



THE VALLEY VIEW

Newsletter of the Greater Madison Valley Community Council

Issue 141

madsionvalley.org

November 2006

Around the Neighborhood

The Mad P: Notes From Our Neighborhood Garden

October 11, 2006

By Site Coordinator Wallis Bolz

The growing season ends in October for most of the Mad P, the Madison Valley P-Patch at 30th & Mercer. Over the weekend of October 7 and 8, you might have noticed a number of Mad P farmers putting the garden to bed for the winter. We will be working throughout October in the perennial border, in our own plots, in the herb garden, and in the food bank beds. In the perennial border and herb garden, you will find us weeding as well as clipping back dead growth and dividing perennials. In the food bank beds and our own plots, we'll remove spent vegetables, tend winter crops and cover crop any remaining bare ground.

This year, careful management of the food bank plots increased yields quite a bit. From May through October, we supplied the Northwest Harvest food bank with beets, cabbages, turnips, lettuce, radishes, cucumbers, kale, zucchinis and potatoes. We also sent quite a bit from our herb garden, including chives, fennel, basil, parsley, mint, lemon balm, oregano, tarragon and sweet cicely. Also of note is the largesse from Mad P farmers: they donated lettuce, chard, rosemary, bay leaves, tomatoes, beans, cucumbers, beets and basil from their plots and home gardens to the food bank.

⇒ Please see *Mad P* on page 5

Valley Gems



A fine end to a fine meal

Valley Gems

By Jennifer Karkar Ritchie

My mom and I were riding our bicycles through the Madison Valley commerce area, when over the usual sounds of cars and trucks we were treated to wonderful music.

The newest addition to our neighborhood, Saint-Germain, is my November Find. A Parisian-style bistro, Saint-Germain occupies the space where Bella Rose used to set up shop. On this day, owner Jean-Michel Omnès sat on the bench outside his bistro and played his accordion. Next to him on the ground was a water bowl for dogs, which is customary in France. The sight at 2811 E. Madison was picturesque.

⇒ Please see *Valley Gems* on page 4

GMVCC News

Spaghetti Dinner: Save the Date!

Jan. 19, 2007

The annual spaghetti dinner will take place at the Bush School the evening of Friday, January 19, 2007 starting at 6:00pm at the Bush School commons. Volunteers are needed. Please contact Tom Scarce at president@madsionvalley.org or (206) 971-5123.



Minutes of the GMVCC for October '06

The meeting was called to order at 7:30 by GMVCC President Tom Scarce.

Treasurer's Report: The available figures show the organization in the black at the moment. However, the overall report was not complete because some income and expenses have not yet been reported.

Options for Newsletter Income: There is no commitment at this point for consolidation with other area newspapers to reduce mailing and production expenses.

Coldwell-Banker/Community Partnership Proposal: A motion was approved to support the proposal from a Coldwell-Banker agent presented at last month's meeting. A home owner selling his house can ask any Coldwell-Banker agent to participate in this program, and 10% of the agent's commission will go to the GMVCC.

SR-520 Impact: The council tabled a proposal to issue a statement representing Madison Valley's views of the bridge

⇒ Please see *Council News* on page 6

Events Calendar

- Wednesday, Nov. 15th at 7:30pm: **Council Meeting***
- Wednesday, Jan. 17th at 7:30pm: **Council Meeting***
- Friday, Jan. 19th at 6:00pm: **Annual Spaghetti Dinner**

* Council meetings are held on the 3rd Wednesday of each month at 7:30pm at the Bush School Commons building (entrance on E Harrison St. and 34th Ave E). All are welcome to attend.

GMVCC ID Statement

The Valley View

November 2006, Issue 141

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Greater Madison Valley Community Council

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Member of the Seattle Community Council Federation

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Gardening Notes

By Kyra J. Butzel

This Month in the Garden

November is primarily a month to clean up your garden and put your hose away, but there are still some things you can do to satisfy your need to be creative. You can plant evergreens and dormant deciduous plants, divide and move perennials, freshen up a container, and plant those bulbs. Just take into account that an early, severe cold spell could be damaging to your newest garden additions (and to established plants as well). So mulch well and cover plants if needed.

Planting and Transplanting

The damp weather means new plants won't have to struggle for water. And in a typical Seattle winter, roots will have the time to take hold before the coldest days set in. There is no need to fertilize when you plant, but do make sure the planting hole has plenty of organic matter (compost) to nourish the plant over winter and encourage beneficial microorganisms. This goes for perennials that you may want to divide as well.

