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## The Gimbaled Gourmet – Midsummer Magic

*“Now is the high tide of the year.  
And whatever life hath ebbed away  
Comes flooding back with ripply cheer...”*

—James Russell Lowell

At the gateway to Desolation Sound, there exists something so unique, so rare – so truly inspirational – it is known, quite simply, as Hollyhock. Privately sited on forty acres at the southern end of Cortes Island, it is different – where two worlds meet — a

little piece of infinity. This sun-drenched sanctuary is nothing short of paradise. It is magic!

Without a doubt, the sun is protective, healing, empowering, revitalizing, and inspiring. The renewal of the sun at the Midsummer Solstice brings us the longest day of the year. As the extra daylight tiptoes into darkness, Midsummer's Eve is thought to draw us magically closer to the natural world.

Magic is basic instinct. Magic is natural. It is the harmonious movement of energies to create needed change. Imagination merges with belief; the magic of balance, of alignment, of everything coming together in just the right way.

A charitable organization, Hollyhock is actually an educational institute offering workshops and retreats featuring notable authors, educators, activists, performers, and practitioners in an idyllic resort setting providing memorable meals to nourish body and soul. In this serene, tranquil environment, Hollyhock strives to inspire, nurture, and support those who are making the world a better place!

Hollyhock's magic is really a matter of simplicity – on every level. Their culinary approach is to source great raw material and prepare it in a way that allows the ingredients to shine through. Not only is this a healthy approach to food, but actually a simpler way to prepare a meal. It is about preparing food honestly with basic ingredients – garden to table, if you will – understanding that pure flavor is the essence of everything we eat. It is cooking seasonally, romancing regional ingredients, bringing harmony and rhythm to the day while demonstrating with gentle wisdom that simplicity and abundance are soul mates.



Somewhere along the way, our culture lost its appreciation for the spiritual aspect of celebrating the bounty of the harvest. Sadly, these days food is often packed, shipped, ripened in a warehouse, or flown from abroad. The true, pure flavor gets lost somewhere along the way.



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Given my history of cooking aboard, I know all about the cleverly packaged mixes, marinades, and dressings – particularly seductive for the boating lifestyle – so handy, so easy, and oh, so smart looking in our galley pantry! But, it is much more rewarding to prepare something honestly from scratch with basic ingredients. I will admit the concept of farm to table is not an easy one for a boat, but with a bit of thought and planning, noting the Farmer’s Markets along the way, it can actually be quite manageable. Indeed, the Farmer’s Markets now overflow with an array of seasonal goods at their freshest!

We here in the Pacific Northwest are particularly aware of the four distinct seasons with which we are blessed. At every turn of the calendar’s page, we anticipate what the next season will bring with regard for our galley and celebrate the riches of this unique region. Our cuisine embodies the bounty as well as the spirit and lifestyle of the people. It is all about the integrity of the food chain, fresh seasonal ingredients, and the creative, yet informal attitude of those who cook it. The epitome of this concept is Hollyhock.

Linger in the twilight of a June day. Wink at the moon. Believe in Midsummer magic.

And, if you find yourself cruising up north this Summer and passing Cortes Island, take a moment to gaze over at Hollyhock. Check out [www.hollyhock.ca](http://www.hollyhock.ca) — just think about it. Might be worth scheduling a trip back to experience this magical haven first-hand —

### **Creamy Almond and Basil Dressing**

- ½ c. almonds, soaked overnight in water
- ½ c. chopped basil
- ½ c. water
- ¼ c. grapeseed or sunflower oil
- ¼ c. apple cider vinegar
- 2 T. Tamari
- 1 T. honey
- ¼ tsp. pepper

Drain almonds and combine with remaining ingredients in blender on high speed until creamy. Makes 1-3/4 cups. Refrigerate in sealed jar for up to 6 days. This

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*August 9, 2016*

### CLASSIFIED ADS

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decadent, creamy dressing is subtle in flavor and happy to drape itself over anything you want to call salad. Recipe courtesy of Moreka Jolar.

