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The Daily Planet

Issue 2, No. 3

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LET IT GROW

The Lettuce Link delivers seeds and produce to those who most need them

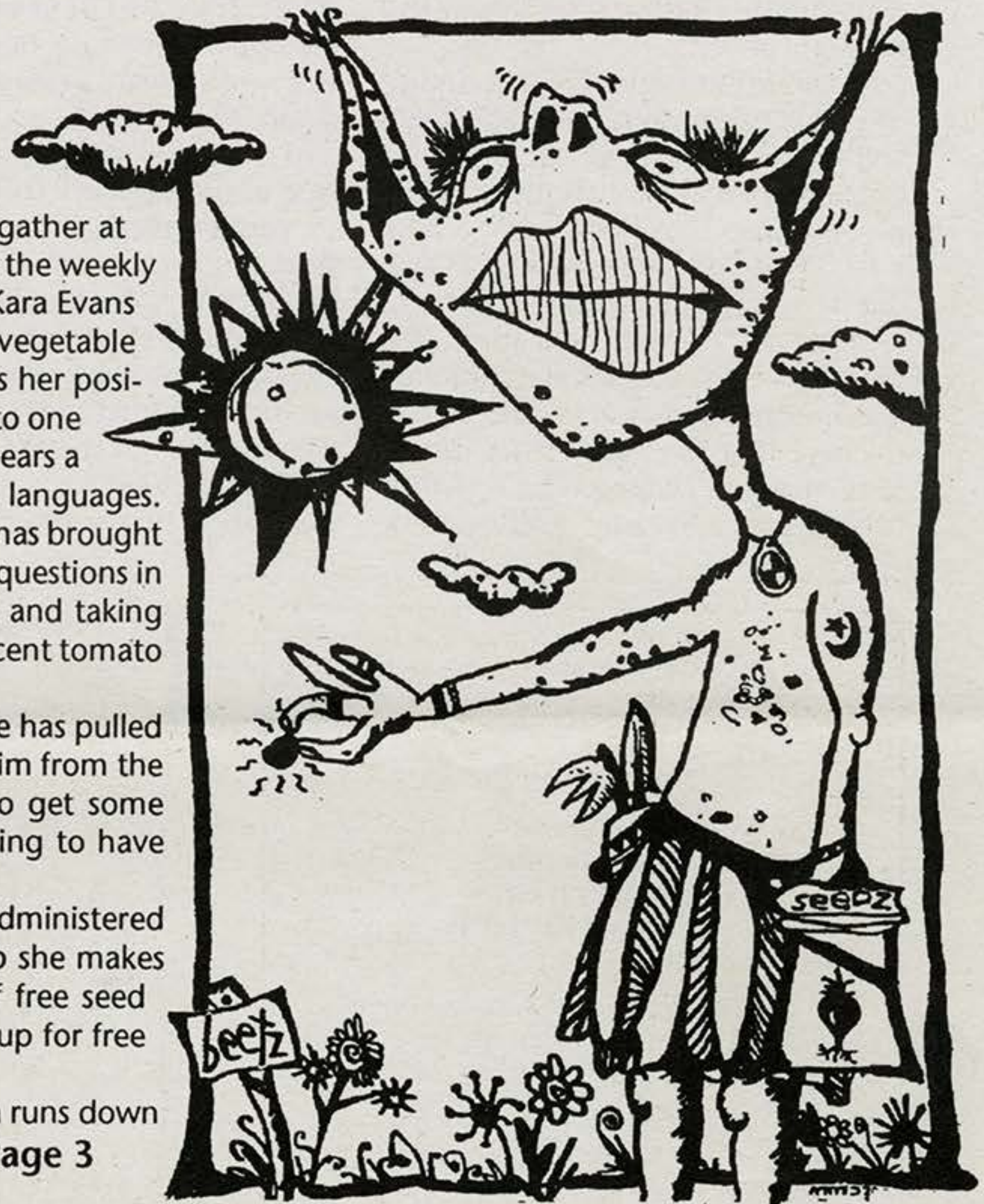
It's a sunny May Friday, and people have begun to gather at Seattle's Beacon Avenue United Methodist Church for the weekly food bank. Before the doors to the food bank open, Kara Evans pulls up in a white pickup whose bed is filled with vegetable starts left over from Tilth's Edible Plant Sale. She takes her position on the truck's tailgate, with a flat of seed packets to one side of her and a set of cards to the other. Each card bears a photograph of a plant and its name in half a dozen languages. But today she hardly needs the cards. "The seed lady" has brought plants, and potential gardeners are already asking her questions in hesitant English. Leaning over the sides of the truck and taking their pick, Kara's clients soon make off with the few decent tomato plants and cabbage starts that have made it this far.

"What have you got for vegetables?" a man asks. He has pulled up in a mini-van, and an elderly woman is watching him from the passenger seat. "My grandmother would like me to get some mustard, some collard, and some turnups. She's going to have me work her garden today."

Kara is coordinator of The Lettuce Link, a program administered by the Fremont Public Association. As part of her job she makes rounds to seven food banks a week with her box of free seed packets. At the food banks, where people are lining up for free bags of chips and soda, she is a welcome sight.

"What seeds have you got?" the man asks, and Kara runs down

Continued on Page 3



RECYCLING Two Local Programs Creating Markets for Recycled Materials

by Lorah Goertzel

Recycling programs in cities across the US have been highly successful in educating consumers about types of materials that can be recycled. They faithfully collect the glass, tin and plastic that people place on their curbs each week. But a problem has arisen. It's been plaguing municipalities since the advent of Reduce, Reuse, Recycle. That's right... What to do with all of it?

In New York City, waste managers complain that they're finding themselves playing the role of babysitter to literally tons of recycled materials. These piles could and should be returning to the marketplace as "new" products, but there is little demand for their reuse.

