

Don't forget about the Mistletoe



Best Flowers, across from Pike Place Fish Co., is one Market location to pick up this popular stuff that began as a pagan tradition. North American Mistletoe, or *Phoradendron flavescens*, is actually a hemiparasite that grows on Oak Trees, long considered a symbol of fertility

The Greeks, in the festival of Saturnalia, and earlier peoples thought that it had mystical powers and down through the centuries it became associated with many folklore customs. Celts and

Germans coveted it for use as a ceremonial plant by early Europeans. This belief was related to the then-accepted principle that life could spring spontaneously from dung. "Mistel" is the Anglo-Saxon word for "dung," and "tan" is the word for "twig". So, mistletoe means "dung-on-a-twig". Mistletoe's magical traditions persisted and it is considered a bestower of life and fertility; a protectant against poison; and an aphrodisiac.

The ritual of cutting the mistletoe from the Oak symbolized the emasculation of the old King by his successor. Mistletoe was long regarded as both a sexual symbol and the "soul" of the oak. It was gathered at both midsummer and winter solstices, and the custom of using mistletoe to decorate houses at Christmas is a survival of the Druid and other pre-Christian traditions. (Mistletoe is still ceremonially plucked on midsummer eve in some Celtic and Scandinavian countries.) Stop by and talk to Izzy to learn more about this plant's power.

(YARMARKA continued from page 10)

Seattle. Locals frequently find themselves following their noses and bellies up to the Yarmarka perch. The food at Cafe Yarmarka is not only tasty, but healthy as well. Thomas Rohn, a regular customer training in Martial Arts, says he definitely notices health benefits. Currently preparing to go to Thailand he's experienced training techniques from around the world and Russian routines are frequently followed. They are traditionally tough and their diet is part of it.

The Nazarova and Matichev families originate from Ural Mountains region of Russia, between Moscow and Siberia. Given the icy climes of the country it is only logical their cuisine evolved as it did: Meat and Potatoes. The essentials, with eggs, cabbage, bread and dairy, provide the carbohydrates enabling people to endure the long winter months. Overall, Nazarova says she doesn't feel that too much has changed during the decade she's been here. People says people are still hungry, just know they know a little more about Russian food. It is pretty much just the prices that change.

economy atrium
SOUTH OF THE PIG

PIKE PLACE OUTFITTERS

Stetson
501 Fashion Colors
Regular Fit
Relaxed Fit
Loose Fit
Boot Cut
Levi's Shirts & Jackets

Wrangler

Cowboy Cut Jeans
Relaxed Fit
Western Shirts & Jackets
Western Accessories
Hats, Belts, Travel Bags

Special orders accepted for big & tall sizes

93 Pike Street Space 103
Inside the Economy Market Atrium
Just South of the Clock at the Pike Place Market
206-622-3573



The **GREAT Wind-up**



The largest selection of wind-up and animated toys in the Northwest!

93 Pike Street • Economy Building
above the atrium next to Tenzing Momo
206-621-9370 • www.GreatWindUp.com

PIKE PLACE MARKET



CREPE de FRANCE

Come Visit Us in our New Location Across the Hall behind DeLaurenti's

Now serving espresso, sandwiches and our amazing trademark crepes.

Authentic French Crepes

• Strawberry • Chocolate • Market-Fresh Vegetables
(206) 624-2196 93 Pike St. #4 • Seattle, WA • It's Your Pike Place Market

Be a part of the **Pike Place Market Community**
Place your advertisement in the **Pike Place Market News**
Contact Megan at MarketAd@nwlinc.com or 372-3157

Studio Solstone
CARDS & OTHER THINGS
GET YOUR 2006 CALENDAR, FEATURING ALVAREZ FARMS ON COVER
93 Pike • (206) 624-9102
in the Atrium at Pike Place Market
info@SeattleWatercolors.com • www.SeattleWatercolors.com



Bulk herbs • Tinctures • Fluid extracts • Solid extracts • Essential oils • Chinese medicines • Herbal sundries • Incense • Special orders

Tenzing Momo
PIKE PLACE MARKET'S HERBAL APOTHECARY & PARFUMERIE FOR 13 YEARS
206-623-9837 ~ 93 Pike
www.tenzingmomo.com