

Traveling with Jewish Taste®

Seattle: A History Not Taught In School

By Carol Goodman Kaufman



Coffee, coffee everywhere – and gallons of it to drink! Upon landing at Sea-Tac airport in Seattle, you have entered “the land of java” – home base to both “Starbuck’s Coffee” and “Seattle’s Best,” as well as numerous small, independent shops.

Seattle offers more coffee shops than one can count – the block on which our hotel sat had four. Given all that caffeine, I was surprised by how laid-back and friendly the people of Seattle were.

While Seattle has the reputation of being gray and wet, and it is true that it does rain a lot, we in New England actually receive more precipitation than Seattle.

The constant drizzle, however, makes the area lush and green, and from the many lookouts situated throughout the city, one can enjoy magnificent

views of more hills, colorful gardens, and the sparkling blue waters of Elliot Bay, Puget Sound, and Lake Washington.

On a rare clear day, you may not “see forever,” but you can see Mount Rainier, its snowy crown beckoning in the distance. If you have time, a day trip to Mount Rainier and/or Mount Saint Helens is well worth the journey.

Mt. Rainier is the highest mountain in the Cascade Range and, in fact, in the contiguous United States, and covers over a quarter million acres. Both it and Mount St. Helens are active volcanoes, Mount St. Helens most famous for its violent eruption in 1980.

Although Seattle was the site of human-caused violence in 2006 – a brutal shooting that left one dead and six wounded at the offices of the Seattle Jewish Federation – the state of Washington has been a welcoming home to Jews since 1885.

According to the Federation, over 40,000 Jews live in the Greater Seattle Area, fourteen percent of whom are Sephardic, making this the third largest concentration of Sephardic Jews in the United States.

You can learn everything you want to know about the history of the state’s Jews at the Washington State Jewish Historical Society, which houses many publications, including organizational archives and individuals’ papers, photographs, and oral histories. In addition to exhibits, displays and speakers, the Society also offers a one-hour audio tour of nearby destinations of Jewish significance.

When in Seattle you must visit the Pike Place Market. Located right on the waterfront, it is a place where Seattle folks shop for fresh fish, produce, baked goods, and much more.

While there are some chatchke shops, Pike Place is not a tourist trap. It was originally established in 1907 for farmers and fisherman to sell their goods directly to consumers.

After a decline of some decades, the market became an historic district in 1974 and has flourished since.

From the moment you enter the upper level of the nine-acre market and see its famous fish mongers throwing seafood, followed by big glass cases filled with mouth-watering pastries, you know you are in for a treat for all the senses.

This market features everything from fresh flowers to clothing to books. One kiosk features only products made from lavender, grown on the owners’ farm. You can even visit the original Starbucks coffee shop. Folksingers perform outside, adding to the festive atmosphere.

While the “Seattle Duck Tour” is fun, it is fairly superficial. My favorite outing, however, has to be Bill Speidel’s “Underground Tour,” a leisurely, guided walking tour

in the subterranean passages that once were the main roads and first-floor storefronts of old downtown Seattle before the city was razed by fire – and then raised to a new level. Beginning inside Doc Maynard’s Public House, a restored 1890s saloon, our guides regaled us with humorous stories that school history books never revealed.

Across town is the Seattle Center, the pride of the city. Originally built for the 1962 World’s Fair, the extensive complex houses cultural and educational organizations, sports teams, festivals, community programs, and entertainment facilities. Among the many attractions in the center are the “Experience Music Project” and the “Science Fiction Museum” – both housed in a spectacular, sculpture-like Frank O. Gehry-designed building.

A trip to the Seattle Center would not be complete without a visit to the Space Needle, the iconic image having been ingrained in our minds from years of watching “Frasier” on television. The Space Needle, as tall as the John Hancock Tower in Boston, features an observation deck and a rotating restaurant at the top. From the



Varieties of peppers for sale at ‘Pike Place Market’

JEWISH TASTE, continued on page 15



Seattle’s “Space Needle” dominates the city’s skyline

Couldn’t be Easier Salmon with Brussels Sprouts



- Ingredients:
- One and a half fresh salmon filets, skinned

Sea salt

Olive oil

Black Pepper

1 lb Brussels sprouts (may use frozen)

Preheat oven to 425 degrees

- To Prepare:
- Put about 1 tablespoon olive oil into a plastic bag and add sprouts, shaking them around until they are coated.
 - Empty the bag into a baking dish that has been coated with 1 tablespoon oil and sprinkle the sprouts with sea salt and freshly ground pepper.
 - Bake for 20 minutes and then add the salmon. Turn the filets over to coat both sides with oil, and sprinkle the tops with sea salt and freshly ground pepper.
 - Bake another 25 minutes or until done.

The heat caramelizes the sprouts, making them so delicious that even my family eats them – and they claim to hate the vegetable.

Serves 4

FEATURES AND LOCAL NEWS

JEWISH TASTE,
continued from page 2

Aside from coffee, Seattle boasts the freshest and most delicious fish, prepared in numerous ways at as many restaurants, as well as a variety of ethnic cuisines brought to the city by its diverse population. These include Mexican, Chinese, Vietnamese, and Filipino.

Those who want kosher food will especially love dining in Seattle, with its seven kosher restaurants, all dairy and/or vegetarian. We dined with friends at the Bamboo Garden restaurant, and the food looked so authentic – and was so delicious – that I couldn’t bring myself to order the “pork.”

Carol Goodman Kaufman, an organizational psychologist and writer, is the author of Sins of Omission: The Jewish Community’s Reaction to Domestic Violence (Westview Press, 2003). She serves on the National Board of Hadassah and chairs the Jewish Community Relations Council of Central Massachusetts. Kaufman divides her time between Worcester, West Stockbridge, and the world.

This column is copyrighted © by Carol Goodman Kaufman and the Berkshire Jewish Voice. It may not be reprinted or reproduced, in whole or in part, in any manner. All rights reserved.

top of the ‘Needle,’ you can see the downtown Seattle skyline, as well as the Olympic and Cascade Mountains and Elliot Bay.



Exhibitions at The Washington State Jewish Historical Society feature historic photographs like this 1941 scene reflecting that the ‘24th Avenue Market,’ was the hub of Seattle’s still vibrant Sephardic Jewish Community during the World War Two-years



Elliot Bay and the majestic Olympic Mountain Range as seen from Seattle



At the Seattle Center: The “Experience Music Project” and the “Science Fiction Museum” are housed in a sculpture-like, Frank O. Gehry-designed building



Masterhands Green

www.masterhandsgreen.weebly.com ~ 413.854.1041
www.lazurebylogsdon.com ~ 413-394-9949

A Certified Green & Wolman™ Contractor



Deck finishing & refinishing
Guaranteed not to
peel blister or crack
for the life of the deck



www.lazurebylogsdon.com



Lazure Painting, Home painting, & Murals
LazurebyLogsdon



INTERNATIONAL FELLOWSHIP
OF CHRISTIANS AND JEWS
www.ifcj.org

Present this flyer at time of contract and
7% of the profits from the work will be donated to
The International Fellowship of
Christians and Jews