

Ulrich selected to lead Cultural Resources Program, serve as deputy preservation officer for Oregon/Washington BLM

From an email from Aaron Curtis, section chief for social sciences at the Bureau of Land Management, Oregon/Washington State Office:

I'm incredibly pleased to share the news that Heather Ulrich will be permanently joining the Bureau of Land Management (BLM) Oregon/Washington State Office team as our Cultural Resources Program lead/deputy preservation officer on Monday, Nov. 9. Heather is currently the district archaeologist for the BLM Northwest Oregon District and she has over 14 years of experience implementing federal cultural resource manage-

ment laws in support of land management agencies' multiple-use missions.

In addition to her years of on-the-ground leadership and expertise, Heather has completed multiple special assignments throughout her career, including serving as the lead archaeologist and Tribal liaison for the development of the 2016 Western Oregon Resource Management Plans, a detail at the San Juan Islands National Monument to support their cultural resource management and Tribal engagement efforts, and multiple temporary promotions in this role she will now be taking over permanently.

Oregon-born and -raised, Heather is a member of the Confederated Tribes of

Siletz Indians, and received her MA and BA in anthropology from the University of Oregon. I'm certain that Heather's lifelong engagement with Pacific Northwest communities will also ensure that our Cultural Resource Management Program is up to the task for some of our unprecedented challenges and opportunities, including the agency's support of wildland fire response efforts, implementing the Great American Outdoors Act and continuing to develop positive working relationships with our incredible program partners and stakeholders.

Please join me in congratulating and welcoming Heather to the BLM-Oregon/Washington State Office team!



Courtesy photo from Heather Ulrich

Heather Ulrich at the historic Patos Island Light Station, San Juan Islands National Monument

Be safe. Stay home. Stay well.

Potatoes in the kitchen with your child: 3 hearty meals to fix with young ones

By Nancy Ludwig, MS, RDN, LDN,
Head Start Consulting Nutritionist

In these difficult times when many people are eating from food boxes and pantries, it seems like there's often an excess of potatoes and onions, often celery. In my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families. In a continuation of last month's article on making the kitchen a place of learning and empowerment, let's focus on kids helping to make meals with potatoes.

Start with potatoes and make three simple meals with your child – a baked potato bar, a breakfast bake and a layered casserole. The idea is also to focus on these meals as formulas so any idea can easily be adapted to you and your family needs and what food you have available. Likewise, this ideally encourages creativity.

When possible, efficiency is often important for busy families. With this in mind, we can start the three meals by baking the potatoes: Wash potatoes, prick with a fork and bake by placing them in a 350 F oven for approximately one hour.

They are done when they feel tender when pierced with a fork. When letting your child do the test, please consider safety first by removing the potato from the oven before handing them a potholder to secure the potato and then providing the fork for the test. Talk about how that feels and possibly compare it with a raw potato.

First meal: Baked potato bar with toppings when potatoes are fresh out of the oven

This menu idea offers choice and options for your children. Depending on how adventurous your family and children are, you can pre-assemble several options in advance to demonstrate possibilities to stimulate the creative flow. You can even cut the options to offer "sampler plates" before each person makes their own.

1. Prepare the spread of toppings* while the potatoes are baking.
2. When potatoes are baked and ready to top, cut open your baked potato with an S-shaped cut and then push in

from the opposite ends for a beautiful opening.

*Topping items can include butter, vegetables such as cooked broccoli or spinach, shredded cheese, chives or other herbs, chopped tomatoes or salsa, yogurt or sour cream, sunflower seeds, and sautéed onions and/or mushrooms. Beans and chopped or shredded meats are options as well, including warmed leftover taco mix.

The next two meals can be assembled from cooled potatoes and then stored in the refrigerator to be heated prior to eating. They can also be assembled using some of the leftover items from the potato bar.

