

# YUMMY NORTHWEST

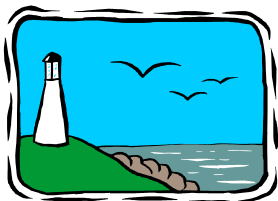
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## WATER, WATER EVERYWHERE. . .

**In April I was privileged to spend a week as a keeper at the New Dungeness Lighthouse near Sequim, Wash. I really couldn't avoid the subject of water.**

The lighthouse and keepers' house, located on the tip of the Dungeness Spit, are supplied by an artesian well with nice-tasting water. If you manage to walk out to visit, a four-hour round-trip from the trailhead, you'll see the grass well watered and birds showering in the sprinklers. Beach hikers find this spot most refreshing, as do the keepers, who also spend a lot of time hiking on the beach when the park is closed to visitors.

And of course when you climb the 74 steps to the light tower, you get a panoramic view of water.



Meanwhile, over the Dungeness Bay in Sequim, the Irrigation Festival is in full swing the first week of May. This annual event includes the crowning of the Irrigation Queen, a parade, a street fair, logging games and other traditional activities in place for the 109 years of the festival. (See [www.irrigationfestival.com](http://www.irrigationfestival.com) for details.)

Water is important to Sequim, whose irrigation system was recently praised by Gov. Gary Locke as being the finest in the state. Being in the Banana Belt, in the rainshadow of the Olympic Mountains, Sequim gets 17 inches of rain a year. When pioneers first arrived, the area was



### Raindrops keep falling

Yearly precipitation:

London: 23 inches  
Los Angeles: 15 inches  
Miami: 60 inches  
New York City: 44 inches  
San Francisco: 21 inches  
Tokyo: 60 inches

Mawsynram, India (wettest place on Earth): 467 inches

Seattle: 37 inches  
Portland: 36 inches

KOMO TV's weatherman Steve Poole explains that while total annual rainfall in Seattle is light compared to some places, that's only because when it does rain it tends to be a tender shower whereas other places get torrential downpours. Seattle is only 20th in the nation with 140 days of measurable rain.

Seattle "rains" supreme when it comes to cloudy coverage, however. The city comes in fifth nationwide with 226 cloudy days a year. (Anchorage, Forks, Astoria and Olympia head the list.)

Statistics courtesy of:  
[www.komotv.com](http://www.komotv.com)  
[www.theweatherstop.com](http://www.theweatherstop.com)  
[www.worldclimate.com](http://www.worldclimate.com)

covered with cactus and other sun-loving plants needing little moisture.

In 1896, an entrepreneurial farmer sold shares to fellow farmers to build a series of irrigation ditches sending water from the Dungeness River to the fields. The venture was an immense success, creating the basis for flourishing dairy farms, then the lush lavender fields you see today.



The apple orchards of Eastern Washington, the ranches of Eastern Oregon and all the farms in between depend on irrigation water. We tend to take for granted that water will always be there when we are thirsty or need to water plants. But will it?

The Earth's water supply is a key target for pollution. Since runoff from rainwater is a major source of this pollution, the damp Pacific Northwest has to be particularly careful to watch what goes on lawns, driveways, roadways, etc. Dumping any poisonous matter down the drain or into a river or pond is a potential danger to us all. Do you use Earth-friendly cleaners in your home? Do you practice safe pest control in your garden?

Although 80 percent of our beloved Mother Earth is covered with water, precious little of that (about 3 percent) is drinkable. Let's do all we can to help keep her clean.



These recipes come from "Mud Pies and Other Recipes – A Cookbook for Dolls," by Marjorie Winslow. I grew up with this book, providing many dolls with festive meals that brightened otherwise dreary days. I cannot recommend this charming book highly enough.

### Fried Water

Melt one ice cube in a skillet by placing it in the sun. When melted, add 1 cup water and sauté slowly – until water is transparent. Serve in small portions, because this dish is rich as well as mouth-watering.



Ed. note: You can add leftover Fried Water to this easily prepared soup.

### Mock Mud Puddle Soup

For dolls who live in a dry climate: Scoop out a little trough in the dirt and run the hose into it for a minute. This kind needs a little seasoning, so add a pinch of the dirt that you dug out. Seat your dolls around the mock puddle and serve.



### Liquid Assets

Local water supplies tend to be clean and can be tasty right from the tap, but there are plenty of bottled varieties if you prefer.

Look for labels that announce "spring" water or describe the source. "Purified" or simply "natural" mean you've probably already got their water in your own tap.

Local brands include **Talking Rain** (Preston, Wash.), **Mountain Mist** (Tacoma, Wash.) and **Haggen** (Bellingham, Wash.)

**Trinity** is a 2.2-mile deep "geothermal" water from Trinity Springs in Idaho. They use a partial distillation process that somehow makes the water taste better than any other brand I've sampled.

Political action also comes in a bottle. Buy water from the **Okanogan Highlands Bottling Company**, drink it, put a stamp on the bottle and send a message in it to Washington, D.C. More information at [www.purewater.org](http://www.purewater.org).



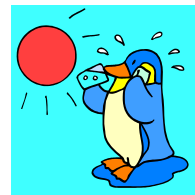
### Too much of a good thing?

According to an article in "Northwest CitySports" magazine (April 2004), drinking excess amounts of water can be harmful. This warning was given to long-distance runners and hikers, but all of us could benefit from the information. I quote the article for reasons why.

"When water is the sole fluid used during activity of long duration, blood plasma (the liquid part of the blood) increases and the salt content of the blood becomes diluted. At the same time, the athlete loses salt through sweat, leading to a shortage of salt being sent to the body tissues and ultimately causing a decline in brain, heart and muscle function. In the most severe circumstances, death can occur as a result of excess fluid accumulation in the brain and/or lungs."

The solution? According to the article: "[D]on't forget to tote along your favorite [salt-containing] sports drink [and] slightly increase salt intake the week leading up to the event by snacking on such salty foods as pretzels, saltines, mixed nuts and soup broth."

### How much is enough?



**Scientists** can't agree about how much water we need to drink. Some say 64 ounces (eight glasses) daily is the proper amount; others insist that we drink when thirsty.

A recent study reported by Medical News Today ([www.medicalnewstoday.com](http://www.medicalnewstoday.com)) tends toward the latter theory. Participants weren't told how much to drink, but intake and, er, outake were carefully measured to see what amount provided adequate hydration.

It turns out age affects need. Older participants (70-79 years old) drank less than eight 8-ounce glasses and were perfectly fine. Drinking a full 64 ounces would probably tax the "weakened physiological movement of water through the system."

Overall, the average male participant consumed the equivalent of 12 glasses of water (moisture in food was also measured) and the average female consumed the equivalent of 10 glasses.

The report cited the importance of knowing how much to drink or use in any way by stating: "Why should we be concerned? For one, water shortages may be the next great crisis faced by a planet with limited natural resources and exploding population growth. In March 2003, the United Nations issued a report stating that more than 2.7 billion people will face severe water shortages by the year 2025 if the world continues consuming water at the same rate."



### About YUMMY NORTHWEST

Each monthly issue highlights an edible delight available in the Pacific Northwest.

### Contact the editor

Comments, corrections, topic ideas and submissions are all most welcome. [Yummy\\_Northwest@hotmail.com](mailto:Yummy_Northwest@hotmail.com)