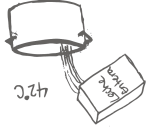


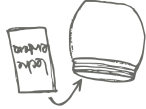
STEP 1: Heat milk to 42° C or a little warmer than skin temperature. This is the ideal temperature for yogurt bacteria reproduction.



STEP 2: Splash a little milk into the container and mix well with the yogurt.



STEP 3: Add the remaining warm milk.



STEP 4: Screw on the lid and wrap the container in a blanket. Place in a warm or sunny spot to keep the mixture as close to 42° C as possible.



Four to five hours later... yogurt!



Now that autumn is upon us, I've found that the mornings almost require hot oats or toast rather than fruit-
yogurt smoothies. The strawberry plants have been wait-
ing anxiously to be transplanted out of their tiny *mac-etas*. Christina's cows are starting to produce less milk
every day and will soon enter into a non-lactating period.
For the coming spring, my hopes are that we will recall
our cravings for yogurt and be blessed with handfuls of
tiny red fruits every day. ~MY

CHRISTINA & MICHELLE'S YOGURT RECIPE

WHAT YOU'LL NEED:



½ cup plain yogurt
(starter)



1 liter whole milk



1 ½ liter container
with lid



Sunny/warm
spot and
blanket

A NOTE ON THE TITLE:

The balsamroot is a genus of flowering plants which grow profusely on the open hillsides of Spokane and the West. Its deep taproot allows it to thrive in arid conditions and the entire plant is edible with many medicinal uses. Its presence is a signifier of the health of the local ecosystem.

BALSAM ROOT

JULY ^ AUGUST

a way to produce it in large quantities to be sold to the 20 families who were already buying her milk and cheese. One sweltering afternoon while Christina and I were chatting and drinking *tereré* in her cozy, brick kitchen we realized that we had gathered enough information from friends and YouTube videos to start our first yogurt trial. With care, we boiled the milk, mixed it with the yogurt starter, and waited anxiously. Unfortunately, that night I left her house disappointed because after waiting for six hours our “yogurt” still resembled milk.

The next morning I got a call from Christina. “*Michelle, sabes que?*” she said to me. “*Estoy comiendo yogurt.*” Our yogurt had taken over fourteen hours to thicken but overnight it had turned into a creamy treat, ready to be served with fruit or granola. We were overjoyed and inspired to perfect our recipe.

We entered late summer with a routine of preparing a liter of yogurt about once a week, each time making small changes to the recipe so that the yogurt culture would reproduce more rapidly. Once we had a better practical grasp of the recipe, we started to flavor the yogurt with bananas from her trees and canned peaches. We decided to buy strawberry plants with hopes of flavoring the yogurt with homegrown strawberries in the spring.

I am a pigeon's flutter captured at 1/50
 enough to grab a feather and lose it again in
 the fury
 Wind is falling from beneath my fingernails
 and I find it hard to keep these papers flat
 They flutter and fall
 The worst are those which slip
 into the crack at the back of my desk
 That crack goes way down
 I've tried to squeeze back there myself
 for, I believe, a letter that I couldn't bear to
 part with
 From my grandmother or a lover
 I'm lost, I told you
 it's a slit to forever
 and my body can't go or my memories
 only my damned words
 The wind's in my eyes now
 so the rain's there too getting blown sideways

THE WIND IS ENOUGH TO COMPETE WITH

WELCOME TO BALSAMROOT

So what is this? It's a zine. Which is to say it is a small magazine. This zine in particular is filled with the life of Michelle and Chris and hopefully the rest of the people those two love. To quote Brett and Lindie, "this is for us."

We hope that this can be a way for us all to share with each other some things about our lives. In this issue, for example, Michelle and I share some things we're reading and listening to, a poem, and a nice recipe for making yogurt in the fashion of DIY.

While this issue of BALSAMROOT is heavy on the M & C lifestyle that's only because you guys didn't know that you were supposed to submit things for it. In the future that can be different. So here we call to y'all to send us thoughts, recipes, songs, diagrams of wood working projects, drawings of small creatures, descriptions of beautiful scenery, calls to action, elegies, and anything else about your life.

It's a social media. But the media is paper. ^LY

PS Oops, we got a little delayed putting this all together. Anyway, here is what we were doing this summer.



