

sun valley GUIDE

habitat

2011

ONE COPY FREE

home. garden. life.

CURIOUS
CABINS

WHIMSICAL
WESTERN
AND AWAY
FROM IT ALL

NURSERIES

FOR
NATURE

COCOON YOUR
CHILD IN CAREFREE
COMFORT

THE GOOD LIFE
A PORTRAIT
IN SUSTAINABLE
LIVING



RE-ENERGIZE
YOUR
HOME

TILES FOR
TERRA

BAKING
GOES BACK TO
BASICS

YES WE
CAN

HOW PRESERVING
CONNECTS
US WITH OUR
FOOD

FARM TO TABLE SPECIAL SECTION

Recipe for happiness.



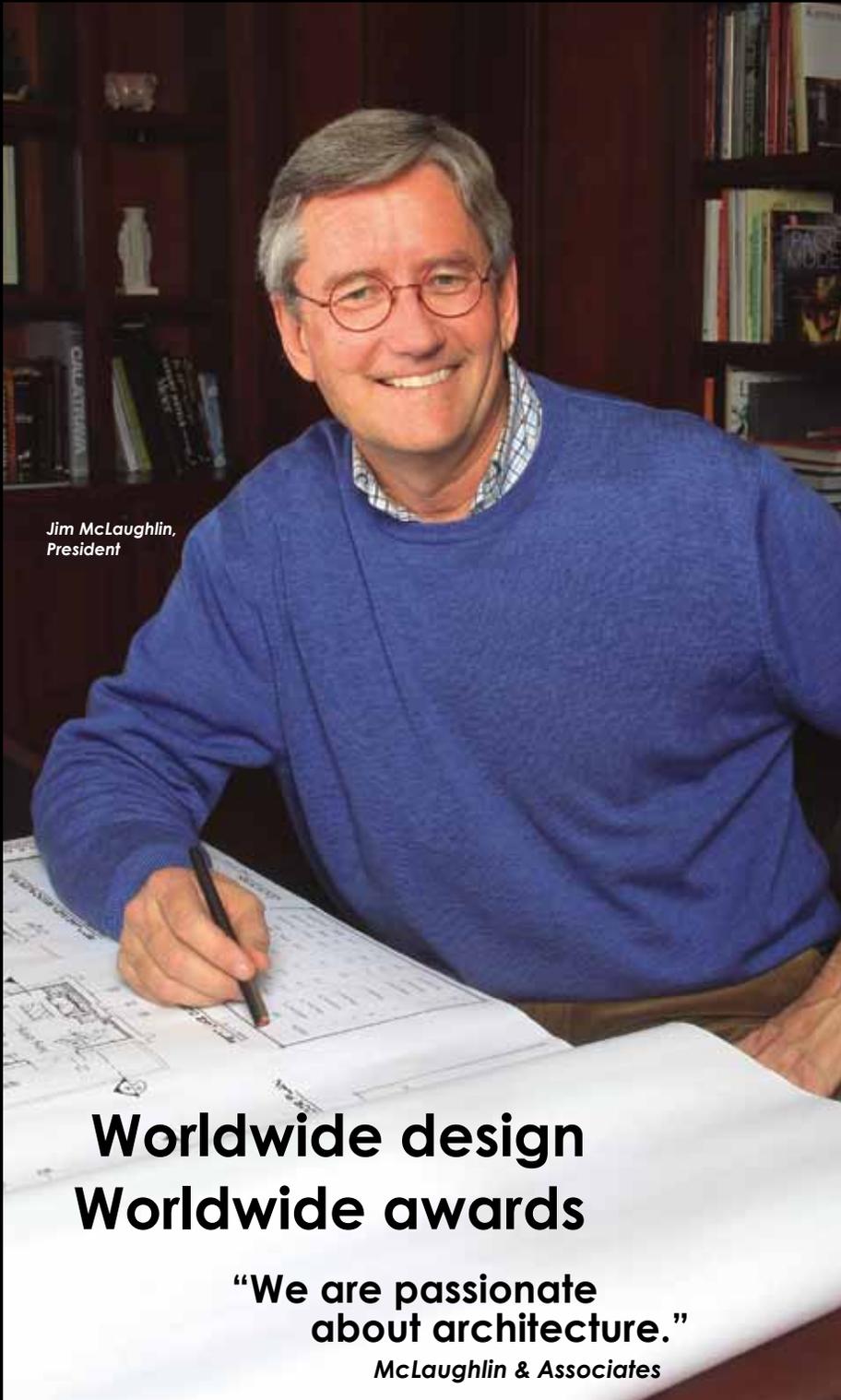
*One fabulous store.
Three great locations.*

Atkinsons'
MARKET
BETTER FOOD | BETTER PRICE



KETCHUM Giacobbi Square 726.5668 | HAILEY Alturas Plaza 788.2294 | BELLEVUE Main Street 788.7788

www.atkinsons.com

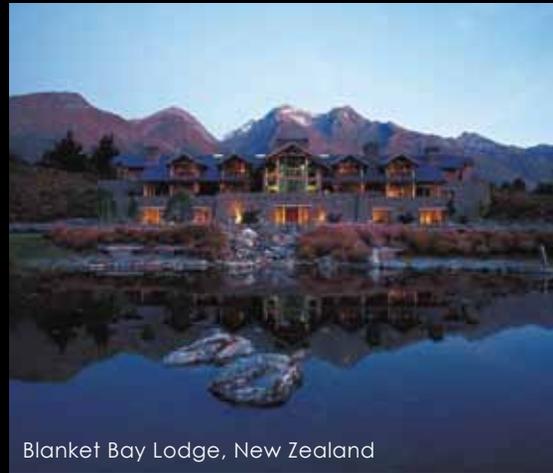


Jim McLaughlin,
President

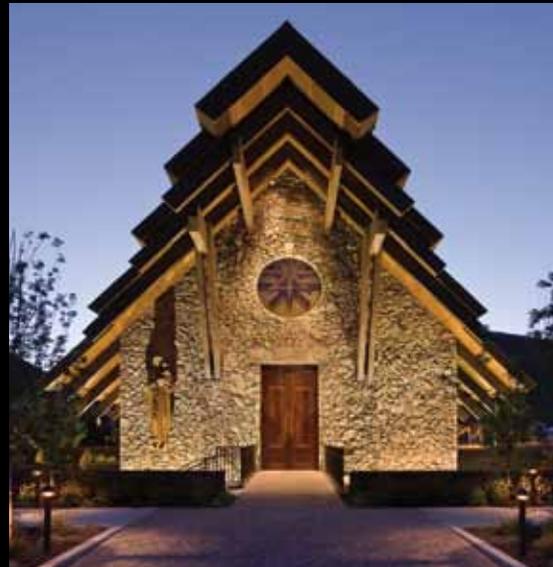
Worldwide design Worldwide awards

**“We are passionate
about architecture.”**

McLaughlin & Associates



Blanket Bay Lodge, New Zealand



McLaughlin & Associates Architects
Chartered, AIA

sun valley, idaho ■ jackson hole, wyoming ■ kukio, hawaii ■ palm desert, california ■ costa rica

100 S. Leadville Ave. Ketchum, ID 83340 ■ PH 208.726.9392 ■ Fax 208.726.9423
www.mclaughlinarchitects.com



Eamon O'Kane, *Black Farnsworth House* (detail), 2010, courtesy the artist and Gregory Lind Gallery, San Fran.

ART EXHIBITIONS

curated exhibitions in ketchum and hailey based around an idea or theme featuring established and emerging artists



PERFORMING ARTS & LECTURES

lecture series featuring speakers like Jonathan Franzen, year-round music both outdoors and in



EDUCATION & HUMANITIES

classes, docent tours, school visits



Sun Valley Center for the Arts providing art experiences to over 25,000 people a year. Be one of them!

191 fifth st. east • ketchum
314 s. second avenue • hailey
208.726.9491 • www.sunvalleycenter.org

features

16 Home Away From Home

Classic Western cabins provide serenity for three valley families
by Robin Sias



16

cover story 22 Yes We Can

How to reap the bounty of the harvest year-round
by Michael Ames



22

26 Nurseries For Nature

Cocoon your child in carefree comfort
by Sarah Latham



26

farm to table

30 The Good Life

A portrait in sustainable living
by Jennifer Tuohy



35

35 Baking Goes Back to Basics

Enjoying the benefits of better baked goods
by Lynea Newcomer

39 Marketplace

Local businesses provide sustainable services
special advertising section

42 Faces Behind The Food

The Williams family
by Tony Evans

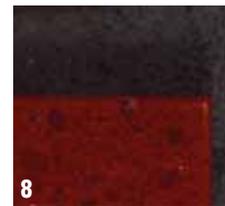


42

departments

8 Habitat Hits

Terra-safe tile
by Sarah Latham



8

10 Know It

The importance of preserving wild lands
by Greg Stahl

12 Do It

Give your home an energy checkup
by Katherine Wutz

14 Grow It

Create a beautiful, water-savvy garden
by Dana DuGan



14



CENTER FOR AESTHETICS

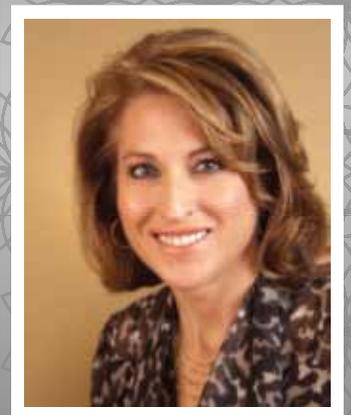
PLASTIC SURGERY AND AESTHETIC MEDICINE

Beauty Surrounds You

The Center for Aesthetics is proud to call Sun Valley home. After over a decade of serving the Sun Valley community, Dr. Catherine Durboraw has opened a permanent location in the Christiania building. We thank you for the support we have received and are excited to remain a part of the Sun Valley community for years to come.

www.TheCenterForAesthetics.com

LEADERS IN AESTHETIC MEDICINE AND PLASTIC SURGERY

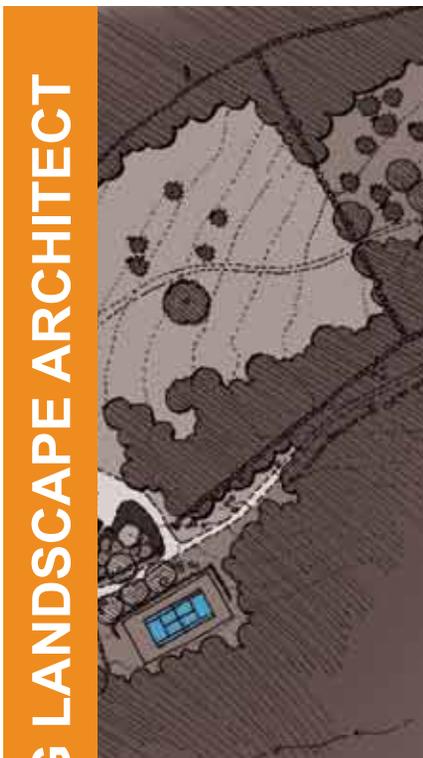


Catherine Durboraw, MD

208.542.1050
800.575.8337



www.byla.us



BEN YOUNG LANDSCAPE ARCHITECT

land
garden
structure

208-726-5903

from the editor

When we launched *Habitat* in 2007, we set out to explore, celebrate and provide inspiration for the homes and gardens—the habitats—of Wood River Valley residents. However, as the home and garden industry has evolved and embraced the green movement, so have we. Over the past four years, *Habitat* has become a roadmap to sustainable living in the valley, helping you build beautiful habitats while preserving the most important one—the earth.

In this vein, the theme of this issue is our connection to the earth. To borrow Roderick Frazier Nash's phrase (quoted in Greg Stahl's excellent essay on the importance of preserving Idaho's wild lands, page 10) we should all aspire to make our lives a "gesture of planetary humility." It is important to learn how best to tread lightly on the earth, but it's also important to remain connected to why we are doing so. We are blessed to wake up every day in one of nature's masterpieces, and we should do everything we can to ensure it remains that way, for our children, and our children's children.

