

MARK YOUR CALENDER

The Wild Wisdom of Weeds Join Katrina Blair in an educational evening on the wild wisdom of weeds. It will start with a slide show presentation of 13 common weeds, their edible and medicinal uses and benefits of the earth's regeneration. The class will include a wild green juice cocktail to celebrate the wild intelligence growing all around us. 6 pm -7:30 pm Sunday, November 8th in the Moonflower Library

5% Day will go to Wabi Sabi 5% of the Daily sales will be donated to this non-profit on Tuesday November 10th.

Moab Art Walk with Photographer Drake Hackney exhibition for the month of November and for the Art Walk November 14th 6pm-9pm in the Moonflower Library. He was born and raised in Moab, Utah, he enjoys fashion, editorial and portrait photography. His personal style reflects famed photographers Annie Leibovitz and Mario Testino. Hackney was first exposed to this art genre during a black and white film class at the high school and hasn't stopped taking photos since! He loves experimenting with different lighting and advanced Photoshop techniques. With every technically perfect photograph he hopes to convey a clear idea.

Moonflower Board of Directors to meet Tuesday, November 20th, 5 pm-8 pm in the Grand County Public Library

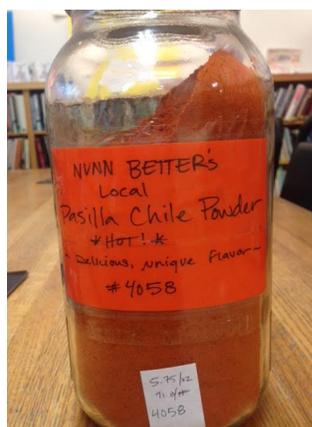


NOVEMBER
EDITION

This Spice is so Nice

Many years ago I worked as an in-house artist at a gallery in Aspen Colorado. Among the artists working at the time was a brother and sister team of weavers from Oaxaca, Mexico. They were very quiet and did not speak English. Every night just before dinner they would take these peppers from a special paper bag, grind them into a powder with a blender and then simmer them in water, a little vinegar and a smidge of salt. After observing their process

for several nights, it was obvious this was a daily



Pasilla Chile Powder

ritual for them. My curiosity got the best of me, so I asked if I could try their sauce. Oh Wow! I

was *blown away*. The sauce was outstanding; so simple to make yet the flavor profile was *out of this world*. Through a translator, they said this “chili pasilla” goes everywhere with them and is part of their daily life. They added this chili is unique to their village, and that each village in the area has their own chili distinctive to their clan. Further, they smoke the chilies on a wood rack about five feet from the ground,

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Essential to Oil Essence

Self-taught forager Eric Scott Bresselsmith indulged the Moonflower audience by sharing a nostalgic forest scent through his essential oil.

His work with oils is about wellness, health and a little bit of magic.

Plants are the bases of the medicines we use, he said. Even pharmaceuticals come from plants. Stewed plants are the basics of alchemy.

“We are inviting the constituents of mother earth

into our body,” Bresselsmith said.

One by one he passed around each individual uniquely strong odorous, undiluted and potent oil essences around the class. He explained how some of the

→ Essential oil continued on page 2



Eric Scott Bresselsmith

“Essential oils are a new fad in recent years, but have been around forever”

Inside Story Headline

Essential oils continued

participants would feel “heady” or might feel the body respond to the oils through the belly, feeling more awake, or having a deep sleep with new dreams, they might also feel an emotional experience.

“Essential oils are a new fad in recent years, but have been around forever,” Bresselsmith said.

A few rules of herbalism to remember are that food is medicine and the medicine you need is only a few steps away, Bresselsmith said.

He listed the four dimensions of herbalism being; the physical, the body’s health and its ability to heal; emotional, feeling of anxiety; mental, the need for relaxation; spiritual, the use of incense and oils in temples, churches and synagogues.

Where do we come from, what do we nourish

ourselves with? The answer is the earth, he said.

He compared a bottle of juniper essential oil to a genie in the bottle or Aladdin’s lamp. Inside this the small bottle of oil is the art of science, phytochemistry and the scientific distillation process of alchemy.

These essential oils are solvents in nature. They solve things, he said.

Bresselsmith suggested we keep our essential oils local to know the source of the ingredients. We need to reconnect our relationship with plants. When we buy local we are building community and cultivating relationships by an electromagnetic reaction with people and the earth.

An issue that has been loudly addressed by the herbalist community and strongly advocated by Bresselsmith is the importance to not ingest these oils. One drop of the essential oil is equal to a pound

of the ingredient. A person is essentially overdosing on essential oils! It is better to make tea if you want these medicines internally.

Bresselsmith has blended common chemical families that co-exist together, such as pinion and juniper. This blend has been found in nature; with the female pinion and the masculine juniper with their trunks wrapped together.

He brought about the process of co-distilling, which puts the ingredients in the distiller together so they are electromagnetically bonded versus just mixing the two separately distilled ingredients in an “electromagnetic dance.”

He currently collects his ingredients from national forests, in the process helping clear away debris and clean up brush.

“Another man’s trash,” is Bresselsmith’s treasure.

Nunn Better Smoked Chili Pasilla Powder

For unique complex flavor extravaganza try it on almost anything. Nunn Better Chili Pasilla is cultivated in Castle Valley Utah, without the use of harmful chemicals and without the use of synthetic fertilizers. This unique and rare Chili is hand crafted with great care and love, and with respect for the earth we all share.

