

**Laying sod in the dance arena
Pauline Ricks Memorial
Pow-Wow Grounds
Siletz, Oregon
Sept. 17-18, 2014**



Photos by Diane Rodriguez

Above: Delivery of the rolls and rolls of sod

Left: Workers from White's Landscaping Service in Newport, Ore., adjust the sod set down by workers from Oregon Turf & Tree Farms in Hubbard, Ore.

Below: The beautiful finished product, which will be smooth and lush for the 2015 Nesika Illahee Pow-Wow



A traditional food diet is based on the seasons

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 addresses traditional seasonal foods while living in the modern world.

Squash, such as butternut, acorn or Hubbard, is often available from the fall through the winter since they store well.

Lower Salmon River squash (*curcubita maxima*) grows on long vines that are well-adapted to the interior of the Pacific Northwest (endangered). This large turban squash weighs up to 10 pounds and has a pale, pinkish-orange color.

Most squash can be baked or roasted in the oven to soften or prepare it to eat for a meal or to use for baking.

Fresh squash is much less expensive and more flavorful than canned pumpkin and can be a fun project with children. They can help wash the squash and remove the seeds after you cut it open and before you bake it face down at 350° for 45-60 minutes in a baking dish with ¼-inch of water. Consider saving and planting the seeds or roasting and eating them.

Hazelnuts or filberts also are considered to be a traditional food. The nuts ripen in late September to October.

The beaked hazelnut (*corylus cornuta*) is a wild variety grown from British

Columbia to California. It is common in the wild but rare in trade. It has been replaced mostly by European hazelnuts that have naturalized in the Northwest.

According to Rudy Ryser, hazelnuts are one of the most important late-winter foods. They were traditionally stored in bags buried in the mud or under water, then dug up in the harshest months of winter, January and February.

These are the starvation months when the spring greens are not yet up and the spring salmon have not returned. The protein and fat in hazelnuts helped people survive.

Nuts can be used in baking rather than using white or wheat flour. Almonds also can be used in place of hazelnuts as a nutritional equivalent.

For baking, nuts can be ground into a flour, or nut meal. I use a food processor to grind the flour, even though this isn't a traditional practice.

Resources

Renewing Salmon Nations Food Traditions, compiled and edited by Gary Paul Nabhan, published by Renewing America's Food Traditions (RAFT) Consortium in collaboration with Ecotrust, 2006

Feeding the People Feeding the Spirit – Revitalizing Northwest Coastal Indian Food Culture, by Elise Krohn, Valerie Segrest and the Northwest Indian College, 2010

Wild Rose and Western Red Cedar – The Gifts of the Northwest Plants by Elise Krohn, printed with partial support from the Northwest Indian College and Longhouse Media, 2007

This recipe is an easy gluten-free, grain-free pumpkin muffin/bread spiced with nutmeg, cinnamon and cloves. It

uses egg to create a high-protein, low-carbohydrate snack. It is lightly sweetened with honey.

While this isn't a traditional recipe, I believe it embraces the principles of traditional foods and nutritional equivalents. More information on this subject will be explored in the future.

Pumpkin Muffins

1 cup hazelnut flour/meal, ground in a food processor
¼ teaspoon salt
½ teaspoon baking soda
1 tablespoon cinnamon
1 teaspoon nutmeg
½ teaspoon cloves
½ cup pumpkin or other squash, baked or roasted
2 tablespoons honey
3 eggs

Scoop batter into cupcake papers (12 if filled half-full) or grease mini-cups (I like silicone). Bake at 350° for approximately 15 minutes, until an inserted toothpick comes out clean. Cool.

Please note: If you use a mini-loaf pan, bake for 35-45 minutes. If you use one that's too big, your loaf of bread will not "rise."

Recipe adapted from Elana's Pantry – elanaspantry.com.

Please let me know your feedback with my recipes as we journey together to thrive in optimal health.

Siletz Tribal Head Start offers my time to support family nutrition over the telephone. Please contact me if you have nutrition concerns about your Head Start child – 503-588-5446.