In our main feature, *Home Away From Home* (page 16), read how three local families use their rustic retreats to connect with the wilder side of Idaho and help strengthen the bonds of family. Then learn from valley moms who have created beautiful environments for their children while also protecting the environment for their future in *Nurseries For Nature* (page 26). Our cover story, *Yes We Can* (page 22) teaches us that by preserving nature's bounty we can relish it all year long, and finally, benefit from the experiences of a Hailey couple whose three decades in the valley have shown them how best to live with and learn from the land (*The Good Life*, page 30).



PHOTO BY PAULETTE PHILIPOT

Jennifer Tuohy, Editor-in-Chief

sun valley **habitat**
home. garden. life.

PUBLISHER Pam Morris

EDITOR-IN-CHIEF Jennifer Tuohy, editor@sunvalleyguide.com

ART DIRECTOR Tony Barriatua

COPY EDITOR Barbara Perkins

WEB SITE DESIGNER Coly McCauley

AD PRODUCTION Coly McCauley, Erik Elison

CONTRIBUTING WRITERS Michael Ames, Dana DuGan, Tony Evans, Sarah Latham, Lynea Newcomer, Robin Sias, Greg Stahl, Katherine Wutz

CHIEF PHOTOGRAPHER David N. Seelig

CONTRIBUTING PHOTOGRAPHERS Dev Khalsa, Thia Konig, Paulette Philipot, Kirsten Shultz

BUSINESS MANAGER Connie Johnson

MARKETING/SALES DIRECTOR Ben Varner, advertising@svguide.com

SENIOR ACCOUNT EXECUTIVE William Pattnosh

ACCOUNT EXECUTIVES Rick Greener, Gayle Kerr, Irene Robinson, Jerry Seiffert

Habitat is published annually as part of the *Sun Valley Guide* by Express Publishing Inc., P.O. Box 1013, Ketchum, ID 83340. For advertising and content information or to request copies of the magazine, call 208.726.8060 or e-mail editor@sunvalleyguide.com.

©2011 Express Publishing Inc.

Find us online at www.sunvalleyguide.com  www.svguide.com/subs to subscribe

ON THE COVER: CARROTS FROM SEGO RESTAURANT BY DAVID N. SEELIG



Award winning architecture

RUSCITTO/LATHAM/BLANTON ARCHITECTURA P.A.

P.O. Box 419 Sun Valley, ID 83353
208/726-5608

www.rlb-sv.com

architecture • planning • engineering
interior design



Partners: Jim Ruscitto, AIA, Architect
Nicholas Latham, AIA, Architect
Thadd Blanton, AIA, Architect
Buffalo Rixon, AIA, Architect
Scott Heiner, PE, Engineer
Michael Bulls, AIA, LEED AP

habitat hits



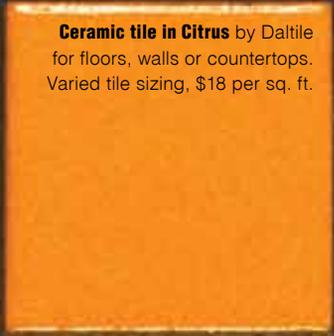
Polished quartz countertop in Stellar Meadow by Silestone. Price and size varies.



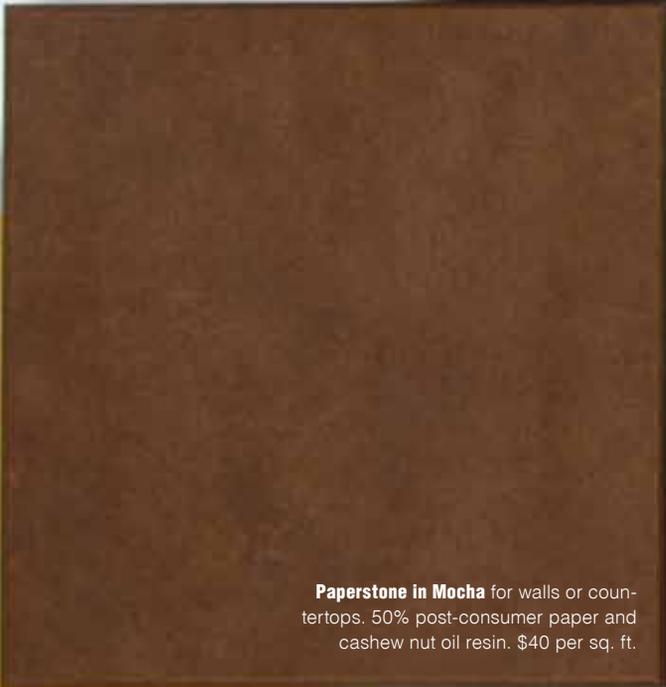
Eco-Cem cement in Celadon Green by Coverings Etc. for walls or countertops. \$53.29 per 2' x 4' sheet.



Recycled glass in Morocco by Daltile for flooring, walls or countertops. Tile and slab sizing available, \$18 per sq. ft., 12" x 12" tile.



Ceramic tile in Citrus by Daltile for floors, walls or countertops. Varied tile sizing, \$18 per sq. ft.



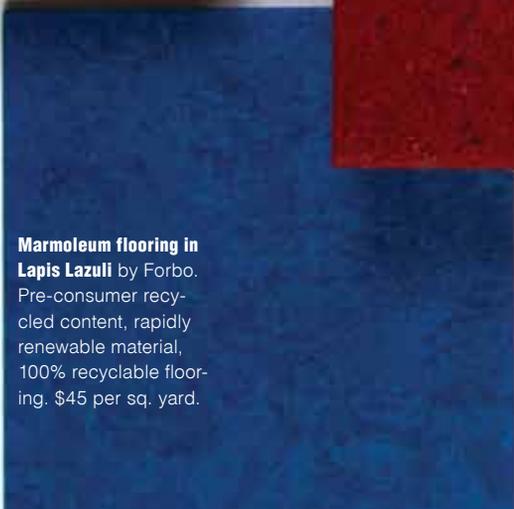
Squak Mountain Stone in Thunder for walls or countertops. 64% post-industrial material sourced within 125-mile radius of Seattle. \$80 per sq. ft.



Paperstone in Mocha for walls or countertops. 50% post-consumer paper and cashew nut oil resin. \$40 per sq. ft.



Eco-Cem cement in Tibet Gold by Coverings Etc. for walls or countertops. \$53.29 per 2' x 4' sheet.



Marmoleum flooring in Lapis Lazuli by Forbo. Pre-consumer recycled content, rapidly renewable material, 100% recyclable flooring. \$45 per sq. yard.



Pure natural quartz slab in Cardigan Red, by Cambria. Price varies, slab sizing.

TILES FOR TERRA

Using eco-friendly materials for walls, countertops and flooring helps keep a home chemical-free, while also protecting the environment. And with such a wide variety of earth-friendly surface options available, the question is why wouldn't you choose green? Here is a selection of the best locally available green options for walls, countertops and flooring.

By *Sarah Latham*
Photo by *David N. Seelig*

Paperstone in Leather for walls or countertops. 50% post-consumer paper and cashew nut oil resin. \$40 per sq. ft.

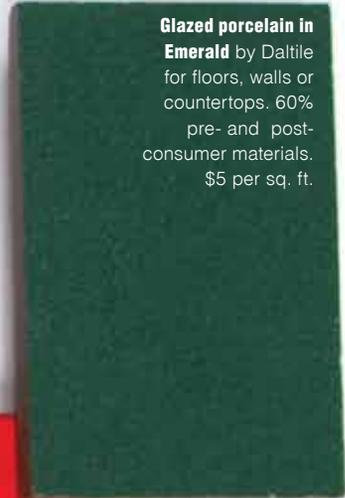


Eco-resin "Itamba" by 3form for walls or countertops. 40% pre-consumer recycled resin. \$39 per sq. ft., 4' x 8' sheets.



Recycled glass in Sage Pearl by Ice Stone for countertops. 100% recycled glass and cement. \$100-\$125 per sq. ft. installed.

Glazed porcelain in Emerald by Daltile for floors, walls or countertops. 60% pre- and post-consumer materials. \$5 per sq. ft.



Ceramic tile in Mandarin by Daltile. 55% post-consumer and industrial waste. \$18 per sq. ft.



Solid bronze tiles by Rocky Mountain Hardware. SCS Certified minimum 90% recycled content and 50% post-consumer bronze. \$23 per 1" x 1" tile.



Terra Crackle ceramic tile in Amber by Terra Green. SCS Certified, 55% recycled glass. \$14 per sq. ft.

WHY **WILDERNESS**

Writer, photographer and natural resources policy advocate **Greg Stahl** on the importance of preserving Idaho's wild lands.

Photo by Greg Stahl



"SO WILDERNESS
PRESERVATION HAS
BECOME, FINALLY,
A GESTURE OF
PLANETARY HUMILITY."

RODERICK FRAZIER NASH

From an eagle's vantage, it looks like a great, crumpled piece of paper that someone tried halfheartedly to flatten. In the brushed glow of early morning, the wrinkled topography of central Idaho creases the horizon. There's no end in sight. It is big country filled with big mountains and big, wild places.

Like much of the West, Idaho is a land of staggering beauty, but it's also a place of biological and philosophical integrity: intact forest and high-desert ecosystems threaded by clean, cold, free-flowing rivers. It's a land of wilderness and wildness, where man has set at least some of the wild aside so all living creatures might benefit. "Wilderness, in contrast with those areas where man and his own works dominate the landscape," states the Wilderness Act of 1964, "is hereby recognized as an area where the earth and community of life are untrammelled by man, where man himself is a visitor who does not remain."

What that means is wilderness set aside by Congress is a place where man cannot tread with anything heavier than his boots. He may enter, but his machines may not. Wilderness, then, with its intact wildlife habitats, is a vital ecological reservoir, a spiritual well for those seeking solace and silence and a significant part of the fabric of who we are.

But as the discussion about wilderness continues to mature in the 21st century, particularly in political circles, it is clear that aspects of the Wilderness Act are often overlooked. In setting aside wilderness, humans recognize something of value that's bigger than they are. More than any access issue, this is the foundation upon which the modern-day idea of wilderness is built.

"This ecocentric argument for wilderness centers on the proposition that human interests are not the paramount concern," wrote historian Roderick Frazier Nash in his seminal book *Wilderness and the American Mind*. "Wilderness is not for us at all. We should allow it to exist out of respect for the intrinsic values of the rest of nature and particularly for the life forms dependent on wild habitats."

One of the last continental states to be settled by Europeans, Idaho is synonymous with wilderness. With 4.9 million acres in 12 congressionally designated wilderness areas, some of the finest and wildest wilderness areas in America are located here. The state's center is a giant doughnut hole of wild land, and only a handful of roads invade its wild heart.

The late Sen. Frank Church, an Idaho Democrat, was a key sponsor of both the Wilderness Act and the Wild and Scenic Rivers Act. The Frank Church-River of No Return Wilderness Area, Idaho's 2.4-million-acre centerpiece, was renamed in the senator's honor.

Wilderness, Church told a northern Idaho newspaper in 1961 while campaigning for the Wilderness Act's passage, "has nothing to do with economics. It has to do with philosophy ... It is our moral responsibility that some of the heritage we have had as Westerners is protected for future generations."

This is in line with the stated positions of many wilderness proponents, and is in step with statements issued by Congressman Mike Simpson, an Idaho Republican who has been working for the past decade to designate as wilderness more than 300,000 acres in the Boulder and White Cloud mountains north of Sun Valley.

"I don't believe there's anybody who's seen this who doesn't think we should protect it," Simpson said during an August afternoon near Big Boulder Creek in the White Cloud Mountains in 2006. "The solitude here is just—you almost need to come out from the hustle and bustle of the rest of the world to find yourself ... I think the value of wilderness is going to increase over the years. I think future generations will look back and say, 'Thank God somebody protected these areas so that we could enjoy them.'"

These are the modern manifestations of the long and tangled history that has molded the idea of wilderness, a concept invented by civilization and still rolling across the American psyche in an evolving intellectual wave. It was at the end of the American frontier in the late 1800s that the scarcity of wild country began to increase its value. The intellectual topography was ready for the vanguard of philosophers and activists who began to consider that nature might merit rights to existence completely independent of its use to people.