Your container plantings will get some extra warmth and protection if they are moved next to the house or wall. If you have a semi-hardy specimen that you are hoping will make it through the winter, you may need to cover or wrap it if forecasts suggest extended periods of frost. But there are plenty of small, hardy evergreen perennials and shrubs to fill a container beautifully this time of year, including skimmia, huechera, and sarcococa.

Cleaning Up

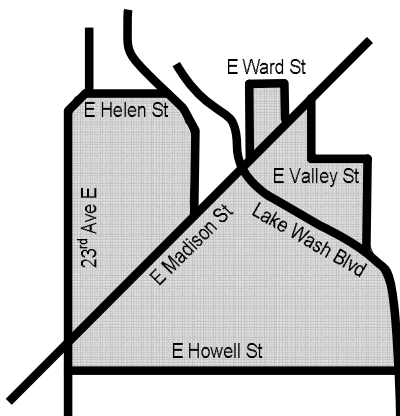
Rake up debris around plants that could harbor fungus. Although clean fallen leaves can act as mulch, leaves that have fallen from stressed shrubs might be carrying diseases such as powdery mildew or black spot, and are best removed. Don't add them to your compost heap.

Lay fresh mulch around your garden. Mulch helps the soil retain moisture, adds nutrients, discourages weeds, provides drainage, insulates the soil, feeds beneficial soil creatures and improves soil structure. Lay several inches around each plant, being careful not to pile up mulch against any woody trunks, as this may cause rot. Any compost will do. Ask your local garden center for recommendations.

A new layer of mulch will give your garden a well-cared for and neat appearance that will be satisfying to look at all season. And if you have planted any bulbs, it will be great fun to see them begin to peak through in just a few months. After your work, you can sit back and get ready for spring!



Where is the Greater Madison Valley?



Recipes

Every other month we feature a recipe from a Madison Valley restaurant. This month, our recipe is from Rover's.

Pea Soup with Dungeness Crab and Chervil Cream

Pea Soup:

- 4 cups lobster stock or vegetable stock
- 3 cups freshly shelled English peas (from about 3 pounds whole pods)
- 6 ounces Dungeness crabmeat, plus 4 nice leg pieces
- 1 teaspoon minced shallot
- 1 teaspoon minced chives
- 1 teaspoon hazelnut oil or olive oil
- 1/4 teaspoon minced garlic
- Salt and freshly ground white pepper

Chervil Cream:

- 1/4 cup heavy cream
- 2 teaspoons minced chervil
- 1/4 teaspoon hazelnut oil

Garnish:

- Chervil sprigs

Bring the stock to a boil in a medium saucepan over medium-high heat. Add the peas with a pinch of salt and cook until bright green and tender, 2 to 3 minutes. Strain the peas, putting the stock back in the saucepan, and set the pan aside. Purée the peas in a blender or food processor with about 1 cup of the stock until very smooth. Pass the mixture through a fine sieve into a medium bowl, pressing on the skins to remove as much flavorful purée as possible.

Return the remaining stock to a boil until reduced by one-third, 3 to 5 minutes. Take the pan from the heat and stir in the pea purée; set aside.

Set aside 4 whole leg pieces from the Dungeness crab to use for garnish. Put the remaining crab in a medium bowl, using your fingers to break up any large pieces, and remove any bits of shell or cartilage. Add the shallot, chives, hazelnut oil, and garlic, and season to taste with salt and pepper. Toss well to evenly mix.

For the chervil cream, whip the cream in a small bowl until soft peaks form. Whisk in the chervil and hazelnut oil with salt and pepper to taste.

To serve, gently reheat the pea soup over medium heat and taste for seasoning, adding salt or pepper to taste. Form the seasoned crabmeat into 2-inch mounds in the center of warmed shallow soup bowls, using a ring mold if you have one. Set the reserved crab leg portions on top. Ladle the warm soup around the crab. Spoon the chervil cream over the crab. Top the chervil cream with a sprig of chervil and serve right away.

Makes 4 servings.

from *Rover's: Recipes from Seattle's Chef in the Hat*,
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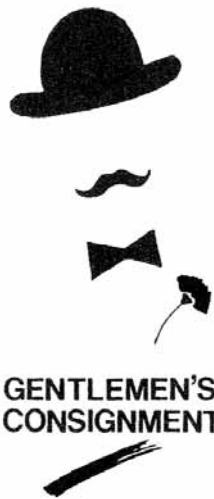
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New Parents on the Block

By Lindsay Felcyn Zaccara

If you're a new parent or about to become one, there are several support networks in Seattle that can help you adjust to your new lifestyle. And here in the center of Madison Valley, you'll find numerous resources for the parent-to-be or the new mom or dad.

