

## Special points of interest:

Tuesday, January 19th, 5% of Moonflower's Daily sales will be donated to Community Rebuilds

January 19th, 5:30-7pm, in the Moonflower Library, Catherine Shank will present "Dream Awake" Each night we spend a period of time in the state of dreaming awareness. At this level of consciousness, we delve into realms that offer tremendous resource and information as to our authentic nature. When you become an active partner with your dreaming mind, it becomes a guide of inner truth. This class that will cultivate tools to strengthen your ability to engage and understand your waking dream. It will bring inspiration into your life and Dreams. In order to receive the greatest benefit from this class, come with a dream you would like to explore and pen and paper. Catherine Shank has studied with a Dreaming Master for several years and had held classes on Dreaming and offers private consultation as well.

January 19th  
Moonflower Board meeting from 5pm-8pm at the Grand County Library



**Correction:** In December's issue of the *Datura Dispatch* the spelling of "gorilla" was incorrect in regards to Kathleen Rauch actually being a "Guerilla Composter."



# Datura Dispatch

January Edition

## Indian Spices Permeate the Pallet

In Jon Olschewski's Vegetable Coconut Korma class at the MARC he showed us what comes of hard work and dedication to the food one loves.

And Jon loves good food that is good for you. "The thing about cooking," Jon said, "is you're only as good as your produce."

Growing up with vegetarian parents Jon frequented the Bombay House in Salt Lake City. This is when he learned the earthy flavors of Indian food and found a favorite dish with Korma.

Jon began to recreate the dish himself four years ago and after many trials and errors was able to adapt his own interpretation of the dish from his childhood.

The class was given the recipe to follow along as he chopped his way through the

ingredients. He demonstrated proper cutting technique with his fingers flat while cutting the bite size pieces of potatoes and carrots.

Jon put emphasis on making the toasted Garam Marsala. You can buy it premade at Moonflower, but the flavors will never be the same as making your own, he said.

"It is like buying peeled garlic," he said. It is convenient, but doesn't carry the same potency.

He toasted the mixed Garam Marsala ingredients on the stove top; cumin, black pepper, mace, cardamom, cinnamon, coriander, cloves, and fennel. The almost sweet chai smell enveloped the room. Then he put the toasted Garam Marsala into the pistol and mortar and passed it around the group to help work it until pulverized.



Jon Olschewski shows the different states of Garam Marsala for the Korma

The Mortar and Pistol was a gift to Jon and he said if it was ever broken he would im-

Flavor, continued on pg. 2 →

## Winter Solstice Party Warms Frosty Folks

The Moonflower Winter Solstice Party melted away frosty fingers and frozen faces after the Moab Electric Light Parade in December.

This year's festivities were planned concurrent with December's Art Walk, which featured Moab Charter School's best of the best. The art show included kindergarten thru sixth



Solstice Party in Moonflower Library grades amazing art work. Fea-

tured art work showed wire art, collages, and mechanical art and totem drawings by the elementary students.

The community was invited to the Coop after the parade to warm up with hot cider and fresh hot coffee from Bob Owen

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**“We don’t know recipes—we know ingredients”**

## Flavor is in the Ingredients

*Flavor, continued*  
mediately run out and buy a new one.

If your smell memory is good you will notice the difference in the Garam Masala, he said about the store bought versus from scratch.

More cooking tips included: If you don’t like the raisons, put them in the blender; the finer you cut the garlic and ginger the stronger it will be; instead of blanching your tomatoes try an easier method and broil halved tomatoes and the peel just slides off;

light coconut milk is a scam because they just add water.

In addition to cooking tips, he explained some sociol-



**Garam Masala ingredients**

ogy of the regions people and the food they eat. In this case,

Indian Buddhists do not eat alkaline foods and wouldn’t eat the garlic in this dish.

After showing the audience the proper way to dice an onion, Jon said, “Onion is key, brown it until it is dark and don’t be afraid of high heat; all the flavors come out when the onion is brown.”

When Jon Olschewski was traveling Thailand he met a woman who said something that still resides with him, “We don’t know recipes—we know ingredients.”

**“In the midst of the winter, I found that there was, within me, an invincible summer”**  
**Albert Camus**

## Warmed up at Moonflower

*Warmed, continued*  
Guests were treated to a delicious food spread fervently made by Moonflower deli; team Dutch and Lana designed a menu to warm the winter chill with Five Elements Hot Soup, Pesto Tortellini, Roasted Red Pepper Hummus, Lemon Garlic Hummus, Spicy Black Bean Hummus, Veggies with Vegan Spinach Dip, Bok Choy Salad and Ginger Sesame Noodles.

Three large baskets packed with kitchen items, supplements and unique useful gadgets were given as prizes in a drawing for guests.

Moonflower couldn’t have pulled it off without the dedicated employees and the Moab community’s support. This was the perfect cold weather party with warm



**Folks enjoying some delicious grub**  
happy people mingling together to celebrate Winter Solstice and welcome the longer days to come.



**This Curried Lentil Soup is found on [www.myrecipes.com](http://www.myrecipes.com)**

## Curried Lentil Soup

### Ingredients:

2 tablespoons vegetable oil  
1 large onion, finely chopped  
1 large carrot, finely chopped  
1 rib celery, finely chopped  
3 cloves garlic, minced  
2 tablespoons curry powder  
6 cups low-sodium vegetable broth  
1 1/2 cups dried lentils, washed and picked over  
Salt and pepper  
1 13.6-oz. can coconut milk  
Chopped cilantro, optional  
Preparation

1. In a large pan, warm oil over medium heat. Cook onion, carrot and celery, stirring often, until softened, about 8 minutes. Add garlic; sauté for 1 to 2 minutes longer. Add curry powder; sauté for 2 minutes longer.

2. Stir in broth, lentils, 2 tsp. salt and 1/2 tsp. pepper. Bring to a boil over high heat, cover pot, reduce heat to medium-low and simmer until lentils are very soft, about 40 minutes. Remove from heat and let cool slightly. Working in batches, puree half of soup in a blender until

nearly smooth. Return pureed soup to pan. Stir in coconut milk and reheat gently over medium-low heat, stirring occasionally; do not boil. Season with salt and pepper. Ladle into bowls and sprinkle with chopped cilantro just before serving, if desired.

