

SANTA BARBARA NEWS-PRESS  
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# Life

THURSDAY, FEBRUARY 18, 2021



**IN TOMORROW'S LIFE**  
Santa Barbara author Peter Lance investigates Doris Duke and a 1966 murder

## Picks of the WEEK



### Lion's mane mushroom

This mushroom variety possesses a cloud-like appearance, resembling that of a white cauliflower top. Grown by both Wolfe Family Farm and Golden State Papaya, it has become one of my new favorites. It's the perfect balance of soft and meaty. I find lion's mane mushroom is best when cooked at high heat in a pan, perfectly searing both sides before serving. This week I prepared seared lion's mane mushrooms with sprouted cauliflower, the Fix of the Week on A5.

A true delicacy, this is a very fun farmers' market find. The price ranges from \$10 to \$15 per half-pound.

### Sprouted cauliflower

I have had a good number of customers asking me about this slightly different cauliflower lately. Rather than being dominated by a conical floret at the top end, sprouted cauliflower is more of a balance of stem and floret. Texturally, sprouted cauliflower is slightly crunchier than its counterpart, offering a little more nuttiness and sweetness from the extra stem portion. Also referred to as "flowering" cauliflower, it is the result of overgrown heads or a secondary growth from buds located in the bases of the older leaves. Currently you can find it in white, orange and purple varieties at all weekly Santa Barbara certified farmers' markets. The price averages \$3 per head.

### Tatsoi

This winter vegetable is related to and closely resembles that of the more common bok choy. It's an excellent addition to Asian-style stir fry dishes and has crisp stems and a tender leafy base. I like to add tatsoi to the sauté pan for just a minute or two and then serve it with cooked fish fillets. It's grown, harvested and sold by Her Family Farm and Mousa Family Farm and is available at the weekly Saturdays Santa Barbara and Sunday Camino Real farmers' markets. The price is \$3 per bag.

Sam Edelman is general manager of the Santa Barbara Certified Farmers Market Association and host of "Farm to Table," which airs live on Thursdays on KZSB AM 1250. Sam Edelman@photos



This shot by Sharon Green was taken from a helicopter. To get the right angle, Ms. Green will often lean out the sides of helicopters to capture shots of sailing events. Tonight, the photographer will give a virtual talk, presented by the Santa Barbara Maritime Museum.



## Making a splash

Sharon Green to present ultimate sailing photography in virtual event

By MADISON HIRNHEISEN  
NEWS-PRESS CONTRIBUTOR

Sharon Green's photography career has taken her to new heights and depths. Literally. Specializing in ultimate sailing photography for more than four decades, Ms. Green has hung out the sides of helicopters and sailed far out to sea to capture stunning images of sailing races. Her photography has won thousands of viewers through the release of her annual Ultimate Sailing Calendar, showcasing some of her best images over the years.

Ms. Green will present some of her favorite photographs during a virtual event with the Santa Barbara Maritime Museum this evening at 7 p.m. During the program, Ms. Green will share about her journey as a photographer, tell stories from her favorite events and explain what it was like shifting from film to digital photography. From a young age, Ms. Green grew up surrounded by both sailing and photography. Her father, an avid sailor, sailed around the entire world when he was just 18. He documented the trip with both movie and still cameras, and Ms. Green told the News-Press that

those photos sparked her early fascination with photography. When she picked up a camera in high school, she fell in love with developing her film images in the darkroom. A native of Canada, Ms. Green had initially enrolled in a photojournalism class in high school because it would count as an English credit on her college application. But instead of just filling a space on her transcript, the photo class propelled Ms. Green into a lifelong passion for photography. With dreams of becoming the next Ansel Adams, Ms. Green began practicing landscape

photography before soon discovering her natural talent for shooting yachts. She began taking photos of boats one summer and realized she had a natural eye for capturing color and composition. "I was terrible at being an Ansel Adams photographer, but I was good at taking pictures of color and sailing," Ms. Green told the News-Press. "I found that because I'm a sailor, sailing photography came easily. I thought the composition came easily because I understood sailing." Though her career in sailing photography began humbly, Ms.

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This photo by Sharon Green shows a sailor and his crewmates trying to navigate the choppy waves during an intense sailing race.

## SAILING

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Green's natural talent afforded her opportunities to shoot at some of the most prestigious sailing events around the world, including the America's Cup, the pinnacle event in yacht racing.

Even as a 12-year-old, Ms. Green was jetting off to sailing events all around the world at every chance she got, spending her university spring breaks photographing racing events.

Her stunning images capture sailboats in the heat of races, with waves crashing around their sails and sailors scrambling to steer the boat on the race path. Since her start in photography, Ms. Green has become a master in aerial photography, leaning out of the sides of helicopters to capture breathtaking shots.

The first time she attempted aerial photography was with a colleague at the Fibre Island America's Cup a number of years ago. The jolting experience showed Ms. Green a new method for capturing stunning images of sailing, and she hasn't stopped since.

Just like so many other events during the pandemic, many sailing events have been canceled. For Ms. Green, the pandemic has been very challenging. With the majority of sailing events canceled through this spring, almost all of her previous contracted gigs have evaporated.

Aside from shooting a few sailing events in Santa Barbara and Rhode Island back in September and October, Ms. Green has been waiting for the world to reopen again so she can get back to her passion.

During the pandemic, she spent time searching through her archives and reliving memories of past events. But she said that at this point, she's ready to "get back out there and do some work."

"I'm kind of tired of the trip down memory lane at this point and ready to move on to something else."

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## FYI

To register for photographer Sharon Green's virtual presentation, visit [sbmusem.org/santa-barbara-event/](http://sbmusem.org/santa-barbara-event/) or [sharon-green.com](http://sharon-green.com)



COURTESY PHOTO



SHARON GREEN PHOTO

At top, photographer Sharon Green has been capturing sailing events for the last four decades. Her career has propelled her to shoot some of the most famous sailing events in the world, including the America's Cup, which is the pinnacle of yacht racing. Above, Ms. Green's photo shows the colorful sails of racing boats flashing across the sea as sailors race to the finish.

### Fix of the WEEK

FARMERS MARKET  
Sam Edelman

4 to 5 garlic cloves, peeled and sliced into thin rounds. I head sprouted cauliflower, thick base discarded, cut into individual 1-inch stems with attached floret. Seasoned salt (or regular salt to taste). 4 green onions, green chopped tops cut into thin rounds, thicker white and light green bottoms cut into 1-inch pieces. Freshly cracked pepper.

Slice your mushroom into quarter-inch thick cross-sections and set aside. Place garlic in a small bowl, toss in a little olive oil, then set aside. In a large sauté pan, turn to high heat and add a couple tablespoons of olive oil. Then add sprouted cauliflower and sauté for about 6 to 7 minutes, tossing occasionally.

Remove the cauliflower from the pan to a plate. In the same pan, still on high heat, add a little more olive oil. Once the pan is hot, add the mushrooms in a single layer. Season lightly with seasoned salt. After about 2 minutes, flip the mushrooms over. Top with the garlic and the 1-inch green onion ends and cook for another 1 more minute. Add sprouted cauliflower to the pan to warm back up and toss together. Add additional seasoning as needed to taste. Serve and garnish with remaining green onion tops. Yield: 4 sides.

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