For the mom-to-be, check out **Santosh Yoga** for prenatal yoga classes offered twice weekly. Santosh also has "Mom & Baby" classes, and they offer childcare during some of their regular classes. Their schedule is online at: www.santosh-yoga.com. Once you've had your baby, if you prefer a more conventional workout, **Denali Fitness** (www.denalifitness.com) has childcare for children as young as three months, costing only \$5 an hour.

For consignment maternity and baby clothes, as well as new items like shoes and blankets, visit **The Pregnant Pause**. If you're just looking for shoes, **Plum** (www.plumshoes.com) sells high-end, European brand shoes such as Oilily and Little Mary. For infants, they sell a brand called 'Yo My Booties.'

Birth & Beyond has a multitude of items, including literature on childbirth and child development, nursing items, baby products and gear. They have a library where, for an annual fee of \$10, you can check books out on pregnancy, childbirth, nutrition, and parenting. They also rent out baby gear, so if you have friends or family with small children and need a car seat, play pen, stroller, etc., it's one-stop shopping at the store. Their website is: www.birthandbeyond.com.

If you are interested in having your baby at a birth center with a midwife, **Seattle Naturopathy, Acupuncture & Birth Center** has three certified midwives on staff as well as a birthing suite. They have a masseuse with pregnancy massage experience, and their staff does well-baby checkups. Their web address is: www.snabc.com.

For the new (and not-so-new) parent, **Izilla Toys** (www.izillatoys.com) carries wonderful, high-quality toys, and **My Coffeehouse** is a great place to visit with your kids. My Coffeehouse has an entire play area devoted to young children with lots of toys; they have a plethora of magazines for their parents to read; and for those New York-area natives they sell H&H Bagels, shipped via Federal Express from New York City.

All eight businesses are located on Madison St. in the main Valley business district.



Valley Gems, *continued from page 1*

Saint-Germain offers a nice selection of wines by the glass and bottle, and has small plates that reflect the appropriate season using mostly organic and local ingredients. The menu is composed of traditional French dishes: cheese plates, olives, salads, a daily soup, tartines (open faced sandwiches), and specials like Au Gratin. We tried a new fall dish called Pasta Coquillet, which resembled macaroni and cheese, but tasted much more interesting thanks to the mushrooms and gruyere.

Desserts are plentiful and all look delicious. We tried the Pêche Melba on recommendation and loved it. A vanilla ice cream sundae with peaches, it was embellished with a blackberry coulis and topped with almonds and chantilly cream.

The bistro is cozy, seating at most twenty, and presents a perfect spot to have a nice meal at a great price, a glass of wine with friends, or a nightcap and dessert. Moreover, it's worth the visit to hear the wonderful music from Jean-Michel.

See you next month with another great find!



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Mad P, *continued from page 1*

We'll continue to supply the food bank with kale throughout the winter. Next year, we'll focus our effort on beets and greens, as no one should have to eat turnips.

With the closure of Martin Luther King Jr. Elementary School, the children's garden has lost its resident constituency. We are sorry to lose the students at MLK as many of them spent several years visiting the garden, and both the Mad P and the kids developed an attachment to one another. The Mad P is now soliciting ideas for new programming for the children's garden, with the goal of maintaining and enhancing the Mad P kids' program. Your ideas are welcome!

If you would like to help with the kids' garden effort, the perennial border, the herb garden or the food bank plots, contact site coordinator Wallis Bolz at wallis@allaboutcarl.com or at 329-3672. We are a small patch, and we can use help in the garden, always. We look forward to hearing from you!

Mark Herkert
Owner / Certified Arborist

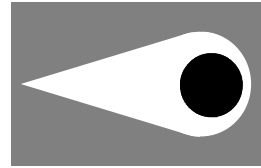


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Due to the closure of the Martin Luther King School, loiterers have been seen on Republican St. between 32nd and 33rd Streets, and some nearby residents fear they are engaged in illegal activities from littering to drug dealing. This jeopardizes the safety of our neighborhood and the enjoyment of the outdoor basketball hoops at the school.

If you see people loitering in front of the MLK building, please call 911!

Thank you,
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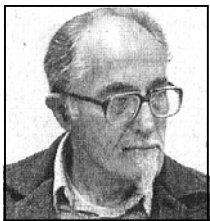


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One of our Neighbors



Del Castle, 1915-2006

By Jerry Sussman

Our old friend Del left us this September just short of his 91st birthday. Madison Valley will miss his distinctive persona: the sharp blue eyes, little vandyke beard, and his persuasive political voice. He was a 49-year-resident here in Madison Valley where his two daughters attended our local public schools. At the old Harrison School (renamed in 1974 to Martin Luther King Jr. School), he and his wife, Pearl, helped put on many a carnival, rummage sale, and spaghetti dinner, enriching our community's social life.

Del was a graduate of Broadway High School (closed in 1946, the building currently houses Seattle Central Community College) and the University of Washington. He was a political activist most of his life and a dedicated socialist. Beginning in the 1930s, he took jobs as a union organizer and secretary, working as a laborer in the blue collar trades of lumber, railroad yards, and steel mills. Later, as an International Longshore and Warehouse Union (ILWU) longshoreman, Del served on the Executive Board for 17 years. Upon his retirement, Del became the editor of the *Rusty Hook*, the newsletter for retired longshore workers, a post he held until stepping down at age 89.

During the McCarthy years of oppression when he was hounded as a dissenter, Del earned his bread as an independent gardener. Del was active in the anti-war movement of the Korean War. He was also an anti-war advocate during our invasions of Vietnam and Iraq.

Del's expert landscaping has made his little cedar house a lovely sight. His garden lies at the edge of the Harrison Ridge Greenbelt (which is located along 32nd Ave E between E Denny Way and E Thomas St.), which he helped to preserve in the 1990s. For a time, he kept bees and provided honey to his friends. A man of many talents and intellectual vigor, Del had academic interests, too: he was one of the founders of the Harry Bridges Center for Labor Studies at the University of Washington. Additionally, he wrote seven or eight chapters of a book analyzing capitalist society. Del's daughters, Candis and Kevin, both became members of the longshore union, and are determined to carry on his legacy.

The Bailey-Boushay House

As one of our volunteers, **YOU** will have the opportunity to be a light in the lives of people living with AIDS/HIV.

Contact: David Pavlick 720-2260

Council News, *continued from page 1*

replacement project. This was decided in view of the lack of information presented at council meetings and the last minute-timing: the comment period ends October 31st, 2006. Individual community members, however, are urged to weigh in with their own concerns online at www.sr520deiscomments.com.

MLK School: No news or response from the Superintendent of Schools, the School Board, or the City Council regarding letters sent to them. The main concerns are garbage, safety and vandalism. Another letter will be sent to the School Board. This topic will be on next month's agenda.

Kiosk Project at 30th and E. John: Cathy Nunnely reported her frustration about getting any response from PSE over the last four months. The issues are design and maintenance of the kiosk. A more aggressive letter will be sent. Also, since the large hole in the ground is a temporary fix leading to a final fix five years from now, Cathy wants to start the thought process of what will happen to that empty parcel of land. She would like to see it be a park property.

Spaghetti Dinner: If the commons building is available at Bush School, the date of the event will be Friday evening, January 19th, 2007. The annual pancake breakfast is still planned for February at the same location.

New business: Gary Emslie said that there is a proposal for allowing denser housing in Madison Valley by decreasing land use restrictions on small lots. The topic is to be continued at the next meeting.

The meeting was adjourned at 9:00 PM.

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Notes for Families

New Swings...and a Playful Idea?

By Ann McCurdy

As any Madison Valley parent can tell you, nearly the only public swings within walking distance from our homes are the ones at Washington Park Playfield at the south end of the Arboretum. So when work began in the area, shutting the swing set down, The Valley View contacted the Seattle Department of Parks and Recreation to find out what was going on. Pamela Alspaugh, senior landscape architect, said, "The focus of our project is to change the surfacing at the swing set from sand to engineered wood safety surfacing. This surfacing has better fall attenuation capabilities, and it is accessible to wheelchairs. [Also,] the old swing set only had four swings. Since we were changing the surfacing, it was a good time to install a new swing set with three bays so we could get back to having six swings."

When asked about the idea of putting in a play area near the swings, Alspaugh replied, "Washington Park Playfield may be a great place for an expanded play area! There are really no other play areas for some distance away. We don't have any plans for expanding the existing swing area. If there is a larger community that is interested in working on it, it would probably make a great Neighborhood Matching Fund project."

No action has been done yet to research a new play area, but there are a few individuals who are excited about this new idea. For more information, see next month's Valley View, or attend the upcoming GMVCC meeting in January.



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