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# GRIST

## FOR THE MILL

Downstairs, my husband Earl and our friend Cheryl Koehler, editor of *Edible East Bay* and our main woman for layout of *Edible Shasta-Butte*, huddle around the iMac sizing photos for “Mount Shasta Brewery: The Microbrewery That Could.” Here upstairs, I’m working on the “Grist” column, composing inexorably towards my favorite couplet, which I believe belongs at the end of this column. We’ve just finished our lunch: red kuri squash soup with a bit of chipotle en adobo whirred in, a slice for us each of Tin Roof Bakery multi-grain bread topped with gratings of Pedrozo Dairy’s Northern Gold cheese and placed under the broiler just until the cheese melts, a couple of walnuts each, from Redding Farmers’ Market before its winter hibernation, the nuts cracked with my husband’s grandfather’s nutcracker. We love it when Cheryl comes to Chico for magazine layout. Not only do we make the magazine come onto its pages; we really do celebrate the abundance of local foods, season by season. Cheryl’s comment after lunch? “Let’s have roasted parsnips and beets for supper!”

Meanwhile, outside, the biggest storms of the year—not saying much just three days into that year—the biggest, reportedly, in ten to twelve years—saying a good deal—have begun their march through the north state one by one tonight and over the next several days. Although it’s just three o’clock, the air picks up darkness like twilight, and the winds sway the oaks from the ends of their branches clear down to their trunk’s first crotch.

And yet our winter issue’s cover. Some might think it more appropriate for spring. But here in the north state, almond blossoms’ pink and white grace the branches of almond trees in February, spring’s harbinger even while we’re still in the midst of winter. Like the last lines of Percy Bysshe Shelley’s “Ode to the West Wind,” our cover trumpets.

*The trumpet of a prophecy! O Wind,  
If Winter comes, can Spring be far behind?*

But we savor the storms. We need them. We like nuts, citrus, squash, parsnips, beets, the thick sweet leaves of winter spinach.

Thank you for enjoying all this with us.

Candace Byrne  
Editor  
*Edible Shasta-Butte*