In 1989, The King County Council, recognizing the potential for problematic pile up, began the Commission for Marketing Recyclable Materials. The mission of the Commission is to promote products made from recycled materials to the businesses, citizens and government agencies within King County. By providing forums and demonstrations which highlight advances in the field of second life goods, the commission aims to introduce private citizens to the types of "green" products that are available. By doing so, the agency hopes to create a strong demand for these goods and in turn keep the prices lower than their virgin counterparts. For example, last

Continued on Page 9

FROM THE EDITOR

If someone had told me six months ago that I was to become the owner/editor of a small ecological journal, I would have believed them about as much as if they'd predicted a sunny Seattle winter. But here I am writing my second Daily Planet editorial column, and planning to make this the premier journal of the Northwest's emerging sustainable culture.

We are fortunate to live in a hotbed of ecological innovation. Individuals and groups throughout our region are creating ecologically restorative communities, homes, businesses, and economies. We have a long way to go, as anyone who has driven Highway 101 or read the news recently will attest. But while reports of ecological devastation and impending doom are legion, it is my hope that The Daily Planet can, in some small measure, serve to counterbalance them. In many cases it is these

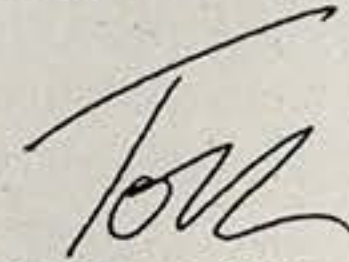
very stories of ecological disaster which have motivated people to find creative ways to make the work of their daily lives environmentally sound. The Daily Planet is a forum for their stories to be told, their ideas circulated and discussed, their successes documented. We must have a place for inspiring ideas and examples if we are not to suffocate under the impossibly heavy burden of living in a world which, as we are constantly reminded, is in peril.

In this issue, we present a small business whose Organica coffee and spices are earning them respect and market-share in the most coffee-critical city in the nation, a program which distributes free garden seeds through the food banks, and a review of the latest book by "the archdruid of the environmental movement," David Brower. And we look at the solid waste stream in our area, where two programs are creating

markets for the huge volume of materials consumers and businesses attempt to recycle each day. Our Calendar section keeps you abreast of community events happening in the next few months, and The Green Board provides a marketplace of small, ecologically sensitive businesses.

This is the first issue of The Daily Planet to be published independently, with the support of our advertisers and subscribers and the occasional generous donation. I heartily encourage you to support the businesses who have chosen to support us, and if you like what you read, please consider becoming a subscriber, supporter or volunteer. Help us grow!

Sincerely,



Tom Furtwangler, editor
(206) 997-2800

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CMM

Let it grow from page 1

her list by heart.

"Green onions, corn, carrots, dill, peas, beans, beets, broccoli, spinach, chard."

"I just want to get a little of everything. My grandma's in the car and I know she's going to get me messin' in that garden today." He moves off towards his van and another customer takes his place.

Lettuce Link is a six year old program coordinating the various food gardening programs within the city of Seattle. Vegetable seeds, donated by a variety of sources, are repackaged and distributed through twenty food banks such as this one. Kara also coordinates the delivery of produce from the Pea Patch system to the people that need it. "We deliver over seventeen thousand pounds of fresh organic produce to the food banks every season," she tells me during a lull in business. Just a drop in the bucket, I can't help but think as another family loads bags of white bread and processed food into the trunk of an old car.

In addition, Kara's rounds take her to Pea Patches and other gardens throughout the city's low income neighborhoods. "I just try to make sure

that everyone has what they need in terms of soil amendments, seeds, and any sort of technical support they require," she tells me. No small load for a half time position, but Kara handles it gracefully and energetically. She greets two approaching women in their native Russian. "Semina?...seeds?"

"Petruška?" ask the women, looking for cilantro, "Okrok?" We satisfy them with several packets of seeds:

"I just want to get a little of everything. My grandma's in the car and I know she's going to get me messin' in that garden today."

beets, corn, and dill. One of them takes little oregano plant, and walks away smelling its leaves and smiling.

Lettuce Link was conceived originally as a link between the food gardens and low income people. After our time at the food bank, Kara takes me around the corner to the Beacon Community Garden, one of the Pea Patches she helps to coordinate. On land owned by the church, a dozen little gardens are showing signs of life. Vegetables, herbs and flowers make neat

rows in the tended patches, while a few spaces are choked with weeds. Under the roar of jets approaching Boeing and SeaTac, Kara points out plots by name. "Tatiana has beets that need harvesting. Yafoo's greens are looking good. This is Gladys and Frank's garden here. They are the weed-free gardeners. They do a really nice job." There seem to be at least half a dozen cultures meeting here to harvest food from their little plots of soil.

Under a strong spring sun, the plants in the Beacon Community Garden are thriving. I leave Kara's company happy, in the kind of mood that comes from seeing garden space in the city and from sensing a community working together. The seeds Lettuce Link is giving people have been cultivated, carefully tended, nurtured. There is a healthy cycle here, a sense of completeness. A rare discovery in the world of social services.

