

# Head Start prepares for year-end activities and raffle

By Lori Jay-Linstrom, Parent Involvement Coordinator

I just can't believe it – it's May already and we are coming to the end of another Siletz Tribal Head Start school year.

Our Transition Ceremonies (also our last class day) for our Head Start sites are as follows: Siletz/Tenas, Lincoln City and Salem will be May 23 and our Portland site will have its ceremony June 3.

As sad as it is to have half of our students going on to school in September, it is always exciting to welcome all the new and returning students and families.

If you have a child who will be 3 or 4 by Sept. 1, 2014, and would like them to be part of an awesome Head Start program, please call for an application at 800-922-1399 or 541-444-2532. We are now accepting for the 2014-2015 school year.

The Head Start director will start making selections in June. Spread the

word to family and friends that we have Head Start centers in Siletz, Salem, Portland and Lincoln City.

## Head Start Raffle

We still have tickets available for our annual Head Start Raffle. The funds raised are used to supplement the federal funding we receive and to cover costs for expenses that cannot be covered through the grant.

Examples of items that fundraising is used to include school pictures, entrance fees for adults and siblings to attend program field trips, transition celebrations, swimming lessons, books for children to take home and needed classroom items.

At this time we have more than 30 raffle items with more added daily. These items include:

- One night stay for two at Chinook Winds Casino Resort, with dinner for

two at the Rogue River Steakhouse and show tickets for two

- 18-hole round of golf for two with a cart
- Pendleton blanket
- Square drum, hand-crafted and donated by Tribal Council member Bud Lane
- \$50 gift certificate to Kylo's Seafood & Grill in Lincoln City
- \$125 photography certificate
- \$40 gift certificate to the Beach Dog Café in Lincoln City
- Two-night stay at Three Sisters Retreat in Sisters, Ore.

Does this list make you want to purchase tickets? Please call the numbers above to see how you can get your tickets before the drawing, which will be held May 17, 2014, in Siletz.

We also are accepting donations for the raffle.



Courtesy photos

Head Start students in Portland plant seeds into small containers.



# Horsetail and its many uses

By Nancy Ludwig, MS, RD, LD, Siletz Tribal Head Start Nutritionist

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This segment focuses on wild plants to watch for and enjoy each spring. Timing is variable depending on temperature and altitude. The fertile shoots are for eating. After this stage, they are generally used for medicine, as they are high in silica.

## Horsetail fertile shoots

Equisetum arvense and puzzle plant are other names for horsetail fertile shoots.

**Identifying horsetail fertile shoots:** The tan-colored single stems of horsetail lack chlorophyll and are nearly luminescent. Cone-like tips produce pollen. Later, the green shoots of horsetail appear as a separate plant. These can be used as medicine and are discussed below.

**Where it grows:** You will find horsetail fertile shoots in wet woodlands, meadows and near streams. They also thrive in disturbed wet soil. Do not harvest along roadsides and in agricultural areas because horsetail will absorb environmental toxins.

**When and how to harvest:** Fertile shoots appear from late March through mid-April. Harvest the newer shoots that are still golden at the flowering tip.

**Food:** Horsetail is called puzzle plant because it has joints that can be pulled apart. Each node of the stem stores water and kids love to pull them apart and drink the liquid inside.

The young fertile shoots of horsetail are considered a spring delicacy. Pinch off stem close to the ground. Remove the brown sheaf around each node and the cone-like tip. The tender growth between the nodes is eaten fresh and is traditionally dipped in oil. It also can be cut up and added to soups or sautés.

## Horsetail spring green tops

Spring green tops are gathered when the leaves are still vibrant green and point-

ing upward or outward, usually between March and July. As the plants age, leaves begin to droop and turn army-green. Silica crystals in the leaves become more developed and less water-soluble – and therefore, less useful for human consumption.

**Attributes:** Horsetail creates strong structure and foundation. Touch its leaves and you will feel the rocky texture of silica and other minerals.