### Wild Salmon with Ginger Maple Marinade

1 ½ lb. wild salmon fillet  
¼ c. Tamari  
1 lemon or orange, juiced  
3 T. finely grated ginger  
3 T. maple syrup  
2 T. grapeseed oil  
¼ tsp. chili flakes

Rinse fillet thoroughly. Combine remaining ingredients in a dish large enough to hold fillet; submerge fillet in marinade and allow to marinate a minimum of 2 hours refrigerated but preferably overnight. Cook salmon flesh side down on well-oiled grill until surface has good grill marks and is cooked half-way through; flip and continue to cook until almost cooked through (flesh should have some dark pink spots at center and will continue to cook when removed from heat). Serve immediately. Serves 4-6. Recipe courtesy of Jill Goodacre.

### Braised Beets with Coriander and Cumin

½ tsp. coriander seeds  
½ tsp. cumin seeds  
4 med. beets, peeled and quartered  
¾ c. water  
¼ c. thinly sliced shallots  
1+ T. sherry or champagne vinegar  
2 T. olive oil  
salt and pepper to taste  
chopped chives for garnish

Crush coriander and cumin seeds under a heavy glass or dish on cutting board. In medium saucepan, bring water to a boil with beets, shallots, and crushed spices. Reduce to simmer until beets are tender – 15-20 minutes. Drain remaining liquid into small bowl; add vinegar and slowly drizzle in oil while whisking. Coat beets with

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vinaigrette and season with salt and pepper to serve warm on a bed of spicy greens such as mustard or arugula topped with chives. Try this recipe with a combination of beet varieties cooked separately and combined just before serving Serves 4-6. Recipe courtesy of Rebeka Carpenter.

### **Garlic Fried Eggplant**

2 lbs. eggplant  
2 T. crushed garlic  
½ c. olive oil  
2 tsp. salt  
grapeseed or sunflower oil

Score the skin of the eggplant with a sharp fork, running the tines into the skin and on the length of the fruit for a striped appearance; remove stems and slice lengthwise into ¼” strips. Cover eggplant immediately with garlic, olive oil, and salt, pressing garlic into flesh so that it sticks. Over medium-high heat, warm grapeseed or sunflower oil in large skillet and fry each eggplant slice until brown and tender. Transfer to a covered dish to continue cooking and become soft. Serve warm. Excellent complement to a Mediterranean meal, a nice addition to a sandwich or pita pocket, or a meal on its own. Serves 6-8. Recipe courtesy of Moreka Jolar.

### **Raw Chocolate Coconut Fudge**

½ c. nut butter (cashew, almond, hazelnut, or a combination of all)  
½ c. cocoa powder  
¼ c. coconut butter, softened (oil and meat combined)  
¼ c. hemp hearts  
2 T. agave, honey, or maple syrup  
1 ½ T. coconut oil  
¼ tsp. salt flakes  
2 T. dry coconut for garnish

Blend all ingredients together with a fork, then work with hands. Drier nut butter may need a bit more butter to make mixture soft. Consistency should resemble “play dough”. Press fudge onto a piece of parchment or wax paper in the shape of a square

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### **NORTHWEST YACHTING SURVEY – WHAT DO YOU WANT?**

The editors of Northwest Yachting put together a survey. Readers can check the boxes, clip it out and mail it in....or just take it online.

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### **WHERE TO FIND THE MAGAZINE**

Here's a list of places that carry Northwest Yachting. Pick up an issue today!

– ½ “ thick. Press dry coconut into top and chill for ½ hour. Cut and serve chilled or at room temperature. Recipe courtesy of Moreka Jolar.

My sincere thanks to Hollyhock’s CEO, Dana Bass Solomon for photography and to Kitchen Manager, Rebeka Carpenter for collecting recipes from her staff!



*Kathryn Farron*

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