I also found myself working my garden into a few small plots this summer. The house I live in has three little raised beds into which I sewed haphazardly. Peas planted at the back edge of the largest bed lent themselves well to a trellis, while climbing cucumbers that I tried to trellis in another bed never took off. Another bed in which I attempted to grow six summer squash and a dozen bush beans wound up growing one and a half squash plants and an assortment of stunted beans. Gold medal goes to the bed of carrots, beans, and radishes which somehow timed out perfectly to never get in each others' way. ^CG

the kind of storm you hold your head down
 against
 and your coat close to your chest
 both arms crossed against one another
 and your papers pushed down into the safe
 warm spot above your lungs
 and the rain drives against your back
 and over there towards that crack. ~CG



One of our first ideas was to learn how to make yogurt together; she already had a source of milk and her family loved to drink yogurt in the hot summer evenings. Having homemade yogurt would be beneficial for them because it contains less sugar than the yogurt from the store and it has more probiotics. Our plan was to first make yogurt for her family and myself and then develop

stead. scheming up and carrying out new ideas for her home- more about her small dairy and we were stimulated by We quickly became close friends as I was eager to learn the processes of pasteurizing milk or culturing cheese. project ideas for our gardens or she would explain to me for her husband and two sons. We would think up new while she worked, washing clothes and preparing lunch from her four cows. Christina and I would chat for hours old woman of great vitality who sold milk and cheese ago now, the first person I met was Christina, a 35 year When I moved to Coronel Martinez, about four months

MAKING YOGURT IN PARAGUAY

HOW'S YOUR GARDEN GROWING?

Living in a swamp has cool benefits like snails and butterflies that come in through the windows at night. However, gardening in such humidity would be quite problematic so instead, I decided to create green spaces on top of the cement that surrounds my house. I had a carpenter make a 1x2 meter bed where I've used square foot gardening to optimize the number of plants without inhibiting plant growth. I recommend this system for anyone working with limited space. I obtained three old wash bins where carrots, beets, yarrow and chamomile are flourishing. I've found that soil depths aren't critical when the plants are sown in healthy soil.

I was able to fit two climbing spinach, one eggplant, one bell pepper, eight swiss chard, five kale, one cauliflower, and one zucchini. I planted my herbs in a pallet because their roots are more shallow. To create the soil, I mixed old cow poop with sand and dirt with a ratio of 2:1:1 respectively. ^MY

BALSAMROOT

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MEETING OF THE WATERS ~ *Animal Collective*: Recorded in the Amazon jungle with some new ViceLand show, this EP is filled mostly with the sounds of the jungle and slow, quiet singing—and maybe a washing machine. Listen to the second track, *Man of Oil*, for the pop hit. ~ CG



WHAT WE'RE READING:

LIFE IS ELSEWHERE ~ *Milan Kundera*: Milan Kundera is always a good read for when you want to read a novel that is heavy on reflection and philosophy and you want to know that it's heavy on reflection and philosophy. Here we get a look at the life of the "poet" in that tumultuous, glorious time of communist revolution in Czechoslovakia. Basically it's a commentary on how empty and vapid and self-involved young revolutionary poets are. Lots of lofty ideals and youthful naivete (poets being necessarily naive, as only by inexperience can they truly grasp the emotion of life) which create a great framework for looking at revolution and art and the limits of ourselves. It's like Rilke's *Letters to a Young Poet* through the eyes of the poet and without the sagacious mentor. ~ CG

2 TEASPOONS cinnamon
 2 TEASPOONS baking powder
 1 TEASPOON vanilla extract
 2 eggs
 1 STICK softened butter
 1/4 CUP molasses or honey
 1/2 CUP granulated sugar

WHAT YOU'LL NEED:

I love this spiced up banana bread recipe on a cold autumn morning with a cup of coffee. The pure flavor of pears provide the perfect medium for all the spices you would find in a cup of chai. Try replacing pears in the recipe with other fruits you may have on hand, but be careful, extract the milk from the recipe when using more liquid fruits like pureed banana.

RECIPE: SPICED PEAR BREAD

DO YOU LIKE HOBBIES?

WHAT WE'RE LISTENING TO:



CRACK-UP ^ *Fleet Foxes*: You know how Fleet Foxes is about having a beard and being in the forest and falsettos and harmonizing? This album is about how sometimes in life that doesn't work out. The namesake of a series of essays from F. Scott Fitzgerald, this album is complex, shifting, and ultimately uplifting. ^CG

PAUL SIMON ^ *Paul Simon*: Listening to Paul Simon's self titled album produces the same homey, Saturday Morning Breakfast feelings as Crosby, Stills & Nash but adds to the folksy, bluesy soft rock with international influences from Jamaica and South America. ^MY



½ TEASPOON finely chopped ginger

¼ TEASPOON ground nutmeg

1 DASH of ground cardamom

1 DASH of ground cloves

1 DASH of black pepper

½ TEASPOON salt

½ CUP milk

2 diced pears

1 CUP all-purpose flour

1 CUP whole-wheat flour

Cinnamon & sugar for sprinkling on top

Preheat oven to 400° F. Cream sugar, honey, and butter. Add eggs and vanilla. Stir in baking powder, spices, and salt. Then mix in the milk and diced pears. Finally add the flours a little at a time while stirring. Pour mixture into a greased pan and sprinkle with cinnamon and sugar. Place in the oven for about half an hour or until a knife leaves clean. Enjoy! ^MY