

Seeking Nominations for Columbia River Fishery Advisory Groups

Fishery managers in Oregon and Washington are seeking candidates to fill positions on advisory committees that provide guidance on sport and commercial fishing issues on the Columbia and Snake rivers. The term is for three years from 2018-2020.

The two states' fish and wildlife departments will accept nominations to their joint advisory groups on Columbia River sport and commercial fisheries through Thursday, November 30. The two groups meet two to four times per year to assist with develop-

ing recommendations for salmon, steelhead, sturgeon and smelt fisheries.

Members are also expected to provide comments on issues addressed by the North of Falcon season-setting process for salmon fisheries, Columbia River Compact commercial fishing hearings and joint state hearings on sport fishing regulations.

"Advisory group members provide an important voice for the fishing public," said Tucker Jones, Oregon Department of Fish and Wildlife Program

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Culinary: Fermenting For Your Gut Health *continued from page 10*

Kert's Sauerkraut

1 Head of cabbage

1-3 Tablespoons sea salt, Kert uses ½ tablespoon per quart of cabbage

Directions:

Shred the cabbage. You can thinly slice it with a sharp knife or use a shredder. Kert has a wooden shredder with 3 blades. He also wears metal safety gloves to protect his fingers from injury. Put the shredded cabbage in a heavy-duty crock, sprinkle with salt, then knead with clean hands then pound with a potato masher, or if you are lucky, you can use a custom-made kraut bat. As you pound the cabbage, water will come out. Pound until it starts to mush and sound and look like cole slaw. Once the cabbage is softened, put the cabbage into a large glass container. Press down on the cabbage making sure it is completely submerged under the liquid. Most likely you will need to add some water. You need enough liquid to actually cover the cabbage. Kert has a very large crock then uses a glass plate to weigh the sauerkraut down. He covers it with a tea towel and lets it sit at room temperature 60° to 70° for 40 days. You want to clean the edge off every few days and rinse the plate. Kert uses a spoon to remove the sludgy stuff on the edge. Once the sauerkraut is finished, store in a cold place or in zip lock bags in the freezer.

LJ's Kombucha Champagne

Ingredients:

A splash of Kombucha

A very dry champagne; I like Barefoot Bubbly

Directions:

Pour a glass of champagne and add a splash or so of Kombucha. This works very nicely with dry white wine too. Cheers!

Kert's Beer & Kombucha

Ingredients:

½ Beer or ginger beer

½ Kombucha

Directions:

Mix together and enjoy

Fried Sauerkraut & Apples

Ingredients:

2 Tablespoons olive oil

1 Large onion

3 Local apples, cored and chopped

1 Pound sauerkraut

½ Cup water

Salt & pepper to taste

Directions:

Heat a large skillet to medium high and add the oil and onion. Sauté until translucent, about 8 minutes. Add the sauerkraut, water, mix well and simmer for 30 minutes or so. Stir occasionally. Add more water if needed. You can also make this in a slow cooker. Serve with cooked sausages. Kert uses German sausages, his favorite is Hills Premium German Brand Sausages. As an alternative, Trader Joe's makes a tasty non-meat Italian style sausage.



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