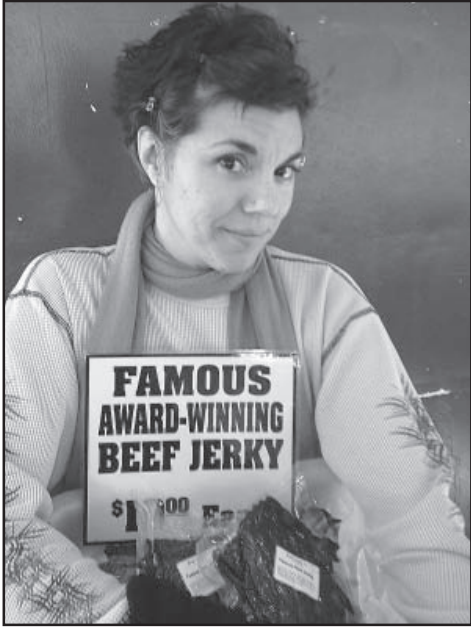


Daystall foods and award-winning artwork

By **MARIE ARY**

Beef jerky and beef pepperoni made from family-raised beef and carefully guarded family



Angel Marie of, Stewarts Meats, helps sell the Carlson family's award winning beef jerky and beef pepperoni. Photo/Marie Ary

recipes plus unique photographic art images, including one that graced "Roz's" control booth on the TV-show Frasier, mingle along the Main and North Arcades daystalls.

The daystalls, centerpiece of the Market's 98-year-old tradition of "meet the producer," are home to 311 farmers and craftspeople including farmers and meat producers **Stewart and Jeanne Carlson**, husband-and-wife team from Stewart's Meats, and Seattle photographer **Ralph Widman**.

A fourth-generation, family-owned business, Stewart's Meats, in McKenna, offers its high-quality, carefully made beef jerky and beef pepperoni from its own beef and family seasoning recipes guarded by 90-year-old matriarch Dorothy Carlson.

"We can only bring to Market daystalls what we raise," said Jeanne Carlson. "We raise our own beef without hormones and antibiotics and know where it comes from."

"Currently, we have 85 head of Limousine-Angus cross beef on feed and 100 head of cow/calf pairs grazing free-range on four different properties that total approximately 500 acres," she said

Stewarts Meats free-range beef is fed a carefully controlled diet, one more step in the process to maintain high quality.

"We raise our hay," Carlson said. "Also, we

mix our grain that is fed to the feed lot cattle for good quality of meat."

Proud of their products, all are sealed for traveling and they keep well.

"Our jerky is great to munch on while on a drive to Canada, or to take home on a plane or when in Seattle for a convention," she said.

"A popular and healthy, low-fat snack," beef jerky is beef cut into strips with fat trimmed off, marinated and dried with low heat to produce meat that can be stored. Jerky is a form of the South American Quechua Tribe word ch'arki for dried meat, originally freeze dried in the Andes Mountains.

Beef pepperoni, an Italian-American variety of dry salami and a favorite pizza topping, is another food created for longer storage.

Quick and easy recipes

"Our beef pepperoni is great in spaghetti sauce or in lasagna," Carson said. "When cooking, brown ground beef and onions and then add a little of our pepperoni."

"Another favorite way to enjoy our pepperoni is to slice very small, slivered pieces which are put on top of summer salads of fresh greens and vegetables like tomatoes."

A little history

In 1929, Emmett Stewart began hauling meat in a wagon for home delivery in the McKenna and Yelm areas after the McKenna Lumber Mill Company closed.

"Grandfather opened the store in 1933, during the Great Depression," said Stewart Carlson, family meat cutter. "That year, Mom (Dorothy) graduated from high school and wanted to attend college to be a nurse, but there was no money, so she came into the store where today she answers the telephone, takes orders and mixes all the seasonings that go into the products we sell."

A treasure trove of all things culinary, "she

also helps everyone who might need cooking tips and recipes, such as how to cook goose for the first time for the holidays," he said.

