

port for menu planning and organic specialty product sourcing.) Donna says, "Convenience is something that can make us go back to less healthy eating habits. ... When it comes to this style of cooking, people think things are harder to do than they actually are." Chef Al adds, "We want to make this easy to implement into a person's lifestyle."

Illustrating that ease, Chef Al presents me with another dish, something beautiful in its simplicity on the plate: a leaf of romaine lettuce dressed with a pumpkin seed butter dressing and slices of brightly colored peppers. Chef Al explains that this is a "roll-up," and that the best way to eat this dish is to roll the lettuce leaf around the peppers and dressing and eat the whole thing like a rolled taco. Lovely as it is to look at, I am still skeptical

that there will be much flavor, since I already know what lettuce leaves and bell peppers taste like — fresh and yummy, but not really punch-packers.

Of course, what I don't factor into the flavor scheme is the pumpkin seed dressing, something I've never had before: rich as a peanut sauce dressing, only much more interesting in flavor — it provides both nutty taste and smooth textural balance to the sweet, crisp vegetables. Again, I am delighted; again, Chef Al and Donna nod and smile knowingly.

As much as ICA is interested in sharing a message of health, it also focuses on the fun and delight of food. Chef Al says, "I want to get people back into the kitchen. I want them to have fun, to play with food, to put their

hearts into it."

In keeping with this idea, ICA offers "playshops" around Valentine's Day (see sidebar) to encourage people to explore the sensual, romantic aspects of good, healthy food. Of her experience a year ago in a 12-day vegan culinary arts program with Chef Al in Santa Fe, Joan Zacharias writes, "The students became a little community for 12 days. ... It was a transformative, heady experience — was it the altitude or the endorphins from all that chocolate?"

Chef Al is all for this transformative process. He says, "Empowering people is a big part of my journey ... People can make tasty, healthy food that is good for them, good for the animals, good for the planet, good for everyone." **EW**

Upcoming 2004 ICA Eugene Events:

- **Feb. 12, 6-9 pm:** "Food As Aphrodisiac" Playshop
Learn: what food can get you in the mood; tips on healthful organic oils and natural sweeteners; sensual, gourmet organic cuisine samples; lecture, cooking demo, and question and answer period.
 - **March 12-14:** Couples' Vegan Culinary Arts Weekend Workshop
 - **May 16-29:** 12-Day Vegan Culinary Arts Program
- For more information, call (541) 683-8443, or visit www.chefal.org

Happy Valentine's Day

SERVICE DIRECTORY

Dancing Deer Mountain

- Natural Wood Setting
- Elegant Log Architecture
- Waterfall
- Ponds
- Peaceful Gardens
- Wedding, Receptions & Special Events

13 minutes from Eugene Airport
www.dancingdear.mtn.com • 683-7808

Valentine's Day Craft Sale

Flowers, Pottery, Jewelry, Textiles,
Aroma Therapy, & CDs.

Great Handcrafted Gift Ideas!

FEBRUARY 13th
Friday, 12-6pm

FEBRUARY 14th
Saturday, 9am-5pm

1457 East 24th Avenue
(NEAR 24TH & AGATE ~ "THE JOY HOUSE")

Best Travel

Mexico ~ Caribbean ~ Hawaii

Hawaii

\$447 Air/Car

\$629 Air/Hotel/Breakfast

Mexico

\$661 Air/Hotel/Meals/Drinks

Call for on-going weekly specials!

606-1036

TOLL FREE 1-888-415-0148

Share a quiet, romantic weekend
with your Valentine in your cozy
cabin on the McKenzie River!

VALENTINE'S DAY SPECIAL: RESERVE ONE
NIGHT AND GET THE SECOND FOR 1/2 PRICE.
(Good through 3/31/04 by mentioning this ad)



An easy get away vacation!
(Just 40 minutes from Eugene)

541-896-3613
46725 Goodpasture Rd.
Vida, OR 97488
www.wayfarerresort.com

gervais
SALON • DAY SPA
301 West 5th Avenue • 541.334.6533

Be loved at Gervais for Valentine's Day.

Eugene's only Aveda spa & salon.



spa packages
gift certificates
massage
facials
gift boxes

AVEDA
the art and science of pure flower and plant essences

VALENTINE'S DAY 2004



Sometimes being a little naughty
can be nice!

On the whimsical scenic McKenzie River, we are Romance Central, with five suites and two with jacuzzi tubs, beautifully appointed and cozy. Valentine's Day bookings will receive a complimentary bottle of champagne at check-in and a special brunch served at 11 a.m. on Sunday. Spice up your weekend at Eagle Rock!

Make Valentine's Day count!
www.eaglerocklodging.com
541-822-3630

Adult Fantasies



\$125/hr

Need a Valentine?
Always Available
Legal Inquiries Only please

541-736-8284