Second meal: Breakfast Bake (casserole/quiche/individual ramekin)

1. Butter the dish (with clean hands or a paper towel).
2. Slice or dice potatoes (with skin still on) and line the dish.
3. Layer with vegetables (i.e., sautéed greens and onions – could be leftovers).
4. Optional layer of cooked meat or sausage cut small, or beans.
5. Pour over eggs that are cracked and whipped with a fork (1-2 eggs per serving, depending on the size, or use liquid eggs).
6. Top with cheese, salsa or pesto, or a sprinkle of paprika.
7. When ready, bake at 350 F for 25 minutes, or longer if baking pan is large, until eggs are no longer runny. To check readiness, insert a toothpick or butter knife to see that the egg is firm.

Third meal: Layered Casserole for lunch or dinner

1. Choose a casserole dish to match your family's size. Coat it with oil or butter.
2. Slice potatoes and layer on the bottom of the dish (no need to remove skin).
3. The next layer can be focused on protein such as ground beef, pork, turkey or wild game. Brown it in a pan and then layer it over the potatoes. (As an alternative if you have leftover meat, such as ham, cut it into small pieces and spread over the potatoes; other

meats that can be shredded also make a nice layer).

4. For the next layer, focus on vegetables. Consider what you have available that may be fresh, what your child likes or what you might like to try.
- ✓ Sautéed chopped onions and sliced mushrooms are often nice with ground meat. If you have celery, add it to the sauté mix as well.
- ✓ Zucchini or eggplant is a nice slicing vegetable for a layered casserole, if available. Either can be sliced and baked from the raw state for simplicity.
- ✓ Fresh herbs like parsley or cilantro or even herb purée or pesto (that you might have in the freezer from blending herbs in olive oil when they were more available in the summer).
- ✓ Beans are both a vegetable and a protein source. Beans could be used as another layer – they could be used instead of meat or to extend the meat. Canned beans are very convenient and another place for children to choose their favorite or something new that they might like to try, such as dark red kidney beans.

1. Once you have layered your casserole, it will need some sort of sauce to bring it together. Barbecue sauce is nice (and there might be a bottle in your refrigerator). If it is a strong flavor, you can dilute it or extend it with water. You can also make your own barbecue sauce (see recipe). Of course if barbecue is not your thing, there are other options such as a white sauce, spaghetti sauce or salsa.
2. Cheese on top is an option, but not always necessary.
3. When ready, bake at 350 F for 45-60 minutes. Depending on the water content of the vegetables or your volume of sauce, you might need to use a cover (to keep it from drying) or leave it uncovered (for evaporation to occur – excess moisture seems to take care of itself when served again if any is left over).

One specific version, based on what was in my kitchen (remember though, this

is an idea with measurements to deviate from and make your own):

1. Use a casserole dish (9"x14" baking pan).
2. Coat pan with oil or butter.
3. Slice potatoes and layer on the bottom of the dish (used 7 small potatoes, approx. 4 cups after slicing). Add additional layers below.
4. Browned ground pork (1 pound)
5. Sautéed diced onion and celery (including some tops; 1 cup each)
6. Dark red kidney beans, drained (could use leftover baked beans), 1 can
7. Barbecue sauce, recipe* (below).
8. Chopped parsley (or cilantro) over the top or mixed into the sauce (½ cup).

*Simple BBQ sauce recipe (with tomato paste or ketchup)

Tomato paste version: 6-ounce can tomato paste, 2 cans water (the paste can), ¾ cup applesauce, 2 tablespoons vinegar, 2 tablespoons honey (or brown sugar), 4 teaspoons mustard, 1 teaspoon salt and ¼ teaspoon black pepper. Dash Worcestershire or hot sauce if desired.

Ketchup version: 1½ cups ketchup, 1½ cups applesauce, 4 teaspoons mustard, 4 teaspoons vinegar, 2 teaspoons paprika (for color, smoked paprika is nice). Dash Worcestershire or hot sauce if desired. Note: This version is a light color and milder.

I would serve this with sautéed mustard greens or a leafy green salad for more vegetable power. If I'm really low on time or energy, I might even just open canned green beans to serve next to it.

Write your recipe and save it in your new kitchen science cookbook! For extra detail, include your side dish, family comments and what you might change the next time. If you don't have potatoes, try another vegetable like winter squash.

Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have nutrition concerns about your Head Start child or want to discuss family nutrition concerns, please contact your teacher or the director and ask to speak to the nutritionist.