"The West of which I speak is but another name for the Wild; and what I have been preparing to say is, that in Wilderness is the preservation of the World," wrote Henry David Thoreau in his 1862 essay *Walking*. "Every tree sends its fibres forth in search of the Wild. The cities import it at any price. Men plow and sail for it. From the forest and wilderness come the tonics and barks which brace mankind."

Wilderness isn't about us or them or whether it's fair that people wearing shoes can access it while those on bicycles cannot. Wilderness is a refined way of thinking about humankind's relationship with nature and offers an alternative to our historic domination and conquest.

"At the heart of the new, ecocentric rationale for wilderness is respect for this larger community of life and process," Nash wrote. "So wilderness preservation has become, finally, a gesture of planetary humility." 

Sun Valley's Finest Florist for more than 35 Years



Primavera

Weddings, Events,
Orchids & House Plants,
Silk & Dried Flowers,
Baskets & Pottery, Holiday
Decor, Gourmet Gift Baskets
We Wire Flowers Anywhere!

tel 208.726.7788 toll free 888.913.7788

Located in the 511 Building Fifth and Leadville Ketchum, Idaho
www.primaverasunvalley.com

**WHAT YOU'LL
FIND AT**

mtnexpress.com

BREAKING NEWS

CLASSIFIEDS

**CALENDAR
OF EVENTS**

DAILY NEWS UPDATES

SPORTS

ARTS

REAL ESTATE

IDAHO MOUNTAIN


Express
AND GUIDE



organic • local • vegan

Smoothies, Green Juices,
Live Vegan Entrees,
Decadent Desserts,
High Vibration Supplements



Mon-Sat, 11am-5pm
380 Washington Ave. #105
Ketchum, Idaho (208) 725-0314

www.glowlivefood.com

REENERGIZE YOUR HOME



Save hundreds of dollars and help the planet; make your home energy efficient.

By *Katherine Wutz*

Photos by *David N. Seelig*

Energy auditor Tom Harned barely entered the Hailey home before he began firing questions—odd ones, at that. “Do you ever feel air coming from your can lights?” he asked the bemused homeowners, Deb and James Mitchell. “Are all of your rooms the same temperature? Have you noticed any drafts?” This was just the preliminary stage of a four-hour energy audit, an evaluation that determines how much energy a home loses.

There’s a method to Harned’s madness: Drafts of air coming from the home’s newly installed can lights mean that cold air is leaking in, driving up heating costs. If one room is significantly colder than the others, that means there’s a large air leak somewhere in there.

Harned, owner of energy auditing company Airtight Homes, based in Hailey, said energy loss isn’t necessarily a result of a poorly built home. “A lot of homes in the valley are built well, and a lot of the contractors are pretty savvy,” Harned said. “But even the best-built homes could be built better.”

The Mitchells’ home, built on Walnut Street in the early 1990s, would likely have been tightly constructed, keeping energy loss at a minimum. It’s the valley’s older homes that are often the biggest energy losers, said Brian Bennett, owner of The Energy Auditor in Hailey, with leaky ducts and general inefficiencies adding up to major expenses for homeowners. “A lot of the old stock, especially the townhouses and condominiums, are very energy-inefficient,” Bennett said.

Multi-unit dwellings share crawl spaces and duct systems that if not properly insulated are huge energy drains. The owners of the units would have to band together to make improvements.

The Mitchells’ home throws up a few red flags during its audit, problems that tend to be typical of homes in the valley.

A blower-door test, in which the home is sealed and a fan is used to depressurize it, revealed air leaking in through various places, including around the access to the home’s crawlspace and around several windows. “Heating is definitely an issue, but one of the things that surprises people the most is how much air moving through the

home wastes energy,” Bennett said. “If you’re spending money on heating, you want it going into the spaces where you want it to go.”

Leaky ducts and drafty windows pull cold air into a home. When combined with an inefficient furnace and dirty air filters, these seemingly minor problems can add up to major energy costs for homeowners.

While not all holes or gaps in a house can be sealed—fireplaces, for instance, are always going to result in a draft—Harned said it would be easy to seal up the drafty windows in the Walnut Street house. “A six-pack of beer, a tube of caulk and a weekend and you’re done.” This can achieve savings of about \$150 per year, he said.

The most dramatic savings, however, can come from replacing an inefficient heating system. At one recent audit, Bennett’s major recommendation was to replace the propane heater with a more efficient air-source heat-pump system. Even if the outdoor air feels chilly, it still holds some heat, which the pump draws out via use of a condenser, compressor and heat exchanger. Installing this system reduced the homeowner’s heating bill by \$982 a year, meaning the pump will pay for itself in a little less than five years.

Other options included a standard electric heating system and gas heating. Though electric heat is considered to be 100 percent efficient, Harned said, it’s actually closer to 30 percent, as the transmission lines bringing energy from the source of production to a home loses 70 percent of the energy in transit.

The better option is gas, which doesn’t lose any energy in transmission. Open-combustion gas heaters like the one at Walnut Street are about 80 percent efficient, but closed-combustion furnaces are significantly more so, because less heat is lost.

An inspection by a certified energy auditor—who will point out specific problem areas, including any dangerous inefficiencies, and tell homeowners to invest in improvements—starts at \$400. Local, state and federal grants can defray this cost, as well as that of any improvements (see sidebar). 

“A LOT OF HOMES IN THE VALLEY ARE BUILT WELL, AND A LOT OF THE CONTRACTORS ARE PRETTY SAVVY. BUT EVEN THE BEST-BUILT HOMES COULD BE BUILT BETTER.”

TOM HARNED
AIRTIGHT HOMES

GREENFOR GOINGGREEN

Grants on the local, state and federal levels are making it easy for area residents to make their homes more energy efficient.

Community Audit and Retrofit Rebate Program (CARRP)

Residents of Sun Valley, Ketchum, Hailey, Bellevue, Fairfield and Blaine and Camas counties can apply for a maximum rebate of \$2,000 to help defray the cost of an energy audit and materials for any improvements that result. Half the cost of the audit, up to \$200, is available as well as 30 percent of the cost of materials for those in Sun Valley, Ketchum, Hailey and Blaine County. Those in Bellevue, Camas County and Fairfield can apply for up to half the materials cost. For more information, contact the local building department. The CARRP program, which started in August 2010, expires when the available funds run out.

Federal Tax Credits

For those who want to make major improvements, up to 30 percent of the costs of improvements such as insulation, geothermal heat pumps and solar energy systems can be covered by federal grants.

Details: energysavers.gov

State Incentives

Tax deductions, loans and cash rebates are available for homeowners who wish to make improvements such as buying Energy Star® appliances, installing solar energy systems or weatherizing.

Details: energy.idaho.gov

Idaho Power

Offers free house calls to qualified residents, including testing for leaks in duct systems, sealing ducts, installing CFL light bulbs and replacing air filters. Details: 800.827.8161. Another option is the Weatherization Assistance Program, which provides free improvements such as insulation, weather stripping and sealing air leaks for qualified applicants.

Details: 208.733.9354



Let's go back to
thinking inside the box.



AIR•TIGHT
HOMES, LLC

Practical, Effective Solutions to:

- Improve the comfort of your home.
- Decrease your monthly utility bills.
- Save Money.

Call Tom Harned

HERS® Ratings, Energy Audits and Energy Consultation

720-7297

www.AirTightHomesLlc.com



Your Complete Systems Integrators

Satellite, Lighting, Audio, Video, HVAC, Security,
Window Treatment, Phones, Network, and more.



Alturas Plaza, Hailey
208-788-3400

Call for a demonstration
and appointment today!

www.audioi.org
email: info@audioi.org



AVAYA

CRESTRON

McIntosh



A WATER WONDER

New technologies enable a Hailey couple to create a landscape that is both beautiful and water-wise.

By Dana DuGan

Photos by David N. Seelig



PHOTO BY DEV KHALSA

Water is at a premium in the West, and Idaho homeowners are being challenged to live within nature's means. Blaine County is in the dubious position of being one of the thirstiest in the nation. Households here consume 762 gallons a day, six times the national average. Half that water goes toward irrigation.

Clearly residents of the Wood River Valley have a duty to act, but they need not forgo attractiveness to achieve the goal of conservation.

Tom and Molly Page built their charming, LEED-certified Hailey home in 2009. They mandated landscap-

ing that was low maintenance, conserved water and was aesthetically pleasing. They succeeded.

Slightly hidden from its neighbors by an array of lush, natural landscaping, the Pages' home consumes an average of 369 gallons of water a day, a figure less than half the amount of a standard Blaine County household. But theirs is not the barren, dry landscape that the term xeriscaping (the art of water-wise landscaping) often implies. The Pages have not sacrificed a lawn for their two children to play soccer on, nor thrown the idea of a vegetable garden or fruit trees on the compost heap. Colorful plants and vibrant shrubs, such as chokeberry, mountain mahogany and Western sand cherry, are abundant in Molly's garden.

Through thoughtful design, careful soil selection and specific zoning for specific plants, the Pages have achieved a functional, beautiful landscape that minimizes water use and allows a wider variety of plant life than traditional xeriscaping. So successful have they been that the Pages' yard is one of the first LEED-certified landscapes in the Wood River Valley.



THE PAGES' GARDEN CONSUMES ABOUT 60 PERCENT LESS WATER THAN ONE WITH A CONVENTIONAL SYSTEM.





SAVE WATER SAVE \$\$

Think about irrigation. Don't turn the sprinkler system on in May and forget about it until October. If it's raining, turn it off. Check to see if the grass looks green without soaking it. Live with grass that might be a little drier. A short watering is really all that is needed. "People seriously abuse it—an hour a day is too long. Twenty minutes every other day is about what it takes for a zone to be kept relatively green, maybe a bit longer in August," said Mark Spencer of Hailey-based Native Landscapes. Make sure the system works properly and is not watering the road, driveway or just one area. Consider drip watering, it's more efficient than oscillating overhead sprinklers. A lot of new systems are more efficient, with wind-resistant nozzles, streams rather than misting, for instance.

water use dropped, and this year it was cut in half. Spencer projects even lower water needs as the plants continue to mature.

Most plantings are watered once a week (the vegetables a little more frequently). Initially, the goal is to water once a week for shrubs and then, as they become more mature, every few weeks. At that point the "spring water should be sufficient until maybe mid-June," Spencer said.

When all factors are considered—the irrigation system combined with careful planning—the Pages' garden consumes about 60 percent less water than one with a conventional system.

Saving money is one of the pros of landscaping this way, but there are other reasons to invest in reducing water use, including ease of maintenance, health (from the lack of toxic fertilizers and pesticides), conservation, survivability of plants and habitat creation. While the cost of installing Native Landscape's system (about \$2,000, 30 percent more than a conventional system) puts it out of reach of some valley homeowners, there are ways to get closer to the long-term savings that the system imparts. One is exchanging a lawn for more varied landscape, or simply choosing a different grass than the popular-but-thirsty bluegrass and buffalo grass (tall fescue and sheep fescue are good alternatives). An attractive, low-maintenance option is to replace some or all of a lawn with pavers. And, when in the planning stages, be sure to integrate plants such as shade trees to take advantage of natural water conservation.

Implementing some or all of these methods can result in saving money and helping the environment—not to mention enjoying an attractive landscape. ☐

"Our philosophy is to find a strategy for every client that will use as little water as possible to maintain it," said Mark Spencer, project manager for Hailey-based Native Landscapes, who designed the Pages' garden. A sophisticated irrigation-control system (called an Evapotranspiration-based central control) allows constant monitoring and easy adjustment to ensure that the garden never takes more water than it needs. It's also tied into a weather system so it won't over water.

"It's worked really well. We can look out onto a really nice native environment," Molly said. "We made a conscious decision to have less sod, and what we do have is Idaho fescue. And with all the native berry shrubs, we feel like we're in an oasis." Indeed, an abundant berry patch borders a low fence, surrounding flowing grasses and the native berry-producing shrubs and trees, which are a conspicuous departure from the standard neighborhood pines, aspens and cottonwoods.

