

An Unusual Culinary Column: Wild Huckleberry Season

By Karen Kain

I was very excited to go hunting for huckleberries. As you know I love to cook new recipes and to be able to pick the berries from the forest is really cool. The first year of living in Halfway continues to bring joy into my life. Even with all this heat I love living here.

I really enjoyed making both of these recipes. They were easy and delicious. The berries freeze wonderfully. I would love to hear how you are enjoying them. Stay cool my friends.

Did you know?

- Huckleberries are almost impossible to domesticate.
- most are picked by hand.

- they are native to the northwestern US and Canada. They can be found from Wyoming to Alaska.
- people have had troubles growing their own huckleberries; they may take 15 years of growth to reach full maturity.
- the biggest dangers in picking huckleberries is encountering bears and picking the wrong berry.
- they are a super food high in antioxidants.
- Huckleberries can be used in packs for relieving running sores, eczema and skin disorders.
- they are a good source of vitamin B, C and potassium.
- they are associated with lowering cholesterol.
- they promote eye health especially in diabetic patients.



Huckleberry Crepes

Ingredients for crepes:

- 2 Farm fresh eggs
- 1/8 Teaspoon salt
- 2 Tablespoons sugar
- 2/3 Cup flour
- 1/4 Cup water
- 1/2 Teaspoon pure vanilla
- 1-2 Tablespoons butter, melted
- 1 Cup milk

Crepe Directions:

Place all ingredients (except for flour and butter) in a blender, and mix on low speed for 30 seconds. Add the 2 tablespoons melted butter, Switch to

high while you slowly add 2/3 cup flour. Blend for another 30 seconds. Refrigerate overnight.

Huckleberry Filling:

- 1/2 Cup water
- 2 Tablespoons cornstarch
- 1/4 Cup sugar
- 1 Cup fresh or frozen huckleberries or blueberries

Filling directions:

In a 2 cup measuring cup, add water, cornstarch and sugar; stir until dissolved. Add berries. Place in the microwave and cook in one-minute increments, stirring after each minute. This takes approximately 4 minutes. Watch to make sure it doesn't spill over. Cool to lukewarm.

Heat an 8" non-stick skillet to medium high. Stir batter, pour 1/4 cup of batter into the hot pan. Turn the pan gently so the batter flows evenly to the edges. When the top surface begins to dry and the underside golden, loosen the edges and flip with a flexible spatula. Cook an additional minute. Serve immediately.

diately.

To serve: lay the crepe on the center of a plate. Place 2 tablespoons of Huckleberry filling down the center of the crepe. Gently lift and fold one side over the filling and repeat with the other side. Dust with powdered sugar. Top with fresh berries.

Huckleberry Lemonade

Ingredients:

- 1 Cup huckleberries
- 1 Cup fresh squeezed lemon juice
- 3/4 Cup sugar
- 6 Cups water

Directions:

Place 1 cup of water and the sugar in a pan. Heat and stir until the sugar is dissolved and you have syrup. Puree the huckleberries in 1 cup of water. Pour the lemon juice, syrup and huckleberry puree into a large glass jar. Then add four cups of water and shake or stir to mix. Serve over ice and enjoy!



Karen Kain is an Oregon author. She can be reached at karenkain8@icloud.com.

Thunder and Lightning In Vernonia



Most of us won't soon forget the incredible thunder and lightning storm that rocked the Vernonia region on Tuesday, August 12th. Meteorologists reported thousands of cloud-to-ground lightning strikes in just one hour. Vernonian Mike Eason found this 100 foot tree just off Rose Avenue which was split right down the middle, a result of one of those lightning strikes.




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