Ten years ago, the Carlsons created a memorial college scholarship "in memory of our grandfather Emmett Stewart," Stewart said. "We're up to approximately \$10,000 annually for graduates of the Yelm and Rainier School Districts in agriculture related college programs."

All in the family

The Carlsons' son Brian, with Stewart, oversees the farms, feeding, moving and vaccinating the cattle. Daughters Deborah and Krystal work at the Market and the McKenna store, although "Krystal's at the Market during summer because she's still in high school."

When Market customers taste free samples of the beef jerky and beef pepperoni, "they're impressed and eight out of 10 buy our products," Jeanne said. "Then, when they see our brochure's product line, they say 'I'm driving down to McKenna'."

Just over the Nisqually Bridge, "on the left side when driving from Tacoma," the store, open seven days a week, sells the family's specialty sausages that include Swedish potato, German bratwurst and Mexican chorizo.

"At the store, we also have homemade smoked hams, bacons, pork chops and ham hocks in addition to a full range of beef, pork, lamb and chicken meats plus specialty meats."

"Come see me here at the Market and taste our beef jerky and beef pepperoni," said Jeanne Carlson. "We accept all major credit cards and the Quest card (for low income)."

High tech photographic art

Seattle photographer Ralph Widman, who specializes in "painterly photography," won the 2000 and 2003 Pike Place Market poster competitions, had his art displayed five years in

MORE SHOPS DOWN UNDER

Hand selected, exotic folkart, jewelry and accessories.

April Buying Trip
♦ African Collectables
♦ Spring Bling Pins that Sparkle!



HANDS of the WORLD

PikePlace Market
(down the ramp from CityFish)
206.622.1696
www.HandsOfTheWorld.com

Open Daily



1501 Pike Place Market SP 515
Seattle, WA 98101
(206) 903-1285
PolishPotteryPlace@hotmail.com

Located on Mezzanine Level
Enter by the 'pig' and take the stairs down!



The luncheonette of the Market
Soup, sandwiches and the best homemade breads

Since 1912
Seattle's best & family owned

Three Girls Bakery

Pike Place Market
1514 Pike stall #1
206-622-1045

PIKE PLACE MARKET CREAMERY



Heels make calves look sexy

Organic Dairy and Soy Products

Fresh Milk, Yogurts,
Veggie Foods, Fresh Eggs,
Refreshing Beverages
Cute Cow Gifts

Open 7 Days a Week
in the heart of the Pike Place Market
(206) 622-5029

Pharoah's Treasures



Egyptian Imports (Wholesale/Retail)

Great Gifts from the Land of the Pharoahs
Specializing in Belly Dancing costumes and supplies!

address 1501 Pike Place #314 - Down Under
tel 206.622.3582
email hesham0361@comcast.net

Pike Place Market



1000s of beads from around the world, collectibles, antique jewelry, unique components and fine carvings.

Browse through our Treasures and enjoy 30' of waterfront view!

the BEAD Zone

IN THE PIKE PLACE MARKET - DOWN UNDER - 4TH FLOOR
#413 - NEXT TO THE ELEVATOR - 1501 PIKE PLACE MARKET
(206) 903-6196 • BEADZONEMAIL@YAHOO.COM

10% DISCOUNT WITH THIS AD

Seattle IMAX[®] DOME Theater

We Surround You!

Presents...
**THE ERUPTION
OF MOUNT ST. HELENS**

Plus other exciting IMAX[®] films!
Located on Pier 59, Next to Seattle Aquarium
Shows daily from 10AM 206.622.1868



Wine Tasting Evening

5 Italian Micro Wines paired with Appetizers
with Tom Kelly from Small Vineyards
Thursday, April 14; seatings at 6 & 8pm
\$25pp - by Reservation only

Saturday Wine Tasting
April 16th 1-5pm (new seating every 40 min)
\$5 per person

1524 Pike Place ~ Triangle Bldg.
in Seattle's famous Pike Place Market
(206) 292-5555

Online ordering (and recipes, too) at:
www.TruffleCafe.com