After clearing much of the lot, the Pages opted to keep the mature elms in front, lilacs on the north and south sides, a box elder and some chokecherry trees. They created one conventional turf area for the children to play in (9 percent of the total 18,000 square feet of landscaping). Native groundcover, such as cranesbill geranium, rosy pussytoes, basin wildrye and Rocky Mountain penstemon cover another 14 percent. "Most Old Hailey lots have more traditional landscaping with bluegrass," Spencer said. "They went a different direction."

In addition to native plantings, plans called for raised beds for a vegetable garden on the southwest side of the house. "Our strawberries, some of them, are ever-bearing. So we're still eating them now," Molly said in October. The south side, which was designed for low water use, is very colorful throughout the summer. Apricot and pear trees were also added. Molly makes jam from their fruit.

The high-efficiency evapotranspiration watering system, the first to be installed in the Wood River Valley, is run by a computer in the Native Landscape office in Hailey. At first more water was needed to establish the plants (but still half as much as a conventional sprinkler system would use, Spencer said). By the second season,

ART, ECOLOGY & LANDSCAPE ARCHITECTURE

native landscapes

DESIGN • BUILD
RENOVATE • MAINTAIN

native-landscapes.com
208.578.2200

HOME

away from

HOME

**TAKE INSPIRATION FROM THREE WOOD RIVER VALLEY
FAMILIES AS THEY ESCAPE FROM THEIR HECTIC LIFESTYLES
AND RELAX IN THEIR OWN PRIVATE IDAHO CABINS**

text by Robin Sias photos by Thia Konig



Michael Madsen greets Isabelle from under the outdoor shower at his family's cabin near Redfish Lake.

From Henry David Thoreau's experiment in living on Walden Pond to Laura Wilder's little house on the Midwestern prairie, cabins are deeply ingrained in America's heritage and imagination, invoking some of the very ideals the country was founded on: self-sufficiency, economy and simplicity.

Today, the popularity of the cabin—a simple living space, usually located away from it all—still runs deep, though floor plans and standards for comfort have evolved. Even for families who live in the relative peace, quiet and isolation of south-central Idaho's Wood River Valley, the quest for the lifestyle typified by cabins still is compelling. The opportunity to disconnect from the rigors of modern life and connect with family, friends and nature add to the allure of cabin ownership.

"When we tell people who don't live here that we have a cabin, they chuckle," said Peter Madsen, who owns Salon Gamine in Ketchum and helped build his family's cabin, Lollygag, near Redfish Lake at the base of the Sawtooth Mountains. "They wonder, why do you need a cabin when you already live in the middle of nowhere?"

Fellow cabin owner and Ketchum resident Susan Flynt, who built Serenity cabin 25 miles east of town, by way of Trail Creek Pass, has the answer: "It's the perfect place for the kids to get bored and figure out what to do. People often ask why we need a place to get away. But you do need a place to get away from your very full life. Even here."

For Community School teacher Janet Salvoni, husband Frank and their two young sons, weekends at their cabin on the South Fork of the Boise River provide adventure and freedom. "We live in a condo in Ketchum," Janet said. "For us, it's huge that we can give the boys such a big space to play in." Their 1,200-square-foot getaway sits north of Anderson Reservoir.

The Madsens' cabin literally rose from the ground on which it is built. The lodgepole pine felled to clear the land was used to build the 1,100-square-foot cabin, the bunkhouse, garage and outdoor shower.

"Our intention was to build a cabin that looks like it's been here a long time," he said. And he succeeded. The cabin, stained a deep green, nestles into the mountainside, its aged patina giving the impression that it has been handed down through the generations.

Construction was a family affair. Tori Madsen single-handedly made hundreds of wood plugs for the floors. And though only toddlers at the time, Michael and Amelia, now 11 and 8, got involved, too, painting and staining everything from logs to walls to doors. They also helped strip bark and collect rocks. The cabin was ready in fall 2004, two years after the Madsens started the project. "There always seems to be something else we can do or add on, though," Peter said. "So I'm not sure it will ever be finished."

The Salvonis took a similar hands-on approach to building their cabin. "We did as much of it ourselves as we could," Janet

Continued on page 20

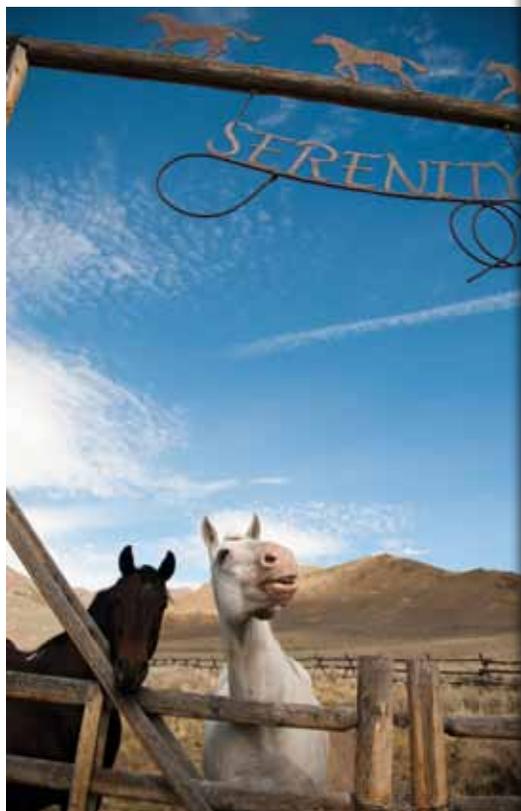


Michael Madsen plays with his puppy, Isabelle, under a vintage daybed (top left) in the Madsens' Lollygag cabin (above and top right). Tyler and Cooper Salvoni relax in the hot tub (above right) at their family's Boise River escape (below).





The Flynts' cabin, Serenity, is ideally situated on 40 acres of wild land near Copper Basin (top). Relaxing and enjoying good food and company are Susan and Jerry's main pursuits at Serenity (above right with son Travis and friends Valerie and Al Williams), along with riding their two horses Doc and Zane (below right).



OWN *your* OWN

A huge draw for cabin ownership for these families is just that—they own it. All three cabins are built on private land, not land leased from the government. And, according to real estate professional Jim Figge of Sun Valley Associates, opportunities abound for land and cabin ownership in the Sawtooth National Recreation Area.

“From Fisher Creek to Smiley Creek to the city of Stanley, there are many interesting areas,” Figge said. However, these lands often include easements, and Figge, a cabin owner himself, emphasized the need to work with a knowledgeable real estate agent who has experience with this type of property.

Some cabin areas, like those on Pettit Lake, 45 minutes north of Ketchum, are built on land leased from the government, through the National Forest Service. But according to Figge, that’s the exception, not the rule.



SCOTT MILEY ROOFING

ASSOCIATED CONSTRUCTION SERVICES, INC

THE RE-ROOFING PROFESSIONALS



RE-ROOFS • SHEETMETAL FABRICATION • SEAMLESS AND COPPER GUTTERS
COLD ROOFS • WATERPROOFING • SIDING • CONSULTATION & CONSTRUCTION

208.788.5362 | scottmileyroofing.com | 1760 Lear Lane | Hailey, Idaho 83333

Continued from page 18

said. In 2004, she and Frank purchased a cabin kit from Jackson Hole Log Homes. They researched cabins online and spoke to people who had built cabins from kits. "They sent us a catalog and we narrowed down our choices, by way of size and price, and went from there. It was easy."

They then set about assembling the structure. With the help of a general contractor and about five of his men, the Salvonis pitched in to raise the proverbial roof. "We came out on weekends and did a lot of work, as did many of our friends," Janet said.

The Madsens and Salvonis tried to furnish their cabins with reclaimed and repurposed items. With the exception of two functional pieces made to fit certain spaces at Lollygag, all furniture and fixtures in the cabin are finds from garage sales, consignment stores and the Building Materials Thrift Store in Hailey. The doors are reclaimed and even the toilets and sinks were previously owned. Some pieces, like a 1906 claw-foot Crane tub that Peter uncovered in Oregon and a 1940s Chicago sleeper sofa with the original hay mattress, are real finds.

The piece-by-piece approach to decorating also worked for the Salvonis. "All of our furniture came from ads in the local newspaper," Janet said. A treasure trove of brand new doors that didn't fit the original owner's specifications found a home in the Boise River outpost, as did kitchen cabinets that were once fitted into a hotel room in Elkhorn.

For Jerry and Susan Flynt, the rugged landscape shaped their vision for the aptly named Serenity, situated at the end of a long dirt track opposite Copper Basin Canyon. "We cut in the road above the meadow and fenced in the boundaries. We brought in several big truckloads of boulders and dumped them into the creek bed, allowing the water to slow enough to attract the beavers to build their dams and lodges."

Once they had determined the ideal spot for a 1,200-square-foot cabin and 900-square-foot bunkhouse, construction commenced and Susan went to work on the inside. An interior designer, she picked all the finishes and colors (test patches for the plaster finish walls are still hidden behind the refrigerator). The cabin is a batten board design—a rustic siding finish that alternates wide boards with narrow strips—typical for a building in Western/pioneer style. She chose a rugged, cowboy motif to complement the surroundings. "The floor gets scratched up. Nothing is too perfect. The dogs are welcome to sit on the couch," she said. "It's a place to play and experiment. The kids (Travis, 12, and Reta, 16) are constantly cooking—creating concoctions we all have to sample."

Though each family uses their cabin differently, one common thread unites them: the desire to let the days unfold as they will. The Flynts enjoy rising early, while the children are still asleep, and taking in spectacular sunrises through the picture window. "I take all the magazines I never get to read, stay in my pajamas and relax," Susan said.



The Evolution of Carpentry through State-of-the-Art Technology

Cimarron Lofting Inc.

Old-fashioned Quality Superior Service

Joiners
Trim Carpenters
CNC Service



208.578.0218 | 1730 Lear Lane Unit C | Hailey Idaho 83333

And the days don't get much busier from there. The family rides their two quarter horses, Zane and Doc, fishes for brook trout in the pond, hikes the surrounding hills and returns to their picnic table to take in the sublime views of the rugged Pioneer Mountains, looking out toward Devil's Bedstead and Hyndman Peak.

None of the cabins has Internet, cell phone service or cable. "It's like being at camp," Peter Madsen said. "We don't come up here to do a bunch of things. It evolves naturally. We take out the boat, play games and just hang out.

For the Salvonis, the cabin is the ultimate escape. "We're about as off-the-grid as you can get," Janet said. Whenever they leave for their river retreat, they tell people they're going camping. And that's not far from the truth. Propane is their only source of power and, until this past summer, they had no running water.

The rustic lifestyle is what makes it fun for the Salvonis. The hot tub is heated by a wood-burning stove and dishes are washed with water heated by the sun in a huge container. French doors open onto the wide deck, allowing the family to quickly move the dining table outside to enjoy a meal under the stars, serenaded by the river.

Still, no matter how long and unscheduled the days, cabin ownership is a form of second home ownership, and trips require planning and upkeep.

With two children five and under and the nearest diapers 40 minutes away in Fairfield, organization is key for the Salvoni family. "I make a grid each week for what to bring," Janet said. The added work is worth it to her, though. "I can't wait to get there," she said, "My shoulders drop three inches when we arrive."

And while running a cabin is an added expense, once the land is purchased and the cabin is built, bills are minimal. Fireplaces and wood-burning stoves quickly heat up small spaces; wells provide water. There are no phone or Internet bills.

Key for the Madsens and Flynts is the proximity of their getaway spots. It takes both about an hour to reach their cabins, a point that Peter Madsen insists makes all the difference when it comes to actually using their cabin. "If it's longer, it becomes complicated. And if it's complicated, you won't use it."

For the Flynts, cabin ownership provides more than just a getaway—it's a chance to give back. When they bought their property, they entered into an agreement with the Wood River Land Trust, an organization that works with private landowners and local communities to protect and restore land, water and wildlife habitat.

"Our deeding of an easement to the Wood River Land Trust ensures there will be no more 'people' development to Serenity," Jerry Flynt said. The easement also binds future owners of the land, meaning that "Serenity will stay as it is now for perpetuity."

