of the plant hasn't been messed with"); whole wheat all-purpose flour; and high gluten whole wheat bread flour.

Sarah, an avid bread baker, noted that "the flour behaved very differently" from what she was used to. She explained that the mixture was very wet and so she wanted to add more flour, but "I'm so glad I didn't add more. It absorbed a lot as it rose." Also, the bread was baked at a temperature about 100 degrees hotter than she normally bakes bread. Charlotte noticed that the bread was "a bit darker than what I'm used to," although afterwards Sarah realized that this was probably due to having forgotten to cover the bread pan with a lid during the baking process, as called for in the recipe.

While she was really excited about the potato pancakes, Charlotte was less enthusiastic about the bread. She thought it compared favorably to bread she has eaten in the U.S., which tends to be "really fluffy, unlike European bread, which is denser but also has a lot of flavor," but she had to acknowledge that "it doesn't taste anything like the bread I know. Not at all. Compared to all the bread I've had here, it's kind of amazing, but I'm also a little disappointed."

She also confessed that "until now I didn't like any American bread that I've tasted." Germany has "really good baked goods" and really good bread.

While Sarah found the bread "very different, very whole wheat-y," she also said, "That's rye bread I would eat. I think it's great. I would make it again." She added, "I would never choose rye bread at the store, but I would choose this and make it again because it feels wholesome and healthy." In fact, once she realized they had baked the bread without the lid on top, she proposed making the recipe three more times during the coming weekend to see what they could improve.

As for other food preferences, Charlotte is vegetarian and, apart from loving German baked goods, she said she's "not the biggest fan of the German kitchen. Some of her favorite foods in the U.S. are New York-style pizza and she especially likes the mac 'n cheese at Nectar.

As for American culture, Charlotte noted that "Americans are a lot nicer." She explained that when she goes to a store with Sarah, "she knows a lot of people. People talk at the cash register. 'How are you? How's your weekend going?' People don't do that in Germany." She said she has discovered that she really likes these simple interactions with strangers, "talking to the person in line behind me."

She also really enjoys reading, particularly books in English. Her favorite author is Colleen Hoover, and she especially likes Hoover's novels *Verity* and *November 9*. She adds that, "If I have time, I like to write." She actually likes to write in English and felt honored to win a writing competition at school.

While normally my family tries out the international student's recipes at home, this time we were thwarted by some recent food allergy diagnoses. On behalf of those avoiding both gluten and potatoes (a story for another day), instead of the potato pancakes, I made a no-potato gluten-free pancake variation with celeriac, corn, and carrots (<https://jamiegeller.com/recipes/no-potato-latke/>), though in collaborating with Sarah to help the pancakes hold together (so they were more the consistency of crab cakes than stir fry, in her words), we added eight eggs while the recipe only called for two. To my surprise and delight, all of us really liked these, and I was so excited when Charlotte deemed them "really delicious."

For the future, Charlotte plans to see whether her mother can mail

her some flour from Germany for Christmas. She says, "I'm really glad to be here. I'm really glad I met Sarah and Stephen."

## Kartoffelpuffer (Potato Pancakes)

### Ingredients:

4.4 pounds of potatoes

4 eggs

2 onions

1 tsp of salt

6 T of flour

oil for frying the Kartoffelpuffer

### Instructions:

Peel potatoes and grate them. Let them steep in cold water for about 20 minutes and then remove from water.

Add peeled and grated onion to potatoes and mix together. Add remaining ingredients and mix well before forming pancakes.

To portion in serving size of 7-9 cm, use a small soup ladle. Heat a little oil in a pan and fry the potato pancakes.

Potato pancakes are best enjoyed with applesauce as a topping or dip. Enjoy!





## Charlotte's Mother's Bread Recipe, Palouse Version

2 c and 2 oz of water

2 tsp of fresh yeast

1 T of honey

7 oz all-purpose-flour

7 oz high gluten all-purpose-flour made from hard wheat (at least 13-14.5% gluten)

7 oz rye flour

2 ½ oz whole grain flour (heritage whole wheat, spelt or White Sonora)

2 ½ tsp salt

Dissolve the honey in 100 degree temperature water and then add yeast.\* Let yeast foam for about five minutes.

Add remaining ingredients, all flours and salt slowly.\*\* When dough is wet and thick but not elastic, set the lump of dough in an oiled bowl and cover with a clean cloth.\*\*\*

Let sit about an hour to rise. Dough may not double in size like other breads.

After an hour, shape dough on a floured surface and place in a bread pan. We made two 9x5 loaf pan sized loaves but they were short. A 2-quart baking dish or Dutch oven might work just as well or even better here!

Since the instructions say to use a lidded pot and start in a cold oven, the dough will cook faster if divided (as we did) and uncovered (as we did), so you may need to rotate the loaf/loaves and check it much sooner.

Start in a cold oven and bake at 475 F for an hour. This will include

preheat time, so if your oven gets up to temp fast, check it sooner. And if you have a slow-to-heat oven, you may need a few more minutes.

You can score the bread diagonally on top 3-4 times to get a little criss-cross pattern. And watch the bread for darkening on top. Remove from oven (even if it feels early!) if it gets too dark.

Bread will be dense and not crumbly/crumb-y. It makes great toast! (Sarah notes: Charlotte wouldn't eat it warm, but we did! With plenty of butter! Delicious.)

Keeps well at cool temps in a sealed bag or box for up to a week or more. Of course, you may devour it and have to make more soon.

## NOTES

\*if you have a Kitchen Aid or other stand mixer, you can whisk these first three ingredients lightly and let them sit in the bowl. That's what we did!

\*\*Measure the flour using a kitchen scale. Be sure to zero it out with your bowl or cup sitting on top first. Or just use a piece of parchment paper. Use the dough hook on your stand mixer for this step! It makes it easier to see the texture of the dough.

\*\*\*Sarah's tip is to leave the dough in the same mixing bowl and just cover it! It should hang together as a large lump. And it's not super sticky, so the oil isn't necessary.



# Wine, Cheese, and Chocolate Tasting

Cheers to a memorable evening of wine, cheese, and chocolate! Bring your taste buds and your friends and let's explore the rich flavors of the season. The festivities begin on November 30 from 4:30 - 6:30 p.m. Sample red, white, sparkling, and dessert wines, all paired with cheeses and chocolate. Don't miss this free holiday event!



Interested in running for the Co-op's Board of Directors? Find the Election Packet at [moscowfood.coop/boardelection](http://moscowfood.coop/boardelection)

