



PHOTO PROVIDED

Commentary...

Chef James Fink featured at harvest dinner

By **Audrey Tehan**
Correspondent

What do you get when you combine the talents from Seed to Table's farmers and a mastermind chef? The Fall Harvest Dinner, a vibrant community event featuring a meal with discovery in every bite.

As an organic vegetable farmer, food and enjoying food is at the center of my life. However, I still struggle to find the time to slow down, thoughtfully cook and then sit down to eat with family and friends. As conscientious as I try to be, I still find myself watching Netflix with meals and rushing through the house stuffing hard-boiled eggs into my pockets for breakfast trying to get to the farm on time. When I find this rush becoming the norm, I am usually not feeling my best, despite eating healthy food. Reflecting back on the times I feel the best in my life, it is when I take moments to catch my breath (slowly enjoying a meal) and when I feel deeply connected to friends and family. A beautifully cooked meal with

others keeps being one of the most powerful opportunities in my day to make me feel my best. Embracing these opportunities has become an important part of self-care.

Seed to Table's Fall Harvest Dinner offers an opportunity to get inspired around food and connect with community. Also there is the bonus that I do not have to do the dishes or open a cookbook. The event highlights a meal crafted specially from the Seed to Table farm by chef James Fink. James Fink is the founder of Wild Oregon Foods, a restaurant and catering service located in Bend. As a classically trained chef, Fink strives to be a savant of local foods. Fink's meals pave the path for new flavors crafted from Central Oregon's backyard.

With Wild Oregon Foods, James is on a mission to expose people to better ingredients, and in turn, better food. James embraces the thought that eating together gives us a chance to de-stress and catch up with those whom we love.

The vision of the Fall Harvest Dinner is set for Saturday, September 14,

from 4:30 to 8 p.m. The dinner gives us all a chance to experience new flavors, to connect over a beautifully crafted, local meal and celebrate the education programs infusing Central Oregon's schools. Treat yourselves to the company of friends and family and get back to our basics; sitting down to dinner.

Tickets for the Fall Harvest Dinner are available at Seed to Table's website www.seedtotableoregon.org/events.

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Small lightning fire smolders west of Sisters

Fire managers have developed a strategy to confine and monitor the Pacific Fire (previously identified as Incident 847) in the Mount Washington Wilderness.

The fire was first reported late in the day on Thursday, August 29, but was not located until Friday, August 30, due to rainfall in the area. The fire is approximately 1/10th of an acre. Aerial photos show that the fire is currently adjacent to the Lake George fire scar and surrounded by lava flows that would limit any fire spread to the east as well as by the Shadow Lake and Cache Mountain fire scars to the north and northeast.

Fire managers say that moisture from recent rains and the past fire history in the area, as well as the availability of resources, provides an opportunity to manage this fire to meet wilderness character objectives and desired ecological conditions.

Fire staff hiked in to the fire area for an on-site assessment. A Type 3 Incident Commander and a 10-person Wildland Fire Module (WFM) have been assigned to the incident. The WFM will provide on-site information and real-time updates to fire managers. Fire managers are identifying key locations where they could engage additional firefighters using "Minimum Impact Suppression Techniques" if necessary.

Smoke from the fire may be visible from Sisters, parts of Highway 20, and surrounding areas.

A spate of lightning last week sparked a number of blazes, most very small. The Tumalo Creek Fire near Tam McArthur Rim was the largest at 10 acres, but fire crews with air support kept it from getting out of hand. A lightning strike fire south of FivePine was confined to a single tree.

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SEED TO TABLE FARM DINNER

Featuring Chef James Fink of Wild Oregon Foods

SEPTEMBER 14 SATURDAY
998 E BLACK BUTTE AVE. 4:30-8PM

TICKETS \$65- ADULTS \$20 - 18 AND UNDER
CONTACT AUDREY TEHAN: 541-480-9039
LAST DAY TO PURCHASE TICKETS: 9/14 NO TICKETS AT THE DOOR

SEED TO TABLE FARM IS OPENING THEIR GATES FOR THEIR ANNUAL CELEBRATION OF FOOD AND COMMUNITY. A FAMILY-STYLE DINNER WILL TAKE PLACE IN THE VEGETABLE GARDEN FEATURING FOODS GROWN RIGHT ON THE FARM.

EVENT DETAILS AND TICKET PURCHASE
WWW.SEEDTOTABLEOREGON.ORG/EVENTS

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