This legacy includes wilderness, moose, elk, antelope, cougars, bluebirds and sage grouse—but also growing children, shared laughter and a lifetime of memories. 🌲



PIONEER CABIN COMPANY

Architecturally Authentic Lodging.



OFF GRID POWER PACKAGES

LOG CABINS

Architecturally authentic, environmentally conscious, hand-crafted structures... your dream retreat, built to your wishes!

FURNISHINGS

Home furnishings, accessories, art, gifts and handcrafted Western treasures designed for mountain living... bringing the Pioneer Lifestyle home!



PHOTO BY MARK STONE

208.726.8347

www.pioneercabincompany.com

YES WE

How canning, pickling and preserving
connects us with our food

CAN

By Michael Ames
Photos by David N. Seelig



COLOR HAUS

Locally Owned & Operated



Paint for Contractors and Homeowners
Custom Colors

726-4589
145 Northwood Way
Ketchum, Idaho

Benjamin Moore
The Leader in Paint & Color™



Sales and Repair of
Airless Guns and Sprayers



788-5346
230 S. River Street
Hailey, Idaho

“the beauty of canning is you have food

It wasn't that long ago that the microwave oven was a miracle, a magic, time-saving machine. But today's food trends are moving mostly in reverse. For the conscientious eater, TV dinners and other one-time wonders are beyond passé—they are downright evil. If our relationship with food goes in cycles, it seems we are right back at the beginning.

Perhaps no trend bears this out more clearly than home canning. “Putting up food,” as it's known, is a serious throwback to a less convenient time. Most modern humans would agree that industrial canning methods have worked just fine for preserving fresh foods for months, years or even decades. Canned foods fed 19th-century explorers and soldiers in two world wars and remain a basic fact of life in remote settlements throughout the known

beans or just about anything you can seal into a glass jar. Pickled pigs ears? Why not? Canned chili con carne? Absolutely.

The time and effort involved in all of this is invariably worth it. According to Kaz Thea, who teaches home-canning workshops at the Sawtooth Botanical Garden and also manages the Wood River Farmers' Market Association, foods preserved at home are superior by just about any metric.

Let's start with taste. Thea pointed out that the extreme pressure and heat used in the industrial methods tend to break down consistency and flavors. There's a reason that those supermarket beans from a tin can don't hold their shape in soups and stews. Factories may be economically efficient for manufacturers, but they could turn your *pasta e fagioli* into a mushy, beany mess.

There is another, lesser-known benefit of



Chef Taite Pearson mixes and pours perfect pickling elixirs in the kitchen at Sego Restaurant in Ketchum, where preserved foods are a key part of his gourmet philosophy.

world. At about a dollar per unit for most staple vegetables and legumes, the classic tin can continues to be sound economic policy for any household.

But for fervent believers in today's fresh-and-local movement, the tin can is flawed. Preserving food at home in the kitchen takes some time and know-how, but has several benefits. Methods of home canning range from the relatively simple pickling—where salt and vinegar preserve everything from cabbages to cucumbers to beets—to the pressure cooking and sanitizing of spinach,

the home-canned bean: a longer shelf life once the jar has been opened. This is likely due to the fact that home canning occurs at a lower temperature than the supermarket variety. Thea buys black turtle beans from local organic hero Mike Heath of M&M Heath Farms in Buhl, Idaho, soaks them overnight and cooks them for an hour or so before canning. This process is low impact on those delicate beans and they will last much longer in her fridge than even the best organic beans from the store. The homemade version's best feature, however, is its most essential: “The

that will last you a few years.” Kaz Thea

beauty of canning is you have food that will last you a few years,” Thea said.

Be aware, however, of home canning’s real and present danger: botulism. Despite *Clostridium botulinum* bacteria’s recent cameo in Botox skin treatments, botulism is a serious and potentially fatal toxin. Even more frightening, some strains are odorless, colorless and extremely difficult to detect. “If I open a can, and it’s doing some sort of funny bubbling thing, I’m probably going to throw it out,” Thea said.

The high-heat, sanitization and vacuum-sealing processes of home canning are therefore particularly relevant with low-acid vegetables like green beans, corn and beets. In these foods, it is vital that bacteria-breeding oxygen is removed through the sterilized, vacuum-sealed canning process. At higher altitudes like ours, water baths

many foods’ best flavors. Depending on the intensity of the brine, pickled foods will last several months or more.

At CK’s Real Food in Hailey, head chef and co-owner Chris Kastner pickles several dozen jars of bread-and-butter pickles in the early fall to use all winter on hot dogs and sandwiches. Last September, his staff stocked up on 150 quarts of sliced spicy Hagerman cucumbers pickled with garlic, chilies and onions. Kastner also pickled a panoply of peppers in big two-gallon jars, which he finds to be “a great snack and diet aid.”

For use throughout the winter, Kastner and Thea preserve tomatoes in a variety of preparations (smoked, strained, pureed, roasted, sauced). And the relishes, chutneys, hot sauces and jams that can be concocted from goods grown at home

perfect preserves by Kaz Thea

CHUTNEY A sweet and sour combination of fruits and spices. Apricots, nectarines, peaches and plums work well. Green tomatoes, too. Acidic vinegar helps chutney keep for several months. Additional flavors to add include onions, garlic, raisins, ginger, mustard seeds, cinnamon, cloves, allspice, salt and chili peppers.

CANNED/PRESERVED FRUIT The simplest way to preserve fruit. Peel fruit by quickly blanching, then halve or chop to desired size. Pour a hot, sweet syrup over the fruit and fill the jars.

TOMATOES Forever versatile, they can be canned as a salsa (combined with onions, sweet and hot peppers, cilantro, lime, vinegar, garlic and spices), cooked into tomato sauce with garlic, onions, herbs and spices, or roasted slowly in the oven with oil, salt and pepper. Tomatoes can well for later use in recipes such as chili, lasagna, pizza or soup.

PICKLING An effective and flavorful way to preserve most vegetables, including asparagus, cucumbers, cabbage, carrots, cauliflower, radishes, jalapeños and zucchini, as well as fruits such as plums. Choose only the freshest vegetables, ideally within 24 hours of harvest, as they will deteriorate in the jar if too old. Pickling is achieved with vinegar- or salt-based brines combined with strong herbs and spices such as garlic, allspice, ginger, bay leaves and hot peppers.

FRUIT BUTTER Thick, creamy and spreadable, fruit butters are made from slowly cooking fruit and sugar and adding spices to enhance the flavors. Fruits like apples, plums, apricots or peaches are cooked with apple cider, sugar, cinnamon and cloves. Fruit butters can be used as a fat-substitute in baking, spread on toast, added to an oil and vinegar salad dressing or used as a filling for layer cakes.

must boil longer for fully sanitized foods. Canning higher-acid fruits and pickling vegetables in vinegar carries far less risk. Adding lemon juice or citric acid also helps to ensure a botulism-unfriendly environment. (Check canning-specific cookbooks or government sites like the National Center for Home Food Preservation—www.uga.edu/nchfp—for current, detailed instructions on canning a wide variety of foods at home.)

Pickling brine, a solution based in salt, vinegar and/or sugars, kills off unwanted bacteria while simultaneously highlighting

or purchased at local farmers’ markets, perfectly embellish simple winter foods.

For Thea, the point of preserving the fall harvest goes beyond the immediate pleasures of taste and practical preparation. “We’ve taken the joy out of cooking and eating,” she said. “We don’t spend much time in the kitchen anymore.”

She sees pickling and preserving as one remedy to our complacency. “If we can define the value of food and get back into the kitchen, people will find joy there, like our grandmothers used to have.”

BELLISSIMO

EMBELLISHMENTS
FOR THE HOME



351 Leadville Ave. N.
208-726-0702
shopatbellissimo.com



nurseries**FOR**nature

sustainable interior
designer and
expectant mother

SARAH LATHAM

entices local moms
to share their
secrets for creative
and healthy
children's rooms

photos by
KIRSTEN SHULTZ

Quite soon after discovering I was pregnant with my first child, I made a second startling discovery: Babies need stuff. A lot of stuff. Not only that, but there's a daunting multitude of options, and with all the health concerns and product warnings facing a first-time mother, the fear of getting the wrong item is magnified. So I set out to determine which products would be the healthiest for my baby and the environment.

According to the U.S. Green Building Council's *Green Home Guide*, the most important step is to reduce exposure to toxic chemicals. Babies' immune, hormonal and nervous systems are still developing, meaning environmental pollutants affect them more than they do adults. Creating a green nursery is incredibly important to a child's health since newborns spend an average of 16 to 17 hours a day there.

I wanted to create a nursery where I wouldn't have to worry about chemicals, toxins or other hazardous materials. I wanted to make my child's room safe and green.

For answers and advice, I turned to the community of Wood River Valley mothers to glean from their experiences just how best to envelop my child in a healthy and sustainable environment.

Anne Mulick designed the rooms of her daughters, Maeve, 1, and Grace, 7, with the environment in mind. "It gives us peace of mind that we are doing the right thing," she said.

The key ingredient for any green nursery is the paint. Benjamin Moore Aura paints are a low-VOC, low-odor, acrylic paint that releases no or minimal volatile organic compounds, though they're more expensive than standard paint (a gallon of regular Benjamin Moore starts at \$34, its Aura paint starts at \$58). "The paint seemed like a logical choice," Mulick said. "Why wouldn't we do that for our girls?"

An area rug made of 100 percent wool in Maeve's room also contributes to better air quality. Wool and other raw, natural materials don't require the use of VOCs or other chemicals that are known carcinogens (such as benzene and formaldehyde), substances commonly found in synthetic floor coverings. They also contribute to the use of rapidly renewable, local and environmentally friendly practices in growing.

This is why it is also important to choose natural, and if possible, organic materials for the child's bed. The *Green Home Guide* recommends real wood, natural finishes and untreated pure cotton and wool (preferably organic) bedding.

However, the crib is one area where going green can be substantially more expensive. For safety reasons, reusing cribs is not recommended and, as Becky Kinman of Hailey discovered when she researched cribs for her son, Holden, the environmentally responsible route costs more in this instance. Kinman selected a crib from Nurseryworks, which specializes in handcrafted contemporary furnishings made with environmentally friendly materials and manufacturing processes. The crib, which retails for \$800, is made with paulownia wood (a fast-growing, richly grained, lightweight, fire- and decay-resistant hardwood species), low-VOC finishes and glues and formaldehyde-free dyes. Kinman also opted for an organic mattress. An alternative option is choosing an organic mattress cover, which helps limit off-gassing from a regular mattress (as does airing it out for as long as possible prior to use). For Kinman, the extra expense of a truly "green" crib was worth the investment. "With such a small space (the nursery is a trapezoid-shaped 9 feet by 11 feet), I wanted to make sure nothing was toxic for Holden or us," she said.

Kinman offset the expense of the crib by using repurposed items for the rest of the room's furniture. "They were items we had used in other parts of our house and incorporated into his room instead of purchasing new," Kinman said. "So it almost felt like a wash." Reusing existing furnishings cuts the demand for raw, virgin materials and eliminates landfill waste. An added bonus is that the items often have special meaning for the family. Old

apple crates, salvaged from Holden's grandparents' farmhouse, were transformed into bookshelves, and a dresser from Kinman's childhood doubled as a changing table. "We tried to make it a fun blend of whimsical art and color, along with some modern touches," she said.

Mulick also opted to use hand-me-down, recycled and repurposed items to offset the cost of the pricier green items. An old chair passed down from Mulick's parents was easily adjusted to the nursery courtesy of a new slipcover. "I like the nostalgia of reusing pieces from a different time into a different space," Mulick said. Artwork from her childhood was framed and reused as decorative pieces in the girls' rooms.

Lisa and Nate Scales came up with a practical solution for one of the biggest contributors to indoor air pollution in children's rooms: plastic toys. They made their own.

After searching for a step stool for their two daughters, Ripley, 4, and Daisy, 1, the Hailey couple was disappointed in their choices. "They were expensive, poor quality and not

the size we were looking for," said Lisa. Fortunately, Nate, a carpenter, set about making the perfect one from wood, decorating it with no-VOC paint.

