

economy atrium

SOUTH OF THE PIG

Discover the fun of Thanksgiving shopping downtown at the Market

THANKSGIVING, from Page 1

of herbs from 43 countries, and may be just the post Thanksgiving dinner agent to counteract the pain of gluttony.

to David Ghoudousi's **Lion Heart Books** for cookbooks with advice to be thankful for.

Side dishes and beverages

Gravy and sumptuous sauce recipes are another element continuously evolving. For a lighter touch, stick with simple pan gravy. If you're looking for heartier gravy to top a starch such as mashed potatoes, rice or pasta, you'll probably opt for thickened gravy. Talk to your butcher or meat maven about crowd-pleasing ideas.

Wine tends to a gift that's always welcome... any of the many Market wine merchants are sure to help you make a perfect choice.

To make normal wine exotic add some of **Market Spice's** signature Spiced Cider Mix, with dried fruit, to make Glögg. (Added to apple juice or water, the mix can also be used to make amazing cider.) Market Spice, in the South Arcade past **Don & Joe's**, is spice headquarters with a king's ransom of special poultry seasonings, sweet baking spices and a myriad of cinnamons. Let your nose show you the way.

James and Lauren, at **Pike Place Flower Co.**, remind us no table is ever complete without flowers. They and other Market flower vendors offer a plethora of colors and textures to make your Thanksgiving dinner table arrangement unique. Try unusual elements like the infamous miniature pumpkin trees, the Japanese lanterns, mums and various fall colors.

Setting the atmosphere

To further set the mood the folk at **Tenzing Momo** recommend concocting sweet-smelling recipes in their dreamy diffusers to spread warm scents around the room. Ruth recommends a Thanksgiving concoction of pumpkin oil, nutmeg, a little cinnamon bark and dried orange peel in a water bath slowly sizzled over a tea candle. (Ruth reminds us it is a scientifically proven fact that males respond to the scent of pumpkin as an aphrodisiac, maybe making pumpkin the pie of choice.) Momo sells molded-ceramic, marble and hand-thrown pottery diffusers for your aromatherapy needs.

Tibetan bowls and bells are another exciting element to bring to the party. They are an ancient tradition to introduce to your family tradition for calmness and rejuvenation. (Maybe the perfect antidote for the turkey's sedating tryptophan.) They help sound ripples in the water within one's body. Tenzing Momo also stocks a selection of insightful books.

To help with any last minute ideas search the latest and greatest recipes on-line or march down

Shopping the day stalls for produce

Daily through November, continue to shop **Among day-stall farmers**. Walk along vibrant and bountiful floral bouquets and fresh holiday greens and wreaths, all grown on their local farms. Look carefully for beautiful root vegetables such as beets, carrots, potatoes and more tucked for sale beside the bouquets and seasonal decorations. Ask any farmer to place a special order for the freshest holiday garlands, table centerpieces and wreaths.

Truffle mushrooms sought by discerning chefs such as Jacques Pepin can be purchased Sundays through New Year's from Kurt Hoenack, **Grandview Mushroom Farm**. "Jacques Pepin is the most renowned chef to date who came to speak to me and he bought my biggest truffle that day," said Kurt Hoenack. "We forage for seven to eight wild mushroom varieties ourselves, including white and black truffles." Fresh Shiitake mushrooms and garlic grown on the farm will be available. "Remind everyone dried mushrooms make great holiday gifts," he said. Shipped nationwide, place special orders daily between 8 - 9 a.m. and 5 - 6 p.m. at 360 403-9837.

Exotic organic pepper wreaths and garlands sold daily through Thanksgiving dominate the **Alvarez Farms** display. "We have unusual gourds like Swan Bird, fresh peanuts, garlic and onions, shallots, winter squash and zucchini," said Ray Bermudez. "Just a few of our peppers: blueberry, cherry, Fresno, Habanero, jalapeno, Santa Fe, Scotch Bonnet and Serrano." To ship fresh or dried pepper wreaths and garlands, suitable for cooking or decoration, stop by or telephone 509 830-8501 or 509 830-5242.

Rare and familiar potato varieties will be sold Saturdays through Thanksgiving from **Olsen Farms**. "Our 22 varieties have a long shelf life because we don't irrigate our potatoes," said Dawn Olsen. "Crimson Thor has a deep red skin and brilliant red flesh and Viking Purple, with purple skin and white flesh, is my favorite to eat cold like an apple after it's cooked." Special orders are welcomed, so come by or telephone 509 685-1548.

Stoney Plains Organic Farm, an all-organic family farm, will sell its root crops plus pumpkins, dried beans, kales and chard, cabbage, brussel sprouts and winter squashes.

Fresh organic pluots and apples are available weekends from **Tiny's Organic Fruit**. "Also, we'll have plum and peach jams, plus dried apples and pluots," said John McPherson. "Year-round, we deliver to Seattle offices and homes, fresh seasonal fruits from our farm and fresh organic vegetables from neighboring farms on a no-obligation, pay-as-you-go basis." Interested? Telephone 206 762-0577 or visit ilovetiny.com.



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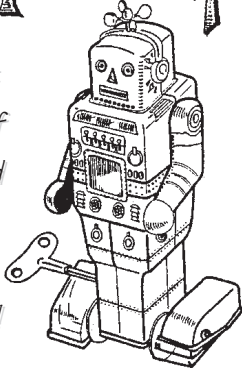
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