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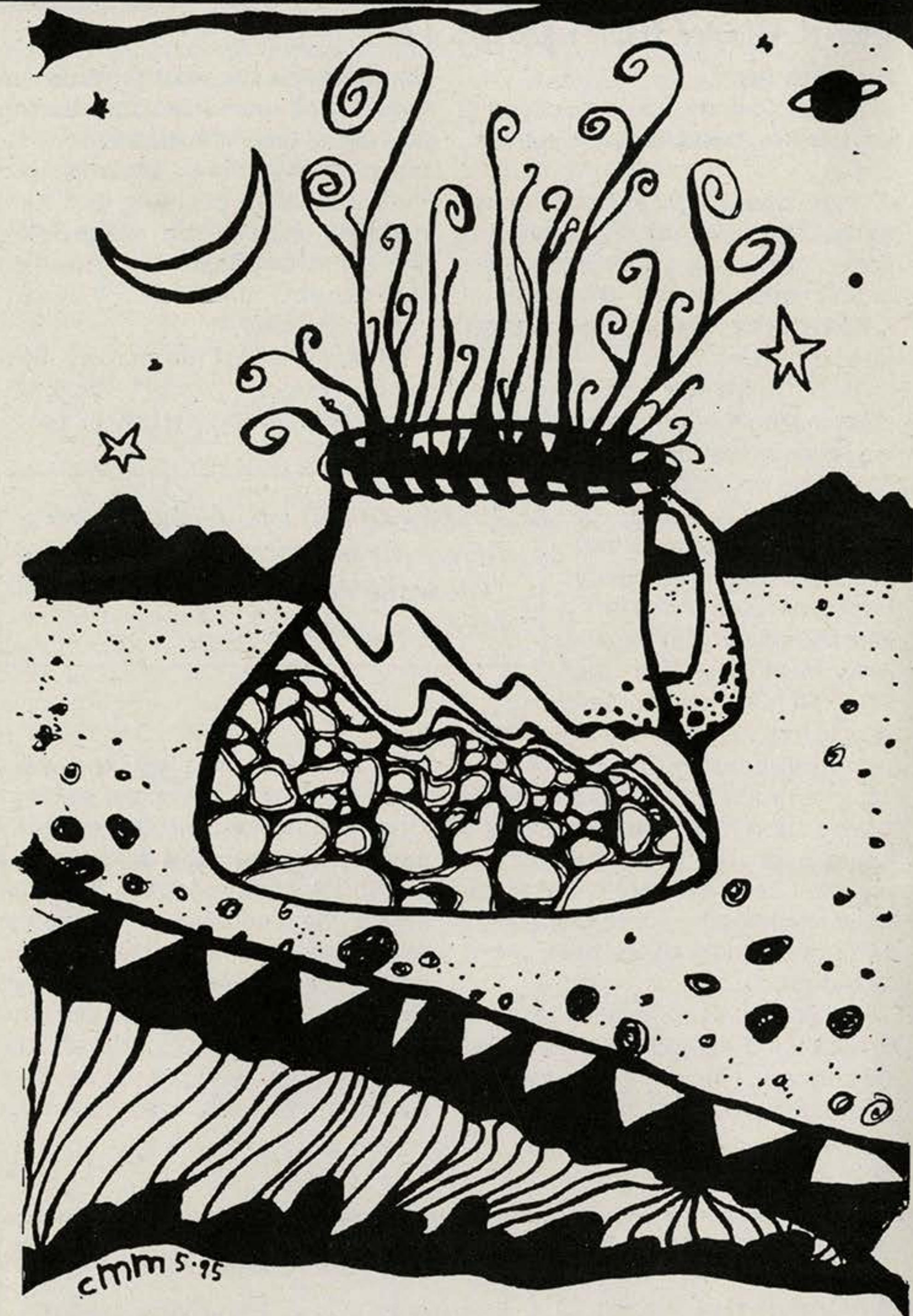
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The Politics of Coffee:

an interview with
 Karen Gorder,
 owner of Kalani
 Organica Coffees
 and Teas

A typical cup of coffee is made from about two hundred ground coffee beans, or about 5 percent of a coffee plant's annual production. That means that if you drink two cups a day, you use the harvest of about 18 coffee plants per year. It's not hard to do the math—our national coffee addiction supports a huge agribusiness which stretches across the tropical band around the planet's equator. Like most agribusinesses, coffee plantations grow their harvest as a monoculture—coffee plants replace the native flora on acre after acre of sensitive mountainsides. Commercial coffee plants are strengthened and protected with massive doses of pesticides and synthetic fertilizers, applied from backpack sprayers by a virtual army of underpaid laborers of all ages. These chemicals wash down from the mountainside plantations into the local watershed, polluting the water in cultures where drinking, washing and irrigation water is often still taken from a nearby stream or well.

Though statistics on the harm caused by the global coffee crop are hard to come by, it is not hard to imagine the breadth of damage caused by this industry. Chemical pollution, indigenous exploitation and environmental degradation are only the most obvious impacts caused by coffee culture. In addition, consider the plastic packaging in which your coffee comes, the tons of paper used for filters and coffee cups, and the resources used in trans-



portation and advertising. The list goes on and on.

There is another approach, however. Small growers and cooperatives throughout coffee growing regions are raising organic coffee. Their fields hold a diverse assortment of plants, with coffee growing in the shade of taller trees, as it is meant to. Organically grown coffee is raised without the use of synthetic pesticides or fertilizers, and distributed through organic roasters. Just a few years ago, organic coffee was

virtually unavailable on the market in this country. Today, large coffee roasters are adding organic lines as consumers become more educated about coffee politics. This education has come about in no small measure through companies like Seattle's Kalani Organica Coffees and Teas, a rapidly growing organic roaster and distributor which works with growers worldwide to create American markets and distribution networks for organic coffees, teas and spices.

Fresh is the name of the game at Kalani's Greenlake roastery, where I interviewed owner Karen Gorder. The sounds and smells of roasting and grinding, complemented by the cool rhythms of Peter Tosh, make for an upbeat and airy workplace. A pile of bagged coffee dominates the room, and at workstations around it the beans are roasted, ground and packaged for delivery. As roaster Susan Hamilton mixed and roasted hundreds of pounds of beans from all over the world, Karen and I sat down to discuss the merits of organic coffee.

"When we began," Karen told me, "my partner Constance Neeley and I had a vision of being a socially and environmentally responsible company that created a quality organic coffee. One that's fresh roasted and delivered to the customer. And we wanted to expand that ethic into other organic products, like teas and spices."

"In the beginning a lot of people didn't know anything about coffee. How it was grown, that there are a lot of herbicides and pesticides used," Karen explained. "Their idea of organic coffee was not a good experience, because it always tasted so bad. It was a lot of education, getting people to try it." A lot of education for consumers and growers alike. Ten years ago, said Gorder, a grower's idea of organic farming was an abandoned field. Most organic coffee, if available at all, was inferior, and in short supply.

Today, with increasing consumer awareness, even the larger coffee roasters are adding organic blends to their line, scrambling to compete in the niche Kalani has carved for itself. But Kalani remains the only roaster doing fresh roasted organic coffees exclusively. And that devotion and atten-

tion to detail has paid off. Kalani coffees are available through the PCCs, as well as at cafes and stores throughout the Seattle area. They are even marketed nationally on a limited basis. And Kalani has enjoyed a steady growth curve over its three years of operation.