"We had so much fun with that project, so we started looking for the next toy to build and came up with the toy kitchen," Lisa said. "It was really a great learning experience for Ripley to watch the transformation of the pieces of wood she was sanding turn into her kitchen."

Using mainly leftover wood and salvaged scraps of pine from their wood pile, the Scales have so far created a step stool, a kitchen set (complete with over-easy eggs, noodles, tomatoes and lettuce made out of felt), a baby carrier, trees, animals, blocks and a repurposed play house.

The handmade approach is not only environmentally friendly (an assembly-line product uses more energy), but it provides the family with a deeper connection to the products they consume. "They mean something to all of us, because we all have contributed to the final product rather than some plastic, store-bought toy that has no significance," she said.

If making your own is not an option, opt for cloth and wooden toys, available at local shops such as The Toy Store. Where plastic is unavoidable, choose PVC-free (PVC is usually identified by the number 3 in the recycling symbol) and when in doubt, smell it. Toxic softeners give plastics that strong new smell.

Creating an environmentally clean room for a child gives parents the assurance that their children are at least sleeping in a safe environment. The next step, ensuring that the rest of their world is safe, healthy and sustainable, may not be quite so easy. **ME**

"we tried to make it a fun blend of whimsical **ART** and **COLOR**, along with some modern touches."

BECKY KINMAN



Previous page: Grace embraces her sister, Maeve, in the environmentally friendly nursery created by their mother, Anne Mulick.



Clockwise from top: Mulick chose low VOC paint and 100 percent wool rugs for both the nursery and her daughter's room. Holden Kinman lounges next to his handcrafted crib made from fast-growing paulownia wood, and enjoys racing his cars on the oak floors with his mother, Becky. Using natural materials such as wood helps eliminate toxic chemicals from the home.



Opposite page: Ripley and Daisy Scales play in the handmade kitchen they built with their parents.

sarah's **SUSTAINABLE** selections

when designing a nursery for my first child, I wanted the room to be **ENVIRONMENTALLY FRIENDLY**, **INEXPENSIVE** and **GENDER-NEUTRAL**, as well as to have simple, fun shapes and colors.

MATERIALS I focused on finding cotton or organic products as much as possible. Washable was important to make sure I can continually clean the items.

PAINT I selected green and white Benjamin Moore Natura no-VOC wall paint (starting at \$58 a gallon). I plan on painting a tree silhouette with two shades of green leaves and a brown trunk. If we have a girl, I'll add pink accents. It's important to finish painting at least a month before baby arrives to allow any off-gasses time to dissipate. If time doesn't permit this, curing the room with a space heater will also do the trick.

FLOORING A striped, green, 100-percent-cotton woven rug, made by New York-based Dash & Albert, will be the centerpiece of the floor over our existing wool carpet. These rugs are lightweight, reversible, washable and affordable (\$28-\$385). When choosing flooring, the best option is mostly bare, embellished with a rug or two with nonslip pads, as this is easy to clean. But don't rip up old carpet, just clean it well.

FURNITURE For the crib, I wanted as natural a sleeping environment as possible, so I decided on a crib from Dwell Studio, an environmentally responsible company based in New York City. The Century Crib (\$980) is made in Canada out of solid European beech wood and painted with nontoxic paints. I selected an Ikea dresser made from renewable material (wood fibers), which will easily be separated for recycling after its lifetime. My husband, Zach, and his father, Nick, have built

a changing table out of repurposed wood from our garage to place on top. For those nighttime feedings, I found a vintage rocking chair at a garage sale. I plan to make a cushion for it from environmentally friendly fabric company Mod Green Pod's Grand Jubilee Chocolate pattern. The fabric is 100 percent organic cotton and retails at \$40 a yard.



BEDDING For the bedding, I also went with Dwell Studio, known for its colorful and whimsical patterns. I opted for its Owl Sky crib set (\$360), which is 100 percent cotton and uses low-impact fiber-reactive dyes and eco-friendly pigments. The owl theme is gender-neutral and gives the room a sweet, playful sensibility.

UPKEEP After all this hard work and research, I'll be sure to keep the nursery safe by using natural and nontoxic cleaning products and pest controls.

Sarah Latham LEED AP ID +C (Leadership in Energy & Environmental Design Associate Professional Interior Design & Construction), is the owner of White Canvas Designs. She is expecting her first child in April.

We create beautiful floors.



Wood River Valley's favorite local flooring company for 22 years

105 Lewis Street
Suite 104
Ketchum, Idaho

2 year labor warranty

www.wall2wallflooring.com

208.726.0791

email:
sunvalley@wall2wallflooring.com





“IT’S NOT A PLACE TO RUN
AWAY FROM, IT’S A PLACE TO
HAVE PEOPLE COME AND VISIT.”

Evelyn Phillips

FARM TO TABLE

the good life

by
Jennifer
Tuohy

photos
by
Paulette
Phlipot

Over 30 years, Evelyn and Jim Phillips have created a portrait in sustainable living at the mouth of Quigley Canyon near Hailey. From vegetable gardens to chickens to solar panels, their lifestyle is an enviable experiment we can all learn from.

And they didn't even know they were doing it.



Jim, center, and Evelyn Phillips enjoy the garden's bounty with friends, including Howard Knight, left, who was instrumental in the purchase of the property.



“YOU FIGURE OUT
THINGS. YOU LEARN
MORE TRICKS;



YOU HAVE TIME
TO LEARN FROM
THE LAND.”

Jim Phillips



FARM TO TABLE

It was 1974. Jim Phillips, then Ketchum city attorney, stood outside the shed that his pal Howard Knight called home, flipping burgers and drinking beer. Through the hayfields surrounding them approached an old VW Beetle. Bouncing down the rutted dirt road, it carried a young female reporter from the *Ketchum Tomorrow* coming to interview Jim for a story on hippies living in teepees.

Thirty-six years later, Jim and Evelyn Phillips (the former reporter turned cartographer) sit at their kitchen table overlooking those same hayfields. The teepee behind Howard's house is long since gone, the hay has been replaced by an abundance of apple and cherry trees, poplars and blue spruces, maples and dogwoods.

It is on this idyllic piece of property, tucked between the Hailey subdivisions of Deerfield and Old Cutters, that Evelyn and Jim met, married, raised a son and a few dozen chickens, and, quite literally, built a home together. Along the way they somewhat unwittingly created a blueprint for sustainable living.

Their journey began in 1978. "When Howard had bought his land, he asked the farmer to let him know if a developer ever approached him to sell the whole property (about 50 acres)," Jim said. "In 1978, the farmer called, so we got together with two others and bought it."

The six acres singled out for the Phillips' home and garden are now lush and overgrown. A motley collection of outbuildings (including a former Ketchum railroad depot building that serves as a tool shed, and a newly remodeled chicken coop that the resident goose loudly objects to) shield the main home from looking too grand.

An imposing log structure, the house began life as a cabin kit driven down from Stevensville, Montana. Put together with the help of friends, it has blossomed over the years and through various additions (including a studio/garage built in 2004) into 4,000 square feet of living space. And every square inch of it is lived in. There is always something going on, someone coming or going. Food, friends and favors are a constant, be it Chris Kastner leaving with a bucketful of grape juice courtesy of the antique apple press, or Lucy Hickey arriving with some of her smoked trout to trade for Jim's recent haul of salmon, fresh from the seas of Alaska. "It's definitely a central point," Evelyn said. "There always needs to be someone here. It's not a place to run away from, it's a place to have people come and visit."

Jim and Evelyn Phillips, opposite top, serve up a marvelous meal for friends at their Quigley Canyon home near Hailey. The large vegetable garden they have nurtured over three decades provides bountiful produce for six months of the year. Solar panels on the roof of their log cabin home heat two of the main rooms through hydronic floor heating.



EVERGREEN LANDSCAPING

LANDSCAPE DESIGN
CONSTRUCTION
MAINTENANCE
GREAT STAFF!



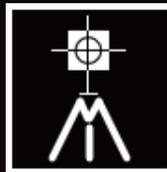
WE EARN YOUR RESPECT AND FRIENDSHIP BY WORKING HARD, BEING ON TIME AND ON BUDGET!

WE WANT TO BE YOUR LANDSCAPING COMPANY!

PLEASE GIVE US A CALL FOR AN ESTIMATE.

726-5267

VISIT OUR WEBSITE
WWW.EVERGREEN5B.COM



MOUNTAIN IMAGES GALLERY



Mountain Images Gallery features color and black and white wilderness landscape images of Idaho and beyond, as well as limited edition fine art photographs and notecards. Prints are available in a variety of sizes. Mounting, framing, and shipping can be arranged to suit any clients needs. Mention this ad and receive a 10% discount

400 E. SUN VALLEY RD.
KETCHUM (above The Cellar)
208-725-5801

On-line at:

www.jamesbourret.photoshelter.com

a victorious valley vegetable garden •••••••••• by Evelyn Phillips

Vegetable selection is key

Those that give the most for your time and effort are lettuce, spinach, chard, beets, peas, carrots and tomatoes, in that order. Beans, broccoli, cabbage, potatoes, squashes, onions, garlic and herbs are great staples, but are generally tougher to manage in terms of pests and shade.

Use pelleted seeds

Ultra-fine seeds are impossible to plant without time-consuming thinning later on, so for lettuce and carrots use seeds coated with a clay-type covering (they look like grains of rice). This makes it possible to sow seeds 2 to 4 inches apart, resulting in stronger and bigger plants.

Drip irrigate

My rows are 32 inches wide and 25 feet long with walkways about as wide as the head of a rake. At the head of each row runs a PVC pipe, from which run drip lines, three to a row, with slits every 4 inches along the top. These are turned on from switches where they meet the PVC pipe, which is hooked to a garden hose. Top water first with a sprinkler until sprouts appear.

Stagger plant

For a 32-inch-wide row devoted entirely to lettuce, I start with three rows of seeds on one side of three drip lines. After the plants come up, I add two more rows, for a total of five. Spinach seeds can also be planted randomly amidst the drip lines, in no row order. Throughout the summer, as bigger leaves are harvested, more grow back until the plant looks rangy and ready to bolt. Then the plant is pulled and new seeds planted in the blank spaces under a thin layer of good compost. This ensures a continuous harvest from May until late October.

Cover your lettuce and spinach

Using shade cloth keeps them producing through the hot months. We built a series of hoop tents, 8 feet by 4 feet with fencing wire, anchored by strips of wood, and covered it with green shade cloth. These hoops or tunnels can be easily lifted or tilted to allow for weeding and harvesting.

Beware of leaf miner

These nasty little larvae (hatched from eggs laid by almost invisible flies) burrow between the two layers of the leaf and will soon destroy your entire crop if left unchecked. The plants need to be covered completely with a white cloth called reemay. Damaged leaves need to be cut off (we feed them to the chickens) and cannot be composted.

Trellis your tomatoes

We plant tomatoes along a fence. As the plants grow they are gently tied to the fence or pushed through it so they can grow up and spread out. After fruit appears, selective pruning of non productive branches and leaves is done, allowing full sun to reach the ripening tomatoes.

Over the last three decades, Jim and Evelyn have dealt with many of today's hot-button green topics as they strove to make their slice of farmland a home. Their experiences provide guidance for any Wood River Valley homeowner looking to pursue a sustainable lifestyle.

As early as 1978, Evelyn wanted solar power on the property. Aspiring architect and friend Janet Jarvis helped design the floor plan and ensure that the structure was located in the best spot to capture the sun's rays ("I think it was among her first projects," Jim said of the Sun Valley architect whose firm has designed more than 100 homes in the valley). However, it wasn't until 2008 that they were able to take advantage of the clever positioning. "We put in three glycol solar panels that heat two of our main rooms through hydronic floor heating," Evelyn said. "Now we rarely turn the gas thermostat on; the whole house is pretty much heated by the solar panels and our wood stove."

The long-term plan is to install photovoltaic solar. Evelyn estimates that will generate enough electricity to sell a substantial amount back to Idaho Power, ultimately resulting in no electricity bills at all.

While more investment in solar is an expensive proposition, Jim and Evelyn see it as an investment in the future. "If we can use the solar to cut our utility bills down to 30 percent of what they are now, that's a hedge against inflation," Evelyn said. "And that means we can retire and continue to live here."

