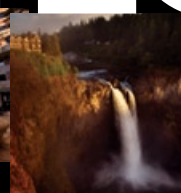
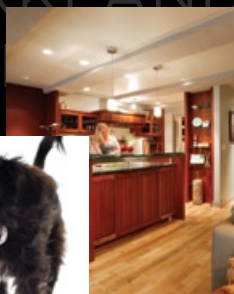
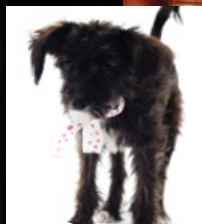
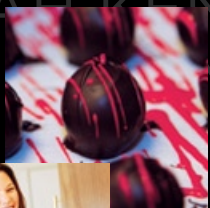


# 425

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CLYDE HILL DUVALL EVERETT HUNTS POINT  
ISSAQUAH KENMORE KIRKLAND LYNNWOOD  
MEDINA MILL CREEK NEWCASTLE NORTH BEAVER



# THIS IS 425

NORTH BEND REDMOND RENTON SAMMAMISH  
SNOQUALMIE WOODINVILLE YARROW POINT  
BEAUX ARTS BELLEVUE BOTHELL CARNATION  
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## growing great garlic

*“Soha hisz egy férfi aki nem eszik fokhagyma.”*

*- Never trust a man who doesn't eat garlic*



My Hungarian grandmother passed along this wisdom to my father, who then offered it to me when I was but a child. Whatever he cooked for us, from spaghetti sauce to red peppers stuffed with braised beef, was loaded with garlic. Whether to ward off the evil eye, or simply an evil belly, garlic became a mainstay in every kitchen I hung my hat in. >>

BY CHRISTINA NATION

### Garlic lovers unite!

Lombardi's Neighborhood Italian Restaurants in Issaquah and at the Everett Marina are hosting their annual Garlic Festival from Oct. 12 through Nov. 26. Garlic lovers are flocking to experience the seasonal menu where garlic's the star in appetizers, main courses and, yes, even dessert. For more information, visit [www.lombardisitalian.com](http://www.lombardisitalian.com)







some say garlic is an aphrodisiac

wanna learn more  
about garlic?

visit these sites:

[www.toltriverfarm.com](http://www.toltriverfarm.com)  
[www.opwa.com](http://www.opwa.com)  
[www.sunshinehill.net](http://www.sunshinehill.net)  
[www.garliclady.com](http://www.garliclady.com)

### plant me

Becky Weimer, owner and master farmer of Carnation's Tolt River Farm is green from thumb to toes. The farm provides a variety of organic produce, and has a Community Supported Agriculture program on Saturdays where program members get to pickup a box of the Tolt River's seasonal harvest straight from the farm between June and October.

Garlic "is not a hard backyard herb to grow," Weimer said. "I recommend sticking with planting garlic directly in the ground, though. Containers aren't recommended because it's harder to regulate drainage and they can cause mold to crop up.

"You want your soil to be rich in organic matter," she added. October generally is the optimum time to plant, but you can plant garlic soon after the first big frost of the year, which can happen anytime up to late November. Garlic is pretty winter hardy, but since the

<< Recently, I remembered this phrase with a shudder. After six years of marriage, of making films together and bringing our son, Tanner, into the world, my partner finally divulged he doesn't like garlic – actually, he abhors it.

I married a vampire.

Who doesn't like garlic? It's packed with flavonoids, saponins, vitamin B-12, carbohydrates and proteins. It's one of the most highly complex herbs, yet has the simplest response from anyone you talk to. They either love it or hate it.

For the lovers there are garlic festivals – like the Northwest Garlic Festival in Ocean Park and The Sunshine Hill Garlic Festival in Chehalis. Garlic won the 2004 Herb of the Year award appointed by The Herb Society of America. There's even a garlic awareness hotline.