Nunn Better

Spice continued

and then air-dry them for storage preservation. I had enough nerve to ask for some of the seed, and they graciously gave me two chili pods.

Later that winter I attempted to germinate the seeds, with

only two seeds willing to germinate. Apparently most of the seeds were dead from the heat created from the smoking process. Moab is a little north for cultivating this chili, so with many years of careful selective breeding and keep-

ing the strain true, we are able to now grow this wonderful product in quantity for others to enjoy.

Thank you and enjoy!
Master Gardener, Greg Nunn

Let's Talk Turkey



Happy Thanksgiving from Moonflower!

those among men who live by sharpening and robbing...he is generally poor, and often very lousy. Besides, he is a rank coward; the little king-bird, not bigger than a sparrow, attacks him boldly and drives him out of the district...For in truth, the turkey is in comparison a much more respectable bird, and

withal a true original native of America. Eagles have been found in all countries, but the turkey was peculiar to ours..."

2. Wild turkeys can fly for short bursts at speeds of up to 55 miles per hour (89 kilometers per hour). However, they aren't often spotted soaring through the sky because they prefer to feed on the ground, where they peck at grass, seeds, acorns, nuts, berries and small insects such as grasshoppers.

3. As many hunters know, a turkey has excellent vision. Because its eyes are on the sides of its head, the turkey

has periscopic vision, which allows it to see objects that are not in its direct line of vision. By rotating its head, the turkey has a 360-degree field of vision.

4. When a turkey becomes frightened, agitated, excited or ill, the exposed skin on its head and neck can change from its usual pale pink or bluish gray color to red, white, or blue. And during mating season, the male turkey's wattle turns scarlet to reflect his elevated sex hormone levels. The fleshy flap of skin that hangs over the gobbler's beak is called a snood and also turns bright red when the bird is excited.

5. Don't be disappointed if the turkey at the petting zoo refuses to gobble — it's probably a female, which is called a hen. Male turkeys are called gobblers, because they are the only ones that can make that adorable gobbling sound. Each male turkey has his own unique gobbling "technique," which he combines with strutting to attract potential mates. Female turkeys communicate through clucks and small, chirp-like noises.

1. Apparently, Benjamin Franklin was a big fan of the humble gobbling bird. According to the Franklin Institute, he wrote in a letter to his daughter: "For my own part, I wish the bald eagle had not been chosen as the representative of our country; he is a bird of bad moral character; he does not get his living honestly...like

Water Sustainable recipes

Recent news says if we want to have a big impact on water usage we have to address the biggest guzzler, food production. Specifically, producing meat uses a whole lot of water; growing vegetables uses a whole lot less. Check out Sunset's Online publication's top 6 vegetarian recipes for drought. <http://westphoria.sunset.com/2015/04/20/top-6-vegetarian-recipes-for-drought/> Also, we will post more drought friendly recipes to the Moonflower website.

Spiced Red Lentils with Caramelized Onions and Spinach

- 1 1/2 large onions, halved and cut into thin half-moons
- About 1 tsp. kosher salt
- 1 cup red lentils, rinsed well and drained
- 2 dried bay leaves
- 1/2 serrano chile, minced
- 1 tablespoon minced fresh ginger

- 1 teaspoon ground coriander
- 1/2 teaspoon turmeric
- 1 bunch (10 oz.) spinach (not baby), stems finely chopped and leaves cut in half, or use thawed frozen spinach
- 1/2 teaspoon cumin seeds
- 2 garlic cloves, minced
- 4 cups cooked brown basmati rice or couscous

1. Heat 2 tbsp. oil over medium heat. Add onions and a pinch of salt and cook, stirring occasionally, until browned and very soft with crisp edges, about 30 minutes. Transfer half to a bowl and set aside.
2. Put lentils in a saucepan with 3 cups water and the bay leaves. Bring to a simmer over medium heat, uncovered, and skim foam. Simmer just until tender, 5 to 10 minutes (they'll fall apart a little). Remove bay leaves and set lentils aside--don't drain.
3. Stir chile, ginger, coriander, turmeric, and 1 tsp. salt into pan of onions and



Spiced Red Lentils with Caramelized Onions and Spinach

- cook over medium heat until fragrant, about 1 minute. Add spinach and cook, stirring occasionally, until completely wilted, about 3 minutes. Stir onion-spinach mixture into pot of lentils and wipe frying pan clean.
4. Heat 1 tbsp. oil in pan over medium heat. Add cumin and garlic and cook, stirring, until seeds are sizzling, about 1 minute; stir into lentils. Season with salt. Top lentils with reserved onion and serve over rice.

If we want to have a big impact on water usage we have to address the biggest guzzler, food production.

The Season For Soups

If you are feeling the cold weather, nothing is better than a cup of hot soup. The deli is making hot fresh organic soups daily. Some flavors we have offered so far are Organic Carrot Coconut Ginger, Organic Split Pea and Kale and Organic Tomato with Garlic.

The deli will offer seasonal options,

such as Arugula Salad with Caramelized Onion, Goat Cheese and Candied Walnuts, Spinach Salad with Apple Cranberry and Spice, Tortellini Salads and Vegan Stuffing for Thanksgiving!

EVERY TIME YOU SPEND
MONEY,
YOU ARE CASTING
A **VOTE**
FOR THE KIND OF
WORLD YOU WANT.
- ANNA LAPPE