Another brick in the path to a self-sustaining lifestyle at the mouth of Quigley Canyon is Evelyn's vegetable garden. A work in progress for more than three decades, the garden started out as a tiny plot that has steadily grown into today's almost 1,500 square feet of delicious vegetable real estate.

"The big size actually made life a whole lot easier," Evelyn said. "But that's when we started to get friends involved to help, making it basically a community garden." Indeed, friends, family and passers-by are all encouraged to grab a trowel and reap the bounty of the harvest in return.

The garden provides Jim and Evelyn with plenty of sustenance. All summer long and into the fall, they

whip up delicious meals from their bountiful harvest of lettuce, chard, spinach, carrots, potatoes, tomatoes and beets. Specialties including Evelyn's famous tortilla de patatas, a Spanish frittata made with eggs from their brood of chickens, and garden produce such as onions, spuds, garlic and green beans. Jim often experiments with vegetable soup and roasted vegetables, but his specialty is pickled duck eggs, donated by the four domestic ducks, who enjoy hanging out on the irrigation pond.

While the pleasure of eating from one's land is hard to beat, Jim and Evelyn have no inclination to be farmers. Their needs are supplemented by regular trips to the grocery store and orders from local food co-ops, such as Idaho's Bounty. They are always looking for local above all else. "I'll split a pig out of Burley with somebody," Jim said. "Or we get lamb from John Peavey or John Faulkner. Today, I'm actually buying half a beef from a friend down south of Bellevue that I'll split with some people. We try to do that, support the locals, plus it's just better product."

And therein lies the key. While the time, effort and money that goes into maintaining their sustainable lifestyle is substantial, it is the path of most reward. "The chickens are a loser," Jim said of the economics. "You spend as much on feed as you're getting in eggs. But the quality is a lot better, and it's fun to do. Some people would think spending your afternoon in a garden is just drudgery, but it's not so bad."

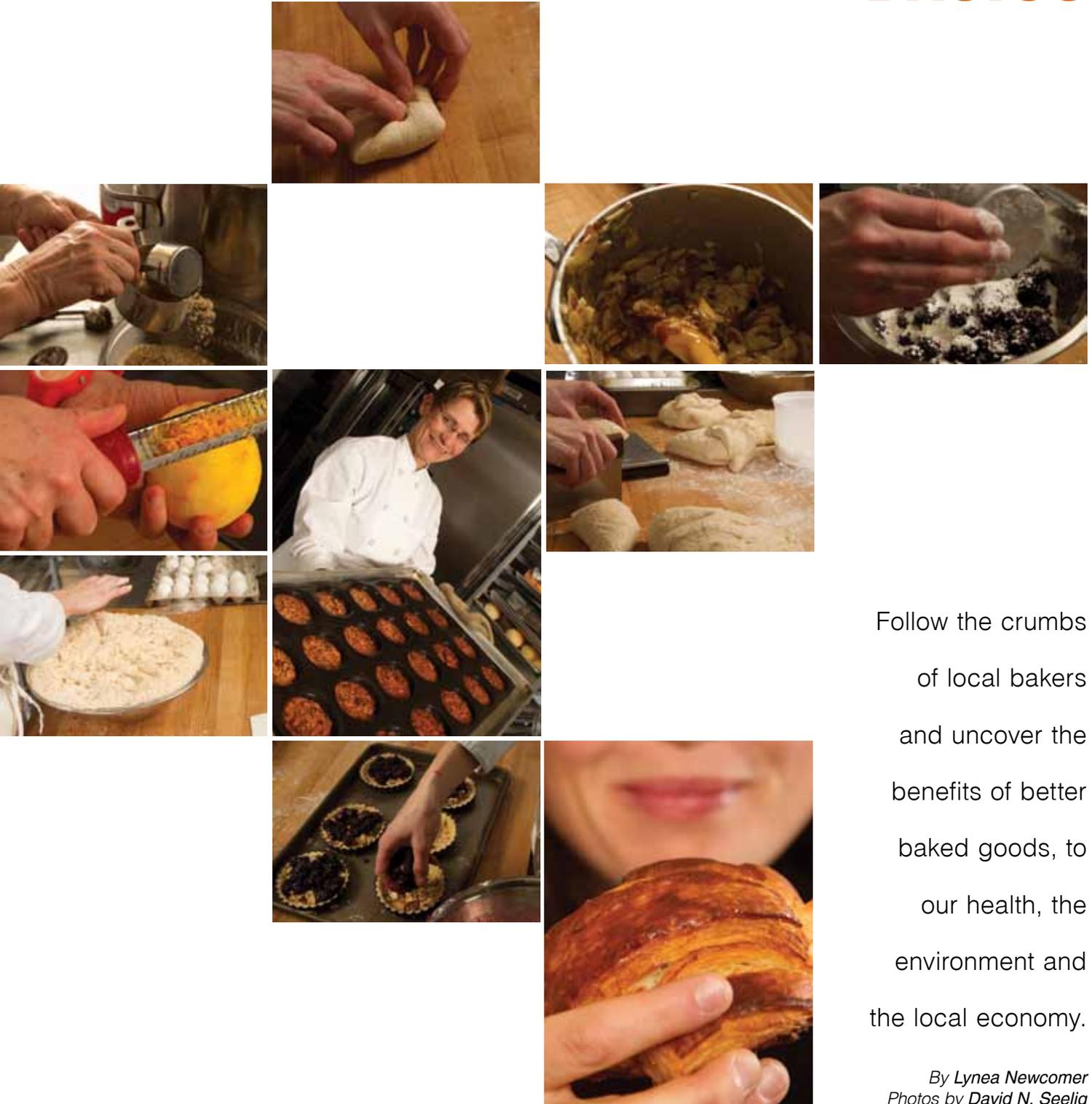
As they sit down to enjoy another fresh, home-grown meal with friends, surrounded by a landscape they've both directly and indirectly created (the two dozen apple trees sprung up after they let friends pasture their horses—horses they fed apples to), they can be proud of what they have created. Sipping apple cider, pressed on-site from the fruit of those apple trees, they are lucky to have discovered the good life at the end of a dirt track.

"I do feel very lucky, I'll tell you that, all the time," Jim said. "It's a great place to live and it's getting easier over time. The ground is easier to work, you figure out things. You learn more tricks—you have time to learn from the land." ❧

“IF WE CAN USE THE SOLAR TO CUT OUR UTILITY BILLS DOWN TO 30 PERCENT OF WHAT THEY ARE NOW ... THAT MEANS WE CAN RETIRE AND CONTINUE TO LIVE HERE.”

Evelyn Phillips

BAKING GOES BACK TO BASICS



Follow the crumbs
of local bakers
and uncover the
benefits of better
baked goods, to
our health, the
environment and
the local economy.

*By Lynea Newcomer
Photos by David N. Seelig*

“Yea! Mommy bread!” shout children who visit Julie Fox-Jones’ home. “The reaction to home-baked food is amazing,” Fox-Jones said. “It tastes real. I know the kids like me for it, and I feel I’m nurturing them.” And thus childhood memories are created on the delicious scent of baking bread emanating from her tiny Hailey kitchen.

“PEOPLE ARE DEFINITELY BUYING MORE OF OUR **MADE-FROM-SCRATCH** THINGS THESE DAYS.”

DEB GRAEFE
ATKINSONS’ MARKET

Bakers of the Wood River Valley, professionals and home enthusiasts alike, craft foods with similar care and artistry and, with the recent surge toward high-quality, low environmental-impact eating, those goods are in higher demand than ever. “People are definitely buying more of our made-from-scratch things these days,” said Deb Graefe of Atkinsons’ Market in Hailey. “They want a quality product for the money they spend in the store.”

Another reflection of the increased appetite for better, healthier baked goods is the recent ripple of artisan bakeries opening across the valley. Aaron Verret opened Just Baked on Main Street in Bellevue in November; Nancy Rutherford’s Rolling in Dough opened its first storefront in downtown Ketchum a little over a year ago; and Sayvour, a gourmet food and pastry shop in Ketchum, had its grand opening in December. They join an impressive list of established local bakers, ranging from eateries offering made-from-scratch goods for increasingly discerning clientele (including Perry’s, Java, Hailey Coffee Co. and Cristina’s), to the valley’s wholesale bakers: Bigwood Bread, Lynndee’s Bakery and Simple Kneads.

Art Wallace, co-owner of Bigwood Bread, the valley’s largest artisan baking operation, describes what goes into achieving homemade taste in a professional bakery. “It all depends on temperature of the flours, yeast, the room, even the barometric pressure. We handle each loaf and can feel when everything is ready. With your store breads, everything gets shoved in a blender and beaten at high speeds, essentially ruining whatever nutritious, tasty parts are left,” he said.

Rutherford from Rolling in Dough agreed. “With beautiful food, you touch it very little,” she said. Mention of a ham and cheese croissant fresh from her oven evokes lip-smacking

Continued on page 20



HIGH-ALTITUDE BAKING

In baking recipes, each ingredient has a specific relationship to the others and the quality of the product depends on this delicate balance. High altitudes throw these relationships out of whack in several respects:

- Heat rises from the bottom of a typical oven, but at altitude there is less than adequate air pressure from above to balance this upward pressure, so cakes rise too rapidly.
- Above 5,000 feet, one teaspoon of baking powder produces 20 percent more volume than at sea level. This results in a cake's structure expanding before it sets, giving a coarse texture, or causing it to overexpand, break and fall.
- Water evaporates more quickly at altitude, which concentrates the sugar in a recipe, weakening the structure yet again, and making for dryness.
- The temperature needs to be raised to adjust for the lower boiling point at higher altitude, otherwise baked goods risk being underdone.

Three things bakers can do routinely to circumnavigate some of these issues are (remember to adjust things slowly until a recipe performs well):

- Increase the oven temperature by 25 degrees to help set batters before they over expand.
- Reduce baking time by about 20 percent to prevent overbaking at a higher temperature.
- Increase the liquid called for in recipes by 2 to 4 tablespoons per cup to counterbalance the rapid evaporation of liquids.

LYNEA'S OATMEAL SANDWICH BREAD

Ingredients

- 1 1/4 cups boiling water
- 1/2 cup rolled oats
- 2 Tbs butter, softened
- 2 Tbs molasses or maple syrup
- 1 1/4 tsp salt
- 2 Tbs honey
- 2 1/4 tsp yeast
- 1/4 cup dry milk
- 3 to 3 1/4 cups all-purpose flour
- 1/2 cup pecan meal or diced walnuts

Directions

Pour the boiling water through the honey in a bowl, mix and let cool to lukewarm. Mix in the dry ingredients. Cover and let rise until double in size. Gently deflate the dough, pull it out and shape it into a log. Place in a greased 9-inch by 5-inch loaf pan. Cover and let the dough rise until it has crowned the pan by about 1 inch. Bake at 350 degrees for roughly 40 to 45 minutes. Tent the pan with aluminum foil if the top is browning too quickly. Spray the top with water and sprinkle with oats for a decorative finish.

Emile Henry®

MADE IN FRANCE • 1850

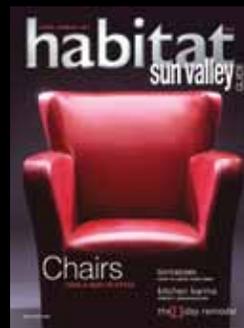
www.emilehenry.com



at



Giacobbi Square 726 -1989



**A HARD
HABIT
TO BREAK**



habitat



**Arrives every
spring
everywhere**



Read them all at
sunvalleyguide.com

Fine Linens.
 Gifts &
 Home Accessories



208.726.5511
 560 East Avenue North
 Ketchum, Idaho

www.thepicketfence.com

"... WHEN YOU EAT
 SOMETHING MADE
 WITH LOVE, YOU GET
 NOURISHED ON MANY
 DIFFERENT LEVELS."

MARI WANJ
 SIMPLE KNEADS

Continued from page 18

and sighs from her loyal band of customers. Local bakers craft their reputation on perfection, but also on making a connection with their clientele. And loyal customers support the purveyor and the product with enthusiasm.