Some people complain about the smell. To me it's a good thing, like comfort food has arrived. Because garlic produces oxygen and sulphur, specifically allyl methyl sulfide, it has been used substantially as a cure-all for centuries. So crush it, slice it, cook it, eat it raw, add it to bath water, teas or poultices, it's one of the most versatile, oldest and respected herbs around.

So, what to do about the hubby and his hatred for the stinking rose? Well, since he's not allergic, I plan on continuing to sneak it into my cioppinos, puttanesecas, and all over the roasted turkeys he requests constantly. I guess it's up to my son to carry on the garlic-loving legacy, and so far the redheaded 1-year-old has yet to turn his nose up at it. Hmm, maybe vampirism skips a generation.



Garlic or (*Alluvium sativum*) is a member of the onion family and dates back more than 4,000 years – back to the days and beyond of Pliny, the Egyptians and ancient China. When people think about garlic, they may envision the Mediterranean, where it's used heavily in dishes. But garlic was found in King Tut's tomb. Apparently garlic grew heavily in the 1600s in Britain where Nicolas Culpeper gave garlic great praise for its antibacterial attributes.

Northwest doesn't get much snow, which the plant needs to get through tough freeze-thaw-freeze cycles, it's a good idea to cover it with a blanket of rich mulch.

### here are more growing tips:

- Separate cloves from the main bulb.

There's no need to peel the individual husks off, but check for damaged cloves and don't use them. Plant within 24 hours.

- With the base of the clove down, place into the soil 2" deep, about 6"-8" apart.
- Cover and water.
- When the garlic flowers crop up they will contain a bulge where bulbils will produce. Pick those bulbils off so the energy can direct itself back into the bulb. Yes, you can eat them or use them for stock.
- Harvest in July or when the leafy tops die back about two-thirds, or are two-thirds brown. You can use them fresh, or cure them first to store for the longer term.
- When harvesting, dig up with the shoots and roots still attached.
- Don't worry about washing off the dirt, as you can brush it off after drying.
- Tie in bundles and allow to dry in a well-ventilated, cool room.
- After about two to three weeks of curing, cut the tops approximately one-half to one inch above the main bulb. Trim off roots close to base of the bulb. Inspect all you can, and store in a cool, dry place, but not the fridge, at about 35-40 degrees.

- Garlic likes full sun. Water regularly – enough to penetrate about 8 inches deep. Water again when top 2 inches are barely moist.

### grow your garlic and eat it, too

Comfort foods that utilize garlic are common, simple and can be used as a base for nearly any meal. From ramen to romaine, it'll hearty up anything. Garlic bread is the one thing that can bring a disastrous meal back together again. Here's a recipe:

### ingredients

- sourdough boule
- 1/2 stick of butter, softened
- 6 to 8 garlic cloves finely chopped or crushed. You can add more.

Mix together the softened butter and crushed garlic. While it sits, slice the boule. You can use any bread, but sourdough carries garlic butter beautifully and makes fish-based meals even heartier. Heat a skillet, or keep the one you were just searing your fish, meat, or sautéing veggies in. Don't wipe out any remnants of oils or spices. Keep at medium heat. This needs to move fast so as not to burn, but rather to sear, the bread. Aim for a roasted, tawny color. Flip and toast the other side for a few seconds and serve. Toss some grated Parmesan cheese, parsley and olive oil right on the buttered side. Try chopped Kalamata olives, artichoke spread, or simply leave plain to dunk in tomato bisque or cioppino. It's base bread for nearly any meal, especially with tomatoes present.

Christina Nation is a filmmaker and real estate agent who insists you can plant your cake and eat it, too. You can visit her and read about her work, her family and her other creative outlets at [www.christina-nation.com](http://www.christina-nation.com).

Starting off with organic  
bulbs will set you  
up for success.

Or, you can purchase seeds from sellers like Filaree Farms in Okanogan. "Sometimes garlic in supermarkets is treated so they don't sprout. If you do find organic bulbs, then they may work. Or you can purchase seeds and starters like farmers often do," Weimer said. Details: [www.filareefarm.com](http://www.filareefarm.com)