I asked Karen about the certification of her growers, who are all over the

...one strategy the Mexican army used recently to quell the rebellion in Chiapas was to disrupt the coffee harvest. Over half of the harvest was prevented from getting to market in an attempt to undermine the local economy.

world, from Costa Rica to Sumatra to India. Each of these countries has different requirements for organic certification, but Karen is confident that every product she sells has been produced without the use of pesticides or herbicides. "I have a personal rapport with the growers," she explained, "so I know where all my products are coming from. I feel good about that. People can trust Kalani to have certified organic products."

Kalani buys large amounts of organic coffee when it becomes available on the market. "I'll buy twenty or forty thousand pounds at a time to make sure I have enough," she says. And with good reason. "When you're dealing with countries with political strife, like Mexico and Guatemala, you can never predict availability." Indeed, one strategy the Mexican army used recently to quell the rebellion in Chiapas was to disrupt the coffee harvest. Over half of the harvest was prevented from getting to market in an attempt to undermine the local economy. To a commercial roaster, that would be a small setback, time to turn to another part of the global coffee market. But in the organic market, that might mean a serious supply shortage.

What makes Kalani different from

other roasters? Not only are they totally organic, but their commitment to sustainability carries through their packaging and delivery. Bulk coffee is delivered fresh in ten pound plastic buckets, with the empties returned for refill. Retail packaging is minimal, with recycled paper and cardboard used every step of the way. And the teas come loose, not in teabags. "Teaching Americans how to use bulk tea is our next big project," Karen jokes.

Kalani's new line of organic teas, which are available locally through the PCC chain, are still in the development stage. "Teas are kind of like coffee was ten years ago," Karen told me. "There is not as much organic growing or demand. There are lots of organically grown herbs, but black and green teas are hard to find. We are always searching—it's definitely a slow process!" Primarily herbal and black teas, the Kalani line also includes some exotic blends. My favorite is Zydeco Zest, which includes coffee as an ingredient as well as allspice, cinnamon and orange peel. "That's a

Continued on Page 10

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THE END OF AN ERA

The Blue Planet Cafe, Seattle's only source for all-organic food and juice (and for seed cheese!) closes its doors.

On May 7, The Blue Planet Cafe closed its doors for the last time, ending an era of organic wholefoods that had begun on August 29, 1992. In two years, five months and eight days as Seattle's only all-organic vegetarian restaurant, we learned a lot about food, foodservice, health, nutrition, business management, each other, and ourselves. Literally hundreds of employees spent time on the payroll, and served thousands of customers what often seemed like an endless stream of garden burgers and vitarian salads.

As I hauled the restaurant's equipment out to a Ryder truck, I recalled the first time I came into the place. I had just graduated from college, was new in town and looking for work. The Blue Planet was a bare shell, filled with drywall dust and tools, the shape of a restaurant slowly emerging. We knew from the beginning that we were involved in an experiment, that no one in Seattle had ever created such a radically healthy space. But we had faith that if we produced good clean healthy food, people would come. And they did. Customer loyalty was always a strong point- some folks were there almost every night.

I made lots of friends as I rotated through the positions on the staff. Regular customers, appearing every few days, became a comfortable part of my life. Even our delivery people would stick around for a juice or a bowl of soup after unloading their trucks. I will miss those customer/friends, who I could depend on to check in at least a few times a week. Where will they go for their soup, salad and bread?

One of the best things about working at The Blue

Planet was that its employees had rich lives outside of work. Almost everyone worked there to support another passion- an art, or a habit, or a fledgling business. Lots of musicians came through, including folks from Sage, LLama Latte, Billie Tipton Memorial Saxophone Quartet, Downpour, The Volunteer Park Conservatory Orchestra and Confucious Slim, to name a few. Painters, photographers, sculptors, writers, and course, great cooks.

Who can forget Winston's paintings, Chris Martin's trolls, or the legendary performance by our resident naked trapeze artist?

Many folks have gone on to found their own businesses. Amy started Guaranteed, a vegetarian restaurant in Athens, Ga. Gayle, of course, is Starfish Publications. Jeff has a mobile recording studio called Powertrip. Andrea can be found at the summer fairs selling her successful line of silver jewelry and handmade books, and about half of the massage therapists in Seattle are in some way affiliated with the cafe. Rumor has it that one alumnus even owns a fish and chips stand at the Edmonds ferry terminal.

The Blue Planet was not the best restaurant ever created. The service ranged from good to...well, to nonexistent. The food was predictably healthy and organic, and usually good, but occasionally went off the deep end. The music

was often too loud, the bathrooms were garish, and you never quite knew what to expect when you walked in the door. The hours changed, the menu changed, the prices changed, the staff changed, and the

But we had faith that if we produced good clean healthy food, people would come. And they did. Customer loyalty was always a strong point- some folks were there almost every night.

of layout changed. Recently we changed from waiterservice to table service and back so quickly that even some regulars missed it. But the place had spunk. It had chutzpah. And most importantly, as a customer once told me, The Blue Planet had integrity. We had a mission to make fresh food from the best stuff available. We knew that to compromise our promise of fresh, organic food and whole grains would be to let down the customers. People got used to getting juices and doggie bags in recycled plastic containers. They got used to unbagged teas and to not having straws. They got addicted to Buddha Brownies, to seed cheese, to The Breakfast of Champions and to grain crisps. And they got used to having us around.

As a resident of Wallingford, I will miss having The Blue Planet up the street. I'll miss knowing that there is healthy option just a couple of blocks away. And as an employee at both the beginning and the end, I am especially sad to see it go. It was the gathering place for a community of truly special people, and I will miss you all.

A NATURAL APPROACH TO BEAUTY

by Annemarie Camenzind

Natural skin care is as important to overall health as eating fresh, organically grown whole foods. What one puts in the body and on the body makes a difference! The skin is the first and last barrier we have with the external world. It serves to protect us from harmful external substances and adverse environmental conditions. Moreover, the skin has innate bio-receptors which help it regulate body temperature to ensure the health of internal organs. Poor health will often exhibit itself at the skin level first. The ancient cultures of China and India were the first to document di-

rect correlations between the state of the skin and the internal health of the body. They found that the texture, color and condition of the skin can reveal a great deal about one's internal health.

The finest skin care can be achieved through natural means, including strict adherence to an all natural skin care regimen which incorporates the topical use of fresh botanical preparations and an internal detox of herbal teas. Proper nutrition and exercise are equally important to optimum health. I recommend eating raw organically

grown foods, juice and whole grains. In addition, water consumption serves to hydrate the skin tissues from within, which can minimize the visual effects of some types of wrinkles and sags. Fasting on a monthly basis allows the digestive and eliminatory systems to rest. If done prudently, fasting for one to three days will boost the immune system as well as provide an increase in energy and clarity of mind. The path to radiant skin and perfect health is yours through the simple and pure blessings nature provides.

Summer Skin Care Tips for Most Skin Types

CLEANSING

1/2 teaspoon of oatmeal and 1/2 teaspoon of mung bean powder. Mix these ingredients in the palm of your hand with a little water to create a paste. Apply to the face and neck. Wash off with a sponge or face cloth.

For dry skin, reduce the amount of water in the mixture and add 1/2 teaspoon of cream or a few drops of almond oil instead.

SKIN FRESHENING

Make an infusion of Chamomile and Lavender flowers. Apply to face and neck on cotton balls. Keep refrigerated.

MOISTURIZING MASK

1/2 teaspoon of oatmeal and 1/2 teaspoon of mung bean powder mixed with a little water, 1/2 teaspoon of honey and

1 teaspoon of yogurt. Blend well and apply to face. Leave on for 10 to 15 minutes.

For oily skin, mix 3 Tablespoons of natural yogurt and 5 drops of lemon juice. Apply as above.

For dry skin, mash 1/2 ripe avocado, add 1 teaspoon of cream or 1/2 teaspoon of almond oil. Apply as directed above.

Annemarie Camenzind is the owner and founder of Vera Botanica Natural Skin Care, and has created a complete system of natural skin care based upon India's Ayurvedic system of medicine. Their natural skin care preparations are personally suited to your skin type and contain only the freshest botanicals and essential oils. For more information about natural approaches to skin care, contact Vera Botanica at (206) 869-0963.

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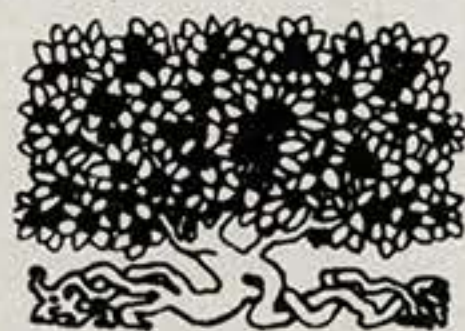
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Native herbs

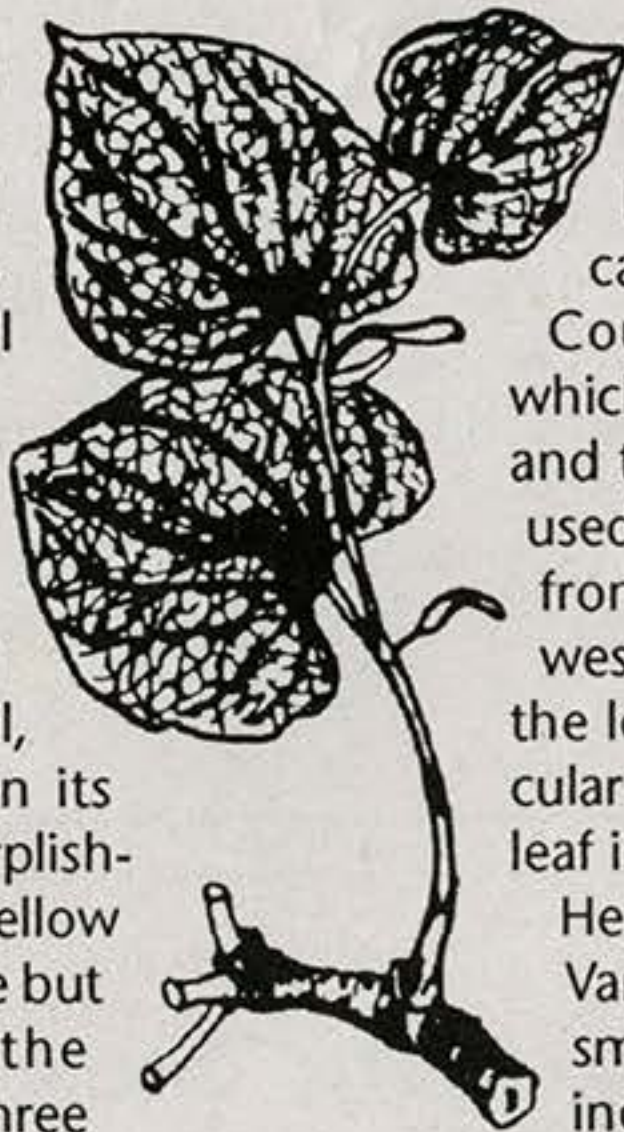
While planning your summer hikes or herb garden, why not keep in mind many of the native Northwestern herbs which have traditional medicinal and culinary uses? Our region abounds with native herbs, and many of them are easy to identify and safe to use as teas, tinctures and flavorings. Gathering and using native plants can provide an essential connection to nature that often fades into the background as we become immersed in city life. Taking a guidebook hiking with you can open your eyes to a whole world of history, flavor and medicine growing beside the trail. But you don't even have to leave the city to learn the native plants. Start with the weeds in your garden or the plants in the park where you walk your dog.

Here are two native plants to try if you want to spice up that backcountry camping meal, and two to use medicinally. Happy foraging!

WILD GINGER (*Asarum caudatum*)

An evergreen with shiny, heart shaped leaves, this rhizome-rooted perennial emits a lemon-ginger smell when crushed. Wild Ginger grows on moist shady forest floors, in rich bottomland soil, spreading rapidly on its trailing roots. Its purplish-brown to greenish-yellow flowers are distinctive but often hidden by the leaves. The flower's three petals taper to long, thin points.

Wild Ginger is found on both sides of the Cascades from British Columbia to California, primarily in old-growth forests. Its leaves can be used as a ginger root substitute for culinary and medicinal purposes. It makes a fine tea, and has shown antibiotic properties. In medicinal doses the leaves and root, in tea or tincture, will bring on sweating, and a few drops may help colicky babies.



It may share headache and motion-sickness alleviating properties with ginger root.

VANILLA LEAF (*Achlys triphyllia*)

A perennial spreading on slender rhizomes, this plant sends up a single three-lobed leaf which emits a vanilla-like fragrance when dried. The leaf is made up of three fan shaped, blunt-toothed sections held nearly horizontal to the forest floor. It blossoms with a showy, white spike which sticks up above the leaves, made up of individual flowers which have no petals but 8 to 20 white stamens.

Vanilla leaf can be found in varying abundance on the forest floor south of the Canadian border, on both sides of the Cascades but not as far East as Idaho. Coumarin is the active ingredient, which accounts for the distinctive smell, and the dried leaf has been historically used as a vanilla substitute in recipes from cookies to cake. Several Northwestern native groups made a tea from the leaf to help with the pain of tubercular coughing, and hung bundles of the leaf in their homes for its fresh scent.

Herbalist Michael Moore writes that Vanilla Leaf is a nice addition to herbal smoking mixtures and makes a good incense as well, and even suggests that you can make a variation on Russian Sweet Vodka by steeping a handful of leaves in a fifth of regular vodka for a month.

SAINT JOHN'S WORT (*Hypericum Perforatum*)

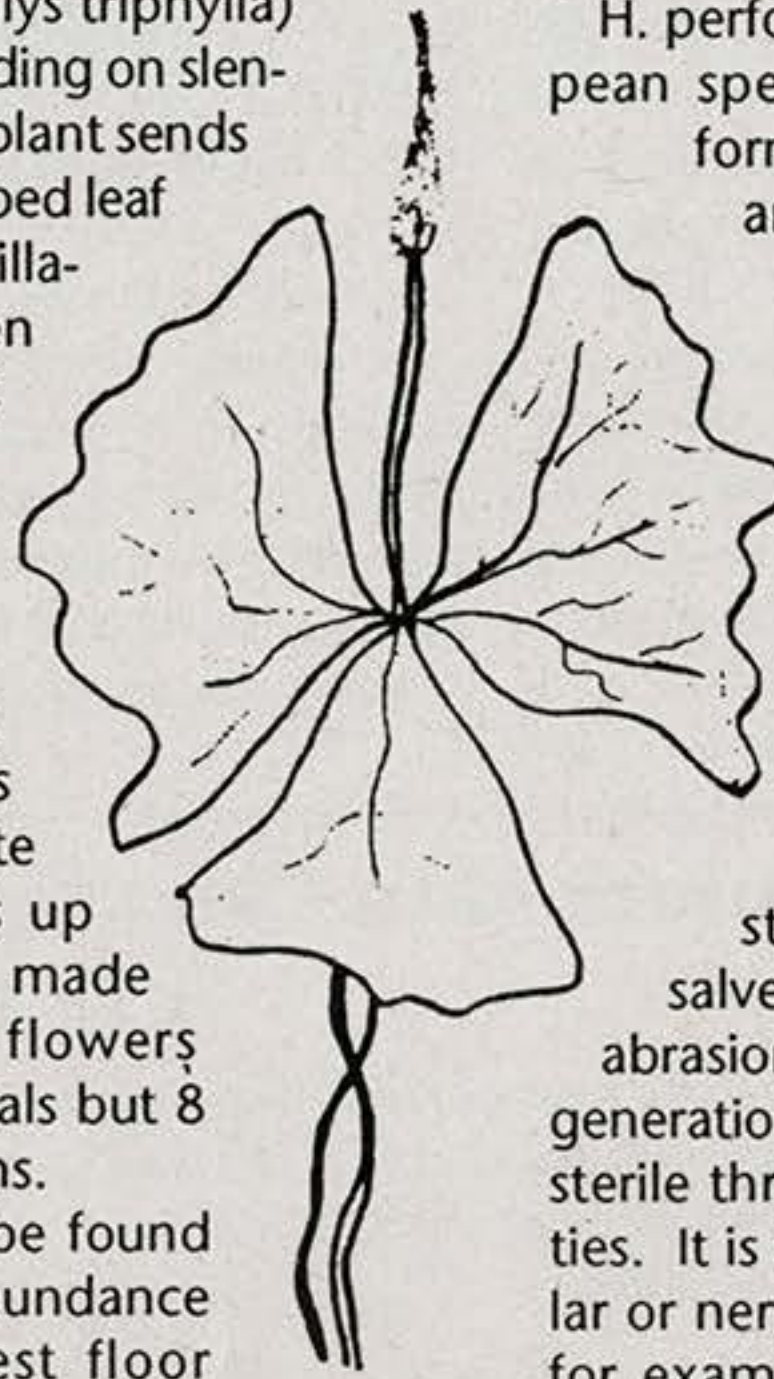
This useful plant grows abundantly in disturbed sites throughout our region. I found it in the traffic circle outside my house in Wallingford! A perennial with

opposite-leaved stems, its yellow flowers have traditional uses both as a medicinal herb and a dye. Saint John's Wort is named after John the Baptist. Legend held that the spots seen when the leaf is held up to the light would ooze blood on the day he was executed (August 27 or 29).

H. perforatum is an introduced European species, two native species, *H. formosum* and *H. anagalloides* are equally useful as medicine (though about half as strong), and abundant in the Northwest.

Taken internally as a tea or tincture, Saint John's Wort is an herbal therapy for depression and frustration, allegedly evening your mood and gradually sneaking a spring back into your step. As an external balm or salve it stimulates healing of cuts, abrasions or burns, fosters capillary regeneration and helps to keep the wound sterile through its antibacterial properties. It is also useful for relief of muscular or nerve pain, like a sprained ankle, for example, or a troublesome lower back.

Extract the oil by soaking the flowers in another oil. Strain it and replace the flowers after a couple of weeks and you'll end up with a reasonably strong preparation.





VALERIAN: Sitka Valerian and Scouler's Valerian (*Valeriana sitchensis* and *V. scouleri*) are common trailside plants which belong to the larger family Valeriana, plants whose most famous pharmaceutical derivative is the drug Valium. A fibrous-rooted perennial with

leafy stems that are square in cross section, Valerian ranges in height up to about three feet. It blooms in clusters of white to pale pink, with individual flowers made up of five fused petals forming a tube. Valerian grows at low to middle elevations in moist meadows and along streamsides throughout our area.

The root of this plant grows in potency throughout the summer season, peaking in the fall when the leaves begin to droop and yellow. Make a tea or tincture of the fresh or dried root, or take it straight in capsules.

Valerian is a sedative and antispasmodic, a stimulant to digestion and the lungs. It is a tonic sedative which may relax adrenaline-stress cases. A valerian-root tea can help you relax after a harrowing commute, or drift off to sleep the night before your big job interview. Try a fresh tea after your camping cookout if you're facing a nervous night tenting in bear or cougar country.

Please use a good field guide when you go hunting for native plants. Be careful not to collect from roadsides or anywhere else that might have been sprayed or collected lots of exhaust, and don't take anything that you don't find lots of!

Sources: Pojar and McKinnon, *Plants of the Pacific Northwest Coast* and Michael Moore, *Medicinal Plants of the Pacific West*.

Recycle from page 1

year a garden was constructed almost entirely from recycled products, including walkways made of crushed glass instead of sand, and shake roofing tiles made of reclaimed plastic.

On the individual level, consumers can cut down on the amount of waste they produce by buying recycled paper and biodegradable sneakers. All of these choices help to cut down the waste stream, but the real market for large

quantities of reusable materials is in the large-scale manufacturing and construction sectors. Now, thanks to the Internet and the Environmental Protection Agency, exchanging large scale waste products is as easy as <http://www.earthcycle.com/nmen>.

Waste by-products, overstock, obsolete, damaged or otherwise unwanted materials from one industry can be usable resources to another industry. The National Materials Exchange Network, established three years ago with a grant from the EPA, is an information clearinghouse that helps one company's leftovers become another company's raw materials. Say you have several hundred gallons of tung oil which you don't plan to use. You can advertize that fact on the Exchange Network via the internet. It's highly likely that an organization on the other coast can use it in their compressor. They would contact you to make arrangements for the exchange. Prospective networkers can narrow or expand their searches for goods geographically as they choose.

The self-proclaimed purpose of the Exchange Network is to provide

a forum for the reuse, recycling and resource recovery of what would otherwise be waste materials or wasted goods. The far reaching goal is global waste reduction.

During the midwest floods used bags were made available through the Network to build levies. A homeless shelter received unmarketable beds and salvaged lumber was used to build an addition to a youth facility.

Many of the exchange listings come from state and local waste exchanges. These materials tend to be of an industrial and commercial nature, such as large quantities of surplus chemicals, acids scrap, tires, rubber and plastic.

The people at the Exchange like to point out that it has humanitarian applications as well. During the midwest floods used bags were made available through the Network to build levies. A homeless shelter received unmarketable beds and salvaged lumber was used to build an addition to a youth facility.

The greater the number of materials listed, the more diverse they are and the more people viewing them; the greater the possibility for exchange. So tell of your friends. And try accessing the National Materials Exchange yourself: you can log onto the World Wide Web at any Branch of the King County Public Library. Happy recycling!

For help with accessing the Materials Exchange, call (509) 466-1532. Businesses can obtain information from the Commission on Marketing Recycleables about ways of "greening" their operations by calling 296-4439

REVIEWS

Let the Mountains Talk, Let the Rivers Run: A Call to Those Who Would Save the Earth, by David Brower, with Steve Chapple. \$19.95, hardcover, printed entirely on tree-free kenaf paper.

by Lyanda Haupt

There are millions of card carrying environmentalists in this country, paying annual dues to their organization of choice. Some estimate the number to be as high as ten million, not including those who are environmentalists at heart, and haven't bothered to sign up yet. That's a lot of people, with a lot of spirit and good intentions, and they should have a lot of clout. What's the problem? Dave Brower offers this deft summary: "Lack of boldness, smug leadership, battles over turf, absence from the legislative arena, bureaucracy, and no fun."

On the tree-free kenaf-paper pages of *Let the Mountains Talk, Let the Rivers Run*, Brower takes us on a far reaching tour of the environmental movement with his characteristic wit, insight, and understated wisdom. He lucidly summarizes the current state of affairs—from forest ecology to foreign debt, Jimmy Carter to Dixie Lee Ray—and offers a hopeful way out. The topics are serious, the treat-

ment thought-provoking and realistic. But this book avoids the myopic hand-wringing that characterizes the bulk of modern environmental literature and activism. Brower offers a constant personal reminder of the most important admonition he can make to the committed environmentalist: Rule Number Six. Don't take yourself too seriously. What are the other rules? There are no other rules.

This is a book rich with anecdotes, tales which only the Archdruid himself

is pointedly focused on key issues and ideas, calling us to bend an ear, listen, then go outside and do something.

Occasionally, the book seems long on epithets. It can read like a string of bumper stickers—long on what to do (Take down the Dams! Stop the Pope!), short on how to do it. In Brower's defense, though, I think this book represents a balance of form and function. How many of us are overloaded on eco-information, ready to run screaming from the next well-intentioned pamphleteer to approach us? Brower comes to us with a prose-poem. With a smile on every page, and gentle precision, he speaks of the "poem of the earth" in a way that allows us to open our minds and hearts to the possibility of hope, and inspired action. It's just what we need.

If you're looking for an encyclopedic study of the what's-what-in-modern-environmentalism, then go to the library. If you want to sit at the feet of a modern elder, and benefit from the rich lore of his life, then curl up by the campfire with *Let the Mountains Talk*.

How many of us are overloaded on eco-information, ready to run screaming from the next well-intentioned pamphleteer to approach us?

could tell. Though the tone is light, the reader is never able to forget that the voice is one of the true elders of our time. The book is not weighed down with a lot of facts and figures, or encyclopedic coverage of our modern ills. Rather, it

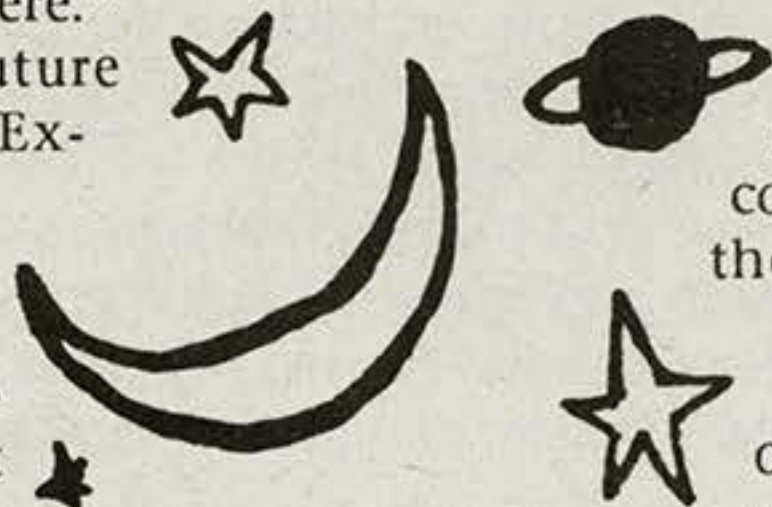
Kalani continued from page 5

fun experiment," says Karen. "I'm from the South, and that's a more Southern style drink. We'll see how it does up here."

What does the future hold for Kalani? Expanded coffee distribution, with emphasis on moving into a broader Northwestern market that reaches as far south as California, growth of the tea line, and addition of organic spices. Currently searching for spice sources around the world, Kalani hopes to expand into that market in the

coming year.

"Kalani coffee is definitely not for everyone," Karen tells me in conclusion. "It's for people who want good, fresh roasted coffee, and understand the difference organic growing makes in the world." As she points out, a morning cup of coffee improves the quality of our lives. Wouldn't it be nice to know that your latte is improving lives and ecology throughout the world?



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CALENDAR FOR JUNE 1995

It's that time again...The 24th Annual Fremont Fair, Seattle's best street fair, kicks off the summer over Father's day weekend, June 17-18. Three hundred craftspeople and importers and twenty eight food booths will vie for your paycheck, while twenty six bands on three stages, street performers and a kids' art and recreation area keep your whole family amused. Proceeds from the fair benefit the Fremont Public Association.

The Solstice Parade will swing through downtown Fremont beginning at noon on Saturday- a crazy swirling mass of drummers, dancers and freaky people putting on the show of the season to ensure that the summer gets off to a proper start. Stake out your viewing spot early or throw on a costume and join the fun!

3 First ever Sustainable Seattle Annual Meeting. Keynote speakers: Corbin Harney, spiritual leader of the Western Shoshone Nation and Jim Street, president of the Seattle City Council. Information: 382-5013.

3 Third annual Best of the Northwest bike ride. Starts and finishes at Woodland Park. Ride 50 or 100 miles. \$20 registration fee includes t-shirt. Benefits WEnPAC. Information: 632-7440.

6 Monthly sustainability breakfast organized by Sustainable Seattle. Topic: "How sustainability relates to business" with Larry Gaffin. Information: Kara, 382-5013 x5072.

8 Earthsave monthly potluck. Topic: "Cross cultural aspects of food." 6 PM, Unity Church. Information: 781-6602

15 WEnPAC benefit with Jim Hightower and Jim Page. 7 pm, Kane Hall Roethke Auditorium, UW. Suggested donation \$25.

16 The Deva Ritual, a one act performance presented in conjunction with the Ritual Theatre Workshop. Fundraiser for The Crossroads Learning center, held there. Tickets \$7. Info 828-4124.

17 and 18 The 24th Annual Fremont Fair. One of the best events of the summer fair season, two days of arts, crafts, costumes, music and tomfoolery. Located along the ship canal in Fabulous Fremont, 10:30 to 8pm Saturday, 10:30 to 6 pm Sunday. Parade Saturday at noon.

through June 18 UW's Burke Museum presents the exhibit "Through Darkened waters: Pro-

file of an Oil Spill" exploring the impact of the 1989 Exxon Valdez oil spill. Information: 543-9762

21 Earthsave cooking class "Incredible vegetables." \$15/members, \$20/nonmembers. Preregistration required. Information: 781-6602

25 Peace concert at Magnuson Park featuring Llama latte, Phat Sidy Smokehouse, Marty and the Blacknotes, Jon Lucas, Susan Harper and Arcane Theater. Free.

July

7-16 A residential training in deep ecology, Whidbey Island, WA. Call Institute for Deep Ecology for information, (707) 874-2347.



Coming in August -The Organic Harvest Issue!

Washington State is currently home to over 200 certified organic growers, and over 50 certified organic processors and handlers. In our August/September issue, *The Daily Planet* will explore the Northwest's organic harvest and see what's cooking, both on the farms and in the kitchen. Look for it August first-or subscribe! If you would like your organic business to be included, call us at 997-2800.

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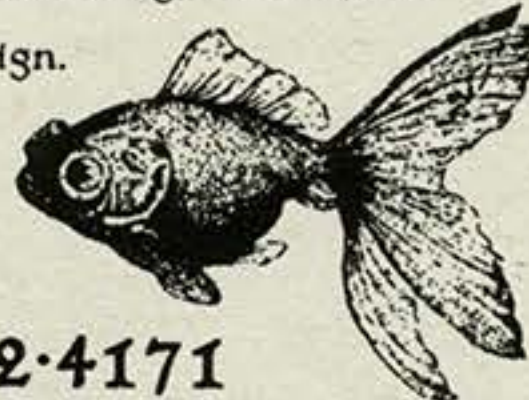
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