Beyond established outlets, seasonal vendors at the Wood River Farmers' Markets experience their own celebrity status. The pie ladies of Brick Oven Bakery, Connie Fawcett and her daughters, have such an established connection with customers eager for their home-crafted goods that they make appearances at special functions year-round. Baked items offered through the food co-op Idaho's Bounty and Wood River Sustainability Center in Hailey are also gaining ground, as locals seek ways to sustain the larger map of locally grown and crafted foods.

"There's a big increase in demand for gluten-free items," Graefe said. "We're thinking about tapping into that." Last summer, a new bakery, the Gluten Free Pantry, opened in Hailey, catering specifically to this niche market.

Local bakers are relentless in their quest for good flours, "ones high in protein and consistent in quality," said Rutherford, while blasting industrial processing.

Wallace said it doesn't much matter if the flour used by industrial bakers is organic, because most has been processed at high heat and stripped of fibrous parts, among other things. "We are a product of our own making," he said, intimating that centuries-old processes for grinding flour may well have been better for our bodies.

Mari Wania, owner and baker behind Simple Kneads of Hailey, also watches changing customer preferences as a matter of course. Twenty years in the business, Wania committed from the beginning to whole grains and organic products. "I'm making gluten-free stuff now, too, but I'm not raising prices," she said.

Having just enjoyed her best summer in sales, Wania believes in more than simply responding to customer requests. "I grew up in a big family, and baked for everybody, even the neighborhood," she said. "When people would show up for my newest banana bread, I'd feel like, 'Wow! People like this.' And I've really come to know that when you eat something made with love, you get nourished on many different levels."

"Home-baked stuff feels like somebody loves you," said Fox-Jones, getting right to the heart of food and existence. Formerly a professional baker, Fox-Jones learned from cookbooks and "just making stuff," oftentimes with her colleagues. "I believe it isn't any more difficult to put flour, sugar and baking soda in a bowl than to open up a boxed mix," she said. "Bread is cheap to make and expensive to buy. When baking, I think about what my kids need, maybe some more protein, walnuts, ground flax. You can really influence the nutrition of your family that way."

The beauty of baking lies in its homespun simplicity. Combining love and common sense, Fox-Jones believes everyone can create homes where "mommy bread" reigns supreme. 

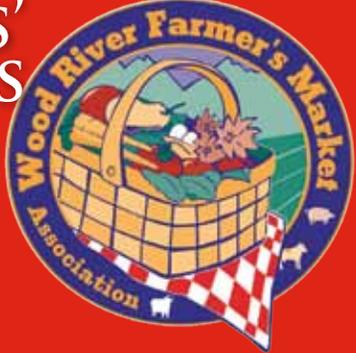
FARMERS' MARKETS

KETCHUM
Tuesdays
2:30 to 6:00
Full length of Fourth St. Between East & Alpine

HAILEY
Thursdays
2:30 to 6:30
200 Block of N. Main St., West Side

**JUNE THRU
OCTOBER**

· LOCAL, SUSTAINABLE AGRICULTURE · FEATURING FRESH,
LOCALLY GROWN PRODUCE, DAIRY & MEATS
· ARTISANS & FINE CRAFTSMEN · LIVE MUSIC



Here are some of the vendors who participate in the market:

- MIKE HEATH** - M&M Organics
- JUDD & HEATHER MCMAHAN** - Wood River Organics
- TONA AND CLARENCE STILWILL** - Fair Mountain Farm
- KURTIS & ROXINE WILLIAMS** - Waterwheel Gardens
- CAROL RAST** - Prairie Sun Farm
- CONNIE FAWCETT** - Brick Oven Bakery
- NATE JONES** - Kings Crown Organics
- NANCY RUTHERFORD** - Rolling In Dough
- BOB & MARILYN HOKE** - Home Sweet Homemade
- CAROLINA & JOHN STEVENS** - Nonna's
- KAINOAH LOPEZ** - Bucksnot Rootbeer
- LAURA SLUDER** - Blue Sage Farm
- NADINA KELLER** - Sayvour
- GAIL ANSLEY** - CA Bull Elk Ranch
- LIN HINTZE** - Big Lost River Meats
- DAN FREEMAN & CAROL MURPHY** - Shooting Star Farm
- THERESA STROHLBERG** - The Ecology Patch
- CLAY AND JOSIE ERSKINE** - Peaceful Belly Farm
- CHERYL BENNETT** - Lava Lake Land and Livestock
- ROB SIRI** - Serious Salsa
- RIC LUM** - Delicious Revolution

Farm Grown and Artisan offerings this year include: Local fruits and vegetables, sheep cheese, starts for your garden, wine, grass fed beef, chicken, elk meat, herbal remedies, candies, sausage, jams, honey, pies, lemonade, BBQ ribs, jewelry, pottery, photos, lotions, alpaca and much more!

www.wrfarmersmarket.org
Sign up for our newsletter at kazthea@mac.com



SEEK
SUSTENANCE
WITH
SUBSTANCE

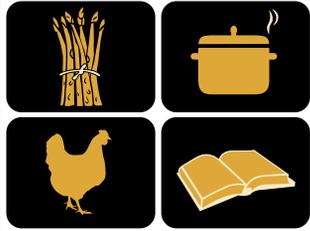
FARM TO TABLE MARKETPLACE

**Upraised Garden Beds
Yard & Garden Fences
Lawn & Garden Equipment
Lawn Furniture**

**Sawtooth Wood Products
&
Equipment Company**

Monday-Friday 8:00-5:30 • Saturday 9:00-Noon
(208) 788-4705 • 775 South Main St. • Bellevue, ID 83313

From Seeds to Supper



- Fresh Fruits & Vegetables
 - Local Meats
 - Seeds & Compost
 - Fresh Herbs
 - Quigley Honey
 - Farm Fresh Eggs & Raw Milk

Located in the
Old Forest Service Shop Building
788-8508
308 S. River St. Hailey
Wednesday & Friday 12-5pm
Saturday 10-5pm

wood river
sustainability
center



**BIGWOOD
BREAD**

**ORGANIC
BAKERY
AND
CAFÉ**

**BIGWOOD
BREAD**

SUN VALLEY

726-2035
M-F • 8 A.M. - 2 P.M.
270 NORTHWOOD WAY
KETCHUM
INDUSTRIAL PARK

IDAHO'S BOUNTY

Online Local Food Co-op Idahosbounty.org (208) 721.8074

Let food be thy medicine at Nourishme!
Fresh salad, soup, sandwiches & smoothies,
Gluten-free products & nutritional supplements
Your source for local, sustainable products
from Idaho's Bounty Co-op

nourishme

151 Main, Ketchum (208) 938.7604 open 9-6 journourishme.com

Imagine...



The Wood River Valley
without the Sawtooth
Botanical Garden...

...without a beautiful public
garden to visit...

...without a prayer wheel
blessed by the Dalai Lama...

...without educational
programming for both
children and adults...

We're here! Visit us at the
Sawtooth Botanical Garden.

Join the Sawtooth Botanical
Garden for our 16th Annual
Garden Tour and Gimlets in the
Garden on Saturday, July 16.

Call 208.726.9358 for more
information and tickets.

 **SAWTOOTH BOTANICAL GARDEN**
Celebrating Plants ~ Inspiring People
GIMLET ROAD AT HIGHWAY 75 • KETCHUM, IDAHO
VISIT WWW.SBGARDEN.ORG • 208-726-9358

frenchman's gulch



WINERY
EXQUISITE WINES MADE LOCALLY

Open Wednesday thru Saturday 3-6pm & by appointment
360 9th Street East #10 • Ketchum 726-0118

Fresh, Healthy and Local
...Discover the Natural World
of **Boise Co-op.**



Corner of 9th and Fort St in Boise's Historic North End
208.472.4500 • www.boisecoop.com



BREAKFAST • LUNCH • DINNER • CATERING

The Moose Girls Cafe & Bar

Fresh & Organic Local Foods Served
7 Days a Week

Full Bar • Beer • Wine • Happy Hour
Patio Dining • Casual & Comfortable
Children Welcome • Dine In or Take Out

208.727.9767

360 East Avenue in the Courtyard • Ketchum
moosegirlscfe.com

*Local • Fresh
Natural*



Cloverleaf Creamery have taken an old-fashioned technique to bottle healthy, all natural milk from their small dairy of registered, pedigree Holsteins.

Our milk, fresh, hand-packed butter, ice cream, & later this year, yogurt & cottage cheese. Available at all Atkinsons' Markets.

CloverLeaf Creamery
208-543-4272

For those of you who dare to care about...

your **HEALTH**

your **ENVIRONMENT**

your **COMMUNITY**



Advertise in our Marketplace each issue of the
sun valley GUIDE

For more information call **208.726.8060**

The Original Fish Fertilizer!

100% Organic - Made in Idaho

Lawns, Trees, Shrubs & Flowers
Vegetable Gardens & Indoor Plants

Available as a service or direct to gardeners.

578-3622




Organic Solutions
PLANT HEALTH CARE

1141 Airport Way F1, Hailey, Id

FACES BEHIND THE FOOD



The Williams reap the fruits of their labor.

By *Tony Evans*

Photos by *David N. Seelig*

After selling everything they owned, the Williams family left their life in San Luis Obispo, California, and set out in search of affordable land on which to start a farm.

Kurtis Williams, a woodworker, packed his wife, Roxine, and their five sons, Tim, Jon, Noah, Ethan and Matt, into an Airstream trailer and set off in pursuit of the perfect place. After four years crisscrossing the United States, they found it—Emmett Valley, just northeast of Boise. Here they started the specialty fruit and berry farm Waterwheel Gardens.

The farm is a 10-acre patchwork of plots, interspersed with grasses and plants, which produce a plethora of fruits, including cherries, peaches, apricots, all kinds of apples and plums, pears and plumcots. "It's not a monoculture-type farm," Williams said. "We have miniature gardens. It takes a long time to build up these things, but they are around for decades."

While not certified organic, the farm does use organic practices. "A lot of people call it natural methods," Williams said. "But we do have to use minimal insecticide sprays on the berries or else the bugs will just eat them up."

From July to October, the Williams family loads the fruits of their labor into a Suburban and heads north to the Ketchum and Hailey farmers' markets. "It's a beautiful drive," said Williams of the seven-hour roundtrip. "I like watching the hay come up in Fairfield while the snow is still melting on the hills. It changes every week, until later in the summer when the falcons are on the trees and the hay is golden."

Close to two decades in, the Waterwheel Gardens are lush and profitable, thanks in part to greater awareness of the health and environmental benefits of consuming local, natural food. "The local support is tremendous. Some of our best friends are our farmers' market customers," Williams said. "It's great that people are investing some disposable income and supporting our farmers. People up there really care about their health."

Williams has no regrets about his family's new vocation. "It was a great decision," he said. "Farming is a lifestyle. Loving what you do is part of the pay." 

"SOME OF OUR BEST FRIENDS ARE OUR FARMERS' MARKET CUSTOMERS."

KURTIS WILLIAMS



Kurtis Williams, with two of his five sons, selling their produce at the Ketchum Farmers' Market.

A photograph of a modern building at dusk. The building features large glass windows and a prominent stone tower. The interior lights are on, and the sky is a deep blue. The text is overlaid on the right side of the image.

**“We are what we
repeatedly do.
Excellence then is not
an act, but a habit.”**

—Aristotle

INTERMOUNTAIN CONSTRUCTION INC.

Craftsmanship, Quality & Integrity

Photo by Nic Lehoux

Residential • Commercial

Sun Valley, Idaho • 208.726.8617 • www.intermountainconstructioninc.com

Winners of 14 individual design & construction awards



The **ONE** is here for you.

Rely on the **ONE** in the Valley for all your communications needs.
Get connected with **COX** Advanced TVSM, **COX** High Speed InternetSM,
and **COX** Digital Telephone[®].

ONE in the Valley. **ONE** in value.

Call **928-6039**, click **www.cox.com**
or come in – 105 Lewis Street in Ketchum, ID.

Available to residential customers in Cox Idaho service areas.
Go to www.cox.com/idaho. Other restrictions may apply.
©2011 Cox Communications Omaha, LLC. All rights reserved.