Horsetail's masterful roots can dig as deep as 150 feet into bedrock where they dissolve minerals and draw them into their cells. When we drink horsetail leaf tea, we absorb these minerals and utilize them to build strong bones, hair, skin and nails.

Horsetail also regenerates soil health by depositing minerals onto surface soil.

**Horsetail tea as medicine:** Horsetail has a mild vegetable broth-like flavor. Prepare a strong infusion with a large handful of herb per two to three cups of water. Steep 15 minutes to several hours. Drink 2-3 cups a day on a regular basis.

Horsetail combines well with other herbs. A popular tea at the Northwest Indian Treatment Center in Washington is Healthy Skin, Hair, Bones and Nails Tea. It contains equal parts horsetail, red clover, stinging nettles and peppermint.

One heaping tablespoon of this mixture is steeped in a cup of boiled water for 15 minutes to several hours. Delicious!

Horsetail is used cosmetically as a hair wash and a skin tonic. Silica in the plant binds to hair or skin proteins and serves as a protector and strengthener.

The tea can be applied topically for recovering from sunburn or for poor quality skin with premature aging.

## Resources

Insulin Resistance & Chronic Disease Prevention Symposium, presented April 18, 2013, at the Squaxin Island Museum by the Northwest Indian College Institute of Indigenous Foods and Traditions. Information by Elise Krohn and blog at [wildfoodsandmedicines.com](http://wildfoodsandmedicines.com)

## Kelp Pickles

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Wild Rose and Western Red Cedar

Gather kelp by pulling it up when in a boat or gather fresh-looking kelp off the beach after a storm. One will be plenty.

Chop up the end bulb and the tail into small pieces. Place in a clean glass jar. For the easy approach, pour leftover dill pickle juice over the kelp so it completely covers it. Cover and refrigerate for one week before eating.

Making your own pickling solution is easy.

- 2 cups vinegar
- 1 cup water
- 1 tablespoon salt
- 2 cloves garlic
- 1 tablespoon pickling seasoning

Combine ingredients and bring to a boil. Pour over the sliced kelp and cover. Wait one week before eating.

I've only made Bull Kelp Pickles once before, about 30 years ago. They were the most interesting potluck item of all time! I'm not sure why I never made them again. Sometimes it just seems nicer to do it in a group with like-minded people.

## Fucus Split Pea Soup

James Jungwirth

- 1/5 ounce fucus tips (bladderwrack)
- 1 cup split peas
- 6 cups water
- 2 each carrots, sliced
- 1 each onion, sliced
- 2 each garlic cloves, chopped
- 2 tablespoons basil, chopped
- 1/4 teaspoon black pepper
- 2 tablespoons olive oil or butter

Snip the fucus tips into small pieces with scissors. Rinse dried split peas, then put them in a pot with the fucus and the water. Bring to a boil and simmer for 1 hour.

Add carrots, onion, garlic, basil, black pepper and olive oil or butter. Simmer for 30 minutes or more until peas become creamy. Salt to taste.

Fucus is a seaweed also known as bladderwrack. It has a long history of use in the treatment of underactive thyroid and overweight conditions. It has a strong distinctive flavor and is good when cooked in soups, with beans or toasted and eaten as a crispy snack.

Fucus tips cook tender in about one hour. They can be toasted in trays in a preheated oven at 250°F for 15-20 minutes or until crisp. Toast just before using as they quickly absorb moisture and become limp.

## Maple Almond Kelp Frond Cookies

James Jungwirth

- 1/2 ounce dried kelp fronds • 2 cups almonds • 1/2 cup maple syrup

Finely grind the kelp in the blender. Then grind the almonds in the blender. Mix them together in a bowl. Add maple syrup and mix it with a fork.

Roll into balls. Flatten them a bit on an oiled cookie sheet. Bake in preheated oven for 20 minutes at 350°F. Cool and enjoy.

Please let me know what you think of these recipes. Siletz Tribal Head Start offers my time at no cost to you to support family nutrition over the telephone. Please contact me (503-588-5446) if you have nutrition